

SPACE COAST RUNNERS

Newsletter

Promoting Running, Walking and
Fitness in Brevard County, FL



SCR Runner of
the Year
WINNERS
INSIDE!



HOPE4HEROES
They defended us, now it's our turn.

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FROM THE EDITOR



If you've been outside recently, you know that summer has settled in. It gets hot earlier, stays hot later, and of course, we have to keep an eye out for those late afternoon thunder-boomers. So be careful out there. Due to the summer heat, there are not many races in June and July. There is, of course, the kickoff to the Running Zone racing season with the popular Firecracker 5K, but not a lot of others. And that's the reason that we combine the June and July issues of your newsletter. So, we hope you enjoy this double issue. We will be back in August to catch up.

In the meantime, let us hear from you. Remember, this is your newsletter, and we want to make it better. Let us know what you would like to see that we are not doing. Let us know about your upcoming races, races that you've run that you would like to share with others. We always welcome contributions from our members. We like to hear from you and are open to fresh ideas. Also, if you (or someone you would like to throw under the bus) would like to be featured in our "Run a Mile With..." column, send me an email. You could be our next victim...err, subject!

CORRECTION: In the last newsletter, we incorrectly reported that Coach Doug Butler, 55, was the Male Masters Champion of the Pirate Plunder 2-Mile Run. We goofed. While Coach Doug was the Male Masters Champion, HE IS NOT 55! Coach just turned 50, and we are certainly not trying to age someone faster than Mother Nature. It just seems like he's been around forever, so it seems older than he is. Sorry Coach! By the way, CONGRATULATIONS on once again being named Coach of the Year for 2013 All Space Coast Boys Track and Field.



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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, June 17th
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

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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.*



2013 – 2014 SPACE COAST RUNNERS RUNNER OF THE YEAR RACE SERIES



10 Events, must register for SC Marathon/Half separately

PLEASE CIRCLE RACE DISTANCE AND SHIRT SIZE BELOW

Running on Island Time 5K Sat, Aug 24, 2013

Select Event: 5K RUN 5K WALK
Select Shirt Size: YM YL S M L XL XXL

Turtle Krawl 5K Sat, Sept 14, 2013

Select Event: 5K RUN 5K WALK
Select Shirt Size: YM XS WXS S WS M WM L WL XL XXL

Wild Shrimp Shuffle 10K/5K (Chain of Lakes) Sat, Oct 12, 2013

Select Event: 10K 5K
Select Shirt Size: YL S M L XL

Space Coast Classic 15K Sat, Nov 9, 2013

Select Event: 15K RUN 2M RUN 2M WALK
Select Shirt Size: XS S M L XL XXL

Reindeer Run 5K Sat, Dec 14, 2013

Select Event: 5K
Select Shirt Size: XS S M L XL XXL

Tiger Dash 5K Sat, Jan 25, 2014

Select Event: 5K 1M
Select Shirt Size: YM S M L XL XXL

Tooth Trot 5K Sat, Feb 8, 2014

Select Event: 5K RUN 5K WALK
Select Shirt Size: YM YL S M L XL XXL

Eye of the Dragon 10K Sat, Feb 22, 2014

Select Event: 10K RUN 10K WALK 2M RUN 2M WALK
Select Shirt Size: YM YL S M L XL XXL

Downtown Melbourne 5K Sat, March 29, 2014

Select Event: 5K
Select Shirt Size: S M L XL

Space Walk of Fame 8K Sat, April 12, 2014

Select Event: 8K RUN 8K WALK 2M RUN 2M WALK Clydesdale Fillies
Select Shirt Size: XS S M L XL XXL

SCR ROY Series Entry: \$200, includes SCR Singlet!!!! Make checks payable to SCR

Mail to: Space Coast Runners, 516 S Plumosa St #15, Merritt Island, FL 32952

Must be received by Sun, Aug 18, 2013

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____ Email _____

Male _____ Female _____ Date of Birth ____/____/____ Age at Series Start (8/24) _____

The Space Coast Runner of the Year Series, hereinafter referred to as "SCROY Series", is comprised of the following "Events": Running on Island Time 5K, Turtle Krawl 5K, Chain of Lakes 10K, Space Coast Classic 15K/2M, Reindeer Run 5K/1M, Tiger Dash 5K, Tooth Trot 5K, Eye of the Dragon 10K/2M, Downtown Melbourne 5K, Space Walk of Fame 8K/2M. **INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED.**

ALL SCROY SERIES ("EVENT") PARTICIPANTS ARE REQUIRED TO, AND HEREBY DO ASSUME ALL RISK OF PARTICIPATION IN ANY AND ALL OF THE EVENTS BY SIGNING THIS GENERAL WAIVER: In consideration of my entry into the SCROY Series ("event") being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, presenters, officials, volunteers and supporters of each SCROY Series ("event") 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 SCROY Series ("event"). If I should suffer injury or illness, I authorize the officials of the SCROY Series ("event") 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 the SCROY Series ("event"). I acknowledge that the entry fee paid is non-refundable and non-transferable and agree that SCROY Series ("event") organizers, in their sole discretion, may delay or cancel the SCROY Series ("event") if they believe the conditions on event day are unsafe. In the event the SCROY Series ("event") is delayed or cancelled for any reason, including but not limited to acts of God or the elements or any other cause beyond the control of SCROY Series ("event") organizers, there shall be no refund of entry fee or any other costs incurred in connection with the SCROY Series ("event"). I hereby grant full permission to any and all of the foregoing to use any photographs, videos, or any other record or transmission of this event for any purpose of the SCROY Series ("event") whatsoever.

I HAVE READ AND UNDERSTAND THE ABOVE WAIVER AND UNDERSTAND THAT MY PARTICIPATION IN THE SCR ROY SERIES ("EVENT") PRESENTS A RISK OF PHYSICAL INJURY; KNOWINGTHIS, I AM ENTERING THE SCR ROY SERIES ("EVENT") AT MY OWN RISK.

SIGNATURE (Signature of Parent or Guardian is required if participant is under 18 years of age)

_____/_____/_____
DATE



Springer's Spiel

—monthly column from SCR President, Ed Springer

Space Coast Runners,

I feel privileged to have received the support of the club to take on the role of the next SCR President. Carol has done a great job leading SCR over the past few years and has set the bar high. I look forward to the challenge and there is an outstanding Board of Directors in place to ensure I do not get too wayward. Luckily the club holds yearly elections, so worst case scenario, you're stuck with me until next May.

Along the lines of elections please help me welcome Lisa Petrillo as our newest member of the Board. Lisa is well known in the running community and we look forward to her contributions. Also, congratulations to the Board members who have taken on new executive positions: Rene Dunne as SCR Vice President and Carol Ball as Treasurer. Finally, we can't forget about Cyndi Bergs who will retain her position as Secretary. Your service and commitment to the club is appreciated.

To all of our SCR members, thank you for your continued support of the club. We really aren't a club without you, so let us know how we can improve. In the coming months look for some SCR events including road cleanups and fun runs. Mark your calendars for the SCR Social on July 20th, which is sure to be a great event at the new Cocoa Beach Aquatic Center Pavilion location. SCR will repeat the perks provided last year such as reduced membership and renewal fees, discounted Space Coast Marathon and Half Marathon registration and a savings if you sign up for all races in the SCR Runner of the Year series. You can also squelch your runner's appetite with free food and drinks!

Just a quick closing message I wanted to pass along. My day job is conducted on Air Force installations and so I am well aware of the military's summer safety campaign known as the 101 Critical Days of Summer which extends from Memorial Day to Labor Day. Statistically more people are injured or killed between those holidays than any other period of the year. This is probably because of summer breaks, increased recreational activities, parties, traveling, etc... Quite simply, more people are outside and on the road so there are more opportunities for accidents. So this is just a reminder to be extra vigilant this summer and watch for your safety and the safety of those around you.

Happy Running,

Ed

Space Coast Runners

Summer Social

Saturday, July 20th

2-4 pm



Cocoa Beach Aquatic Center Pavilion

*4800 Tom Warriner Blvd
Cocoa Beach, FL*

Come join us for food, drinks, giveaways, and fun!

**Bring a friend to become a member of SCR*

**Or renew your Membership \$5 off*

**Discounted SC Marathon & Half registration*

**Register for the SCR ROY Series*

2013 State of the Club Report

We started off the 2012-2013 year with our Summer Social/Membership Drive at Fishlips in Port Canaveral. We had a record number of attendees with good food, giveaways, and discounted memberships and Marathon Entries. This year's Summer Social will be held at the Cocoa Beach Pool Pavilion on July 20th from 2-4pm.

For the first time last year we offered a flat fee for entering all the SCROY races (except the Marathon), and we had 20 people sign up. We are again offering the same deal this year - \$200 for 10 races, including a free SCR singlet (or T-shirt)! Registration Forms will be available soon.

The Board retained and secured several sponsors, with the contributions divided among the Space Coast Classic 15K, the Eye of the Dragon 10K, and the Space Walk of Fame 8K. These races are able to grow because of this support! We would like to thank our Club Sponsors: **John Davis-Rapid Automation Design, Barbara Linton – Millennium Engineering, Mitch Varnes – Melbourne Music Marathon Weekend, Jesse Hall – Island Multisport, Clow Chiropractic, Christina Engel-Coldstone Creamery of Merritt Island, Mike Acosta- Viera Pizza, and Don & Denise Piercy - Running Zone Race Management**

SCR continued our Adopt-A-Road efforts to keep Rockledge Drive trash free with a clean up on September 29th, and again immediately following the Space Coast Marathon on November 25. Both helped to convince residents that we want to take care of the roadways we use every week for our fun runs. There will be another clean up planned this summer/fall and again after the marathon.

Barbara Linton directed our Space Coast Classic 15K in November, moving the course back to the original Melbourne Beach location. Her chosen beneficiary was Daily Bread. **In addition to the food drive, the race donated \$1,500 to the Daily Bread Food Bank.** This year Lisa Hamelin has volunteered to direct the SCC.

The Space Coast Marathon & Half Marathon went off without a hitch, thanks to the expert management by Running Zone Race Management, Inc. Because of continued issues with the Kennedy Space Center Visitor Complex management, the prerace pasta dinner will not be held at the Saturn V Center this year. It may be the last year for the expo, as well. But, the race goes on – with the new 5 year race series medals concept! We are currently at 40% full for this year's December 1st event! Also, this year, we have the honor of being designated the RRCA Southern Region Half Marathon Championship race and the RRCA Florida State Marathon Championship race! Be sure to sign up to volunteer, as a record crowd is expected! A big THANK YOU to all the SCR Members who continue to volunteer every year!!

2013 State of the Club Report continued

Marlene White directed the 25th Annual Eye of the Dragon 10K in February, and gave out lots of special awards to past course record holders and those who have run the most events over the years. Marlene works very hard on this race – this year drawing nearly 700 finishers – each getting a custom race medal! Race proceeds, along with donations given to SCR in the name of our friend Ron Hoar who passed away one year ago, were used to fund the Space Coast Runners Scholarships.

Marty Winkel directs the Space Walk of Fame 8K in April, the last race of the SCR ROY Series and the Titusville Race Series. The SWoF contributes annually to the Space Walk of Fame Museum in Titusville. For coming season, Marty will be expanding the Chain of Lakes XC Race in October to a 10K, with a new course encompassing a new lake.

We continue to support the SCR Youth Series – this past season hosting 7 runs in conjunction with the ROY Series races. Thank you to Ragan and James Krupp for heading up the Youth Series. Kim Badgett, coordinator of the Challenger 7 Mileage Club has volunteered for the 2013-2014 Season.

Because of our membership in ClubDisney, our “SCR Team” won **“Fastest Running Club in the World” for the January 2013 WDW Half Marathon, and 2nd Fastest Running Club in the World” for the 2013 WDW Marathon!** Check out the plaques on the SCR table.

Space Coast Runners entered a team in the Corporate 5K held at Intersil in Palm Bay on March 14th. **Our team placed 2nd in the “100-999” Employee Category, 2nd in the Co-Ed Category, and 1st Female CEO!** We plan to enter another team this coming year and hope to go for 1st!! We could enter more team competitions if we had a volunteer “SCR Team Coordinator”! (hint, hint)

Space Coast Runners continues to support local running and charities. **This year we gave \$2,000 for Brevard Schools Foundation Scholarships, \$1,700 to Special Olympics Brevard from our Marathon profits, \$600 to the Parks & Recreation Brevard Race Series, \$200 start up for the Gardendale Elementary Running Club, \$100 to the Merritt Island High School Track team uniform fund, and \$250 to One Fund Boston.**

As you know, I am stepping down as your President. I know the Club is ready to welcome new, fresh leadership with Ed Springer. Please support him as you have me!

—Carol

THANKS CAROL, FOR ALL YOU'VE DONE, AND CONTINUE TO DO!



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



Space Coast Runners

River Road Sunday Fun Runs



Every Sunday, 6:30 am

Meet at Front Street Park, Cocoa Village

Water and Gatorade at 2 and 4 Miles

Anyone, Any Pace, Any Distance



SCR News



WELCOME TO OUR NEW CLUB MEMBERS!! Make sure to say HELLO and extend a warm SCR WELCOME to our newest club members: Kathryn Gonzalez; Sara Gielow; Christine Hetzel; Kate, Eric, Sam, Tyler, Nick and Mattox Hebner; Madison Gallant; Deborah Broderick; Tim Palko.

Thank You!

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

Carol Ball, Ed Springer, Loran Serwin, Matt Mahoney, Running Zone, Barry and Michele Birdwell, Lisa Hamelin, Brittany Streufert, Barry Jones, Steve Colella, Doug Carroll, Mary Ramba and Marty Winkel



HEADING NORTH! The Sunday Morning Fun Runs from Cocoa Village are now heading north. 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.



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:

★HAPPY★
BIRTHDAY!

June 1st—Tae Schroeder; Alyssa Anderson; Edward Armitage; 2nd—Ricky McDonald; Rodney Walker; Nancy Buonanni; 3rd—Sabrina Smith; 5th—Amanda Nunez; 6th—Phillip Roles; 7th—Jonathan Dea; Kathy Ojeda; 9th—LeAnn English; 10th—Gavin Thomas; 11th—Hank Smith; Geoffrey Mitskevich; 14th—Roger Ogburn; 20th—Cathy Norris; Ed Harrison; 22nd—Rebecca Skillen; 23rd—Mark Petrillo; 26th—Marielise Jacobs; Kevin Bryniak; 28th—Brandon Holst; Darrel Foster; Mattox Hebner; 29th—Derek Fortmayer; George Then; Jerry Brown; 30th—Lexi Deese; Lori Kruger;

July 1st—Kimberly McDaniel; Lynette Quinlan; 3rd—Jay Claybaugh; Lani Ragan; 4th—Tom Wright; 5th—Marty Winkel; 7th—Braden Krupp; 8th—Christy Zieres; 9th—Shannon McGregor; Carol McCauslin; 10th—Megan Paxton; 11th—Chris Loines; 12th—Rosanne Bessenaire; Roger Travis; 13th—Andrea Bastien; Jonathan Howse; 14th—Peter McBride; 15th—Christian Hayes; Jennifer Ogburn; Michele Duester; 16th—Barbara Krause (Holst?); Ric Renfroe; 17th—LeAnn Castner; 18th—Sarah Lowe-Schroeder; Ed Engel; 19th—Daniel Molodkin; Joshua Kraver; 20th—Anita Travis; 21st—Jonathan Bloch; 22nd—Sheila Walker; Ron Bolding; 23rd—Michael Zeitfuss; 25th—Jim Schaeffer; Susan Smith; Bruce Snyder; 27th—Annie Caza; 28th—Art Anderson; 29th—Angela Cobb; Maureen Morley; Ashley Raymond; 30th—Tyler Hebner; Shelby Kirk; 31st—Suzie Martin; Jerry Bird;

And for those first few days in **August**: 1st—Robert Pike; 2nd—Christine Kennedy; Beth Timmons; Bill Floyd; Stephanie Bird; 3rd—Bob Pecor; 4th—Lelia Holmquist; Candy Smith; Ty Bowen; 5th—Steven Tagye; Kate Hebner; 6th—Audrey Kirk; 7th—Kristin Apotsos; Dudley Ojeda; 8th—Kathryn Gonzalez; Matt Mahoney; Don Piercy.



HAPPY BIRTHDAY
TO ALL!!



South Tropical Trail Spring Road Cleanup

There is nothing worse than running along a beautiful route and seeing trash along the roadside.

On May 18th, a big group participated in cleaning up South Tropical Trail from Mather's bridge all the way to Pineda Causeway. The gang started out earlier with a fun run along the route, then back to Oars & Paddles park for some refreshments before heading out for the real work. Bags and bags of trash were collected and made for a super successful morning!

A HUGE thank you to Dr. Ilse Berube for donating the latex gloves, Revolutions for donating the trash bags, and Publix of Indian Harbour Beach for donating baked goodies for the volunteers.



Right—Coordinator Rene Dunne, giving out last minute instructions.



There were plenty of carbs available for after the run and before the cleanup!!



Left—Carol Ball and Ty Bowen are ready!

Spring Road Cleanup, Continued



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

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

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

Space Coast Runners 2013 Scholarship Winners

The Space Coast Runners Club awarded two scholarships of \$1000 each to two local high school seniors. The winners must be either a family member of a SCR club member, or a participant on their high school track or cross country team. They must submit a letter of no more than 250 words on the subject of **“How Do You Fit Running Into Your Life?”** This year, Rachel Hardbarger, Astronaut High School Class of 2013, and Austin Haggard, Merritt Island High School Class of 2013 were scholarship winners. Here are their winning submissions:

Rachel Hardbarger

“Ever since I participated in track my sophomore year, running has been an important part of my life. Not only has it taught me about myself, but it is also an outlet for stress and a way to collect my thoughts. It is a constant mind-over-matter sport that makes you push yourself and go farther and faster than you think you can go without needing any equipment or personal trainer. It gives me time to myself and promotes healthy choices in other aspects of my life as well. And I can honestly say that it is one of the most positive impacts on my life. This is why it is important for me to fit running into my life.

Three days a week I wake up at 5:00am to go get my friend and go to the gym before school. Five days a week I have track practice and do pole vaulting. When I have time, I go running around my neighborhood or outside of it depending on the mileage. As you can see, I work to fit exercise into my life and there’s nothing better than getting up early on a crisp fall morning to go run my four mile loop. Running a familiar route and breathing in fresh air is invigorating and calming, and at the end of my run I’m never sorry for running instead of lying around or being lazy. It’s empowering and I will never give it up.”



Left—Rachel accepting her scholarship award from SCR Board Member Marisa Flint.

Congratulations Rachel!

Austin’s winning essay is on the next page.

Space Coast Runners 2013 Scholarship Winners

Austin Haggard

An Unforeseen Passion

All I can feel is pain. My friends and family cheer me on, but there is no way I can comprehend what they are yelling. The burning sensation in my chest is beyond description. All the while, I continue to drive myself forward with one question running through my head: Why would I do this to myself?

My passion for running began my sophomore year when I first joined Cross Country and Track. As a former baseball player, I believed that no physical challenge would faze me; I run around the bases all the time! I couldn't have been more naïve. The sinking feeling in my stomach after being told the first mile was just a warm-up is something I will never forget.

After the first few weeks of practice I began to feel more at home. I began to make some friends and actually enjoy what I was doing; look forward to it even! I accepted the pain and difficulty as a challenge and would push to better myself each day. This not only increased my endurance, but it also leaked into other parts of my life. I became more interested in school and put more effort into everything I do. The attitude change created by something so simple is impossible to appreciate until it is personally experienced.

To this day I continue to run about 30 to 40 miles a week just for pleasure. Running has become a permanent part of my life and couldn't be replaced by anything. The rush I get from tightening up my running shoes, clipping on my watch, and stepping outside hasn't diminished in the slightest. People call me crazy; some even ask why I run, but no matter how I reply, I know they won't understand. It takes a special type of person...a runner.



Congratulations Austin!

Run a Mile with

Lisa Hamelin

THE FACTS



Grew up where: My dad was in the Air Force, so my brother and I grew up in many places. Japan, Texas, England, Massachusetts, New York, and Florida. Came to Florida when I was in 8th grade, so I feel like that is where I really grew up. Alumnus of Central Jr. High, Melbourne High, UCF and FIT.

Family: Hubby Keith (43), sons Ben (11) and Devin (9), daughter Keeli (5) and bunnies Oreo (1) and Lucky Charm (1).

Age: In the 40-44 age group. OK, OK, I'm 42.

Occupation: Program Lead at Millennium Engineering and Integration Company. Our office develops software used by the Ranges to ensure safe launches and reentries of space vehicles.

Dream profession: Food blogger. Let me clarify. A highly paid food blogger.

Number of Years Running: Officially started running in the Fall of 2009, so almost 4 years.

Began Running Because/To: I always thought I wanted to be a runner and tried off and on since my mid-twenties, but didn't run consistently until I was 39. I started because I couldn't use the baby weight excuse any longer at that point and really wanted to get rid of the last 10-15 pounds that were lingering. During the weight journey, I began to realize that I liked the feeling that running gave me, physically and mentally.



I Knew I Was Hooked When: I kept waking up early in the morning to do it.

THE FAVORITES & MORE

Favorite Race(s): Why? The Donut Run. OK, I'm just kidding. Can I talk about my least favorite run instead? I don't have a favorite race; I like a lot of them. One of my special ones is the Firecracker 5K because it's one that my husband Keith and I have run in at the same time for the past few years. I want to continue that tradition. Keith is into a lot of other activities and while he would like to run more often, it's difficult for us to do it together with 3 young children.

Favorite Race Distance: Why? The 5K is really my favorite at this point. I like it short and quick! I am currently training for my first marathon in the fall, so perhaps I will change my tune!

Favorite Place(s) to Run: South Tropical Trail is my favorite location. My house is exactly one mile from Oars & Paddles, so it's convenient and a beautiful run along the river. I love running in the early morning when things are calm and cool(er).

Running Goals: To be able to stay healthy, run into my golden years, and to always improve and push myself, whether it's distance or speed. Oh, and to have a decent race photo where it doesn't look like I'm about to puke or die.

Running Partner(s): I have a weekly Eau Gallie causeway date with my Beachside Bootcamp friend, Shana Crovo. My Sunday long runs are with Laurie Paul and some of the Up & Running Fitness group. My other days are typically solo. I like both. Running with friends is fun and also provides challenge. Running solo allows me the peace and quiet that I need sometimes (especially with three young children in the family).

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: Is this where I'm supposed to pick someone that has made a huge difference in the world or is a big intellectual? I choose my husband! We never get to run together, logistically it is just too difficult. So, I would love to run with him and just shoot the breeze.

Funniest or Oddest Thing I've Seen While Running:

Not really funny or odd, but one thing I notice while running is other runner's styles/gaits. I find it so interesting that everyone runs differently. So beware, I am watching YOU.



THE FAVORITES & MORE

Other Sports& Interests: Spin class, paddleboarding, cooking, volunteering. I'm about to start organic tower gardening and am excited about that!

Favorite Reads: BK (before kids), I read books voraciously. Nowadays, I am all about magazines! I have short snippets of time, so magazine articles are the way to go for me. I also get all of my current event news via Facebook (is that wrong?!).

When Nobody is Looking I Like to: Play Candy Crush. Oh wait, no I do that all the time, regardless. With 3 young children, I am never alone so I do everything within eyeshot.

Favorite Meal: Oh, I have so many! I am a lover of food. One of my favorites is a perfectly grilled, perfectly seasoned piece of steak.

Dream Vacation: Any tropical paradise with my husband. I am not a fan of cold weather.



LAST BUT NOT LEAST

Training Philosophies: For me, I do so much better when I have a plan. If it's not written out then I won't end up doing it for long. This includes food as well as exercise.

One Piece of Advice That I Would Give to a New Runner: Stick with it. The hardest part about starting anything is to do it again. And again. And again. It will be difficult in the beginning because it's not necessarily going to feel great—you will be sore and out of breath. But, eventually you will be able to look past those things and appreciate the awesome feeling it is to finish a run and know you are accomplishing something great!!





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Everyday Heroes 5K

Presented & Benefiting Swim Safe Forever

May 4, 2013—Melbourne, FL

This year the participants of the Everyday Heroes 5K ran to remember and honor Carter, a victim of drowning. Sixty two runners ran the Wickham Park course as a part of the fourth annual event which was the kickoff of the Family Fun Fest Day which featured bounce houses, face painting and more.

Beth Whalen took top honors overall in a time of 18:43. Following her across the finish line was Art Anderson, the top overall male who ran 19:21. The youngest competitor (shown right) at the race was little Abigail Tastad, age 3, who completed the entire 5k in a time of 1:10:34. She sported a painted face courtesy of the Calvary Chapel Melbourne's Face Painting Ministry and kept her pacifier in the entire way.



Photo Credits: Liz Cowie

FEMALE OPEN WINNERS

Beth Whalen	18:43
Karen Drack	24:25
Elizabeth Langenderfer	25:10

FEMALE MASTERS WINNER

Gail Wread	29:56
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MALE OPEN WINNERS

Art Anderson	19:21
Paul Nelson	20:30
Trent Brady	20:56

MALE MASTERS WINNER

Charles Eccleston	25:03
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★ Proceeds from the race are to educate our community about water safety & drowning prevention ★



Thursday, July 4th, 2013 at 7:00am
Liberty Bell Museum, Melbourne

Please join us to kick off the first race in 2013-14 Running Zone Foundation Race Series.

- Start the race with the ringing of a replica of the Liberty Bell
 - American Flags to all Finishers
 - Most Patriotic Costume Contest
 - Free Firecracker Kids' Run
- Great Breakfast Party after the Race by Suntime Cafe II!
 - Benefits Honor America
- Special awards to top Local Hero Teams(Military/Fire/Police)!
 - Honor America Parade starts after the race.
 - Random giveaway of one Apple iPad!

[Online Registration Link](#)

GET READY! EMC² = MAY 5, 2013

Eat My
CRUST



05.05.2013

Presented by:

Viera Pizza

Eat My Crust 5K



The 2nd annual Eat My Crust 5K was held on May 5th, at Viera Pizza. The weather started out cool, which was perfect for running. Thanks to a great race director team and sponsors, they outdid themselves.

The award medals were amazingly big pizza-designed beauties. Even the Viera Pizza mascot, Joey Pepperoni is featured on it. The post-race breakfast and pizza were never-ending. There were plenty of giveaways and the big one—a brand new golf cart was raffled off that morning to Vern Lahee.

Proceeds from the race went to Viera High School Athletic Department. An amazing \$12,000 was raised!! Can't wait to see what next year brings.



Race Director Brittany Streufert and Joey Pepperoni make for a great team.



Post-race carbs, carbs and more carbs!



Mike Acosta presenting Vern Lahee with his new ride.

Almost 700 finishers for this second year event!

Eat My Crust 5K, continued

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

MALE OVERALL

Jonathan Campbell 16:43
Shane Streufert 16:59
Mason Jones 17:32

FEMALE OVERALL

Angela Cobb 19:06
Julie Hannah 19:49
Marie Groppe 20:55

MASTERS DIVISION

Doug Butler 17:48
Cheng Ten 21:02

TEAMS

Set Goals Not Limits
Honey Badgers
Running Zone

Photos courtesy of Bob Rall and Doug Carroll.



Look at the size of those medals!



The crowd gathers for the award ceremony and giveaways!



The Lil' Pepperoni Run is always a hit.

2013 Space Coast Runners Hall of Fame Inductee

DICK WHITE

The SCR Hall of Fame is intended to recognize a member's accomplishments as runners and/or their contributions to the Space Coast Runners Club. This year's inductee has a long history of both.

Congratulations to Dick White for being selected as the 2013 Inductee. Here is his Nomination Letter as provided by fellow Hall of Fame member, Marty Winkel.

Right—Dick with his wife, presenter, and fellow HOF member, Marlene White.



Like most of our previous inductees, this one is overdue. To some degree it is understandable why this year's inductee has been overlooked since most of what he does is in the background, or at least that is the way it appears to me.

When Dick White started running in his early 20's to stay in shape for tennis he hadn't planned on running a marathon, much less one in each of the 50 states and Washington DC. The same was true when he met Marlene in 1993, but in December of 1994 Dick ran his first marathon, the defunct Brandon Marathon. 60 marathons and 17 years and 5 months later, on May 20, 2012, Dick completed the Cleveland Marathon and his quest of completing a marathon in each of the 50 states and Washington DC. (Picture-bottom Right)

Dick has completed dozens of triathlons, including The Great Floridian iron-distance in Clermont in 1998. Besides his 60 marathons, Dick has completed many races from 5K through 30K including quite a few half marathons, too many to mention here. One of Dick's proudest races took place in 1999, when he ran the Ed Root 5k in New Smyrna Beach, pushing his daughter Rachel in a jogger in the 10k and placing in his age group. He then ran the 5k and won it outright. He also qualified for, and ran the 100th running of the Boston Marathon.



[Continued on next page...](#)

2013 Space Coast Runners Hall of Fame Inductee

DICK WHITE

Dick has a long list of races he supports annually. His responsibilities include course set up and take down, water station set up and take down and clean up, as well as water station volunteer coordination. He is also a cash sponsor at these races.

Eye of the Dragon - 10 years
Space Coast Art Festival Turkey Trot - 5 years
Space Coast Classic – 6 years
Freedom 7's races – 7 years
Cocoa Beach High School Cross Country

He also volunteers at
Lucky Leprechaun
Space Walk of Fame
Space Coast Marathon
Fall Into Winter
Cocoa Beach Triathlon
*New this year, the **Rocketman Triathlon** as a bike ambassador.*

He mans the SCR booth at expos and area races to promote the SCR club and upcoming events.

When SCR was timing races, he often volunteered as a timer. He also used to help Rebecca Sparks with her race series when she had the Up and Running store.

When Rachel was in elementary school, he volunteered with the Mileage Running Club.

Dick was just re-elected for his 5th year as a Space Coast Board member.

And finally, Dick was Golden Shoe recipient in 2012

I am honored to nominate Dick White as the 19th inductee into the Space Coast Runners Hall of Fame.

—Marty Winkel

Thanks Marty, and Congratulations Dick!





Run For the Gecko 5K Hawaiian Luau May 11th



The 10th annual Run for the Gecko Hawaiian Luau 5K was held on May 11, starting at the Wickham Park/BCC Pavilion. It was the final event of the Running Zone series and they did not disappoint for their milestone anniversary.

All finishers received a colorful lei as well as a large towel that had all of the logos for the race for the past 10 years printed on it. Pizza Gallery provided post-race breakfast.



The Gecko awards are always colorful and fun. Overall winners walked home with huge 6' geckos!

Zippy the gecko is always there to cheer on the kids!

Over 900 finishers in this year's Gecko!

Run For the Gecko 5K, continued

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

MALE OVERALL

Peter Clusener	16:09
Michael Fisher	16:45
Dillon McGee	17:10

FEMALE OVERALL

Angela Cobb	17:51
Beth Whalen	18:13
Melissa Taylor	18:48

MASTERS DIVISION

Shane Streufert	17:18
Cathy Friedel	20:02

TEAMS

- Running Zone
- Long Doggers Club
- Jackson's Jets & Joggers



Peter Clusener came in first for the men with grass skirt in tow!



Special awards were presented to runners that have participated in every Gecko race since it's inception.



Angela Cobb led the women for the second time in a row.



Team Running Zone wins again!

2013 Space Coast Runners Golden Shoe Award

Matt Mahoney

The first annual SCR “Golden Shoe” award was presented at the 1991 Awards Banquet. Marty Winkel proposed the idea after reading an article in Runner’s World magazine. The intent of the award is to recognize an individual for the work they have done in support of the running community.

This year, **Matt Mahoney** was selected as a recipient for the Golden Shoe. Board member Mary Ramba drafted the following introduction that was used at this year’s awards banquet to present Matt with this well-deserved award.



If you are a Space Coast Runner as I am, and love to run SCR races, what do you do when you get home from a race? You turn on your computer. That’s right; you go to the SCR’s home page and check the race results. I always want to see how my fellow Space Coast Runners did and how my race time compares to others in my age group and other age groups.



I also go to the race calendar and see when and where I’ll be heading for the next race.

Thanks to our Golden Shoe Award winner, all of that information is input and posted in a very timely manner. That, and additional fun and interesting comments about the race. Such as, “I went the wrong way and ran nearly an extra half mile.....” Often the race course is also posted with the results.

Come on up here Matt, you are the winner!

I also want to thank Bob Rall for helping me with the following information.

Continued on next page...

Left—Matt, accepting the Golden Shoe award from Club President, Carol Ball

2013 Space Coast Runners Golden Shoe Award

Matt Mahoney

I want to tell you a little bit about Matt. He has been handling the race results and calendar since the late 1990's. Before the internet, Matt maintained the member database on a floppy disk and printed the mailing labels with an old fashioned dot matrix printer using some DOS software he wrote himself. Computers and printers have come a very long way in a very short time.

Matt has been a member of Space Coast Runners since the late 1980's and running since 1985, when he was 30. From 1990 through April, 2013, he has run 22,618 miles! Over that same period, he has run 1209 races. If you don't see Matt at a local race, he is usually running Hardrock, Barkley, or Nolan's 14.

Matt's favorite SCR race is our very own marathon.

He would like to see Space Coast Runners organize more races or group runs. I get tired just thinking about doing more...not Matt.

Matt always has a smile or encouraging word for all and everyone knows that he enjoys all that goes into running and racing.

Matt, Space Coast Runners really appreciates all that you have done over the years and we look forward to many more years.

THANK YOU MATT! YOU ARE A REAL WINNER!

Thanks Mary! And CONGRATULATIONS MATT!



Left—Matt, as most of us have come to know him!

Warrior 5K Run/Walk May 25th



This race was the first of a series of two; held at Port Canaveral.

The second race will be held Nov 9 in Viera at Space Coast Stadium.

The race series benefits Hope4Heroes, which focuses on suicide prevention/awareness, depression support services for war veterans.

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



Above—Emily Nelson and Marc Zeller were the first female and male to cross the finish line.



Right—Raymond Stone won the Military as well as the Masters division.



MALE OVERALL

Marc Zeller	18:26
Art Anderson	19:48
Jim Schaeffer	20:54

FEMALE OVERALL

Emily Nelson	20:47
Kim Spence	23:51
Amanda Wilkin	25:29

MASTERS DIVISION



Individual 100 Mile & 50 Mile Ultramarathons • Six Runner 100 Mile Team Relay

MILE 100

Race Across the Keys

May 18 & 19, 2013 — Key Largo to Key West

SCR PARTICIPANTS

100 Mile Individual

Jim Schroeder, Steve Colella

100 Mile Team Relay

Almost There: Jay Claybaugh, Tony Bils, Nathan Wick, Julie Hannah, Kara Springer, Nan Pond

Got The RUNs: Ed Springer, Ron Abel, Brad Daszynski, Greg Reverdiau, Pedro Toledo, George Meerdo

Running Fast: John Davis, Shane Streufert, Dan Burnett, Ben Fish, Steven Hedgespeth, Steve Chin

Still Mastertasting: Veronica Sim, John Ouweleen, Tracie Donnelly, Danny Barrett, Charis Gaines, Rick Forestiere

We Won't Back Down: Nancy Wingo, Kimberly Prosser, Harry Prosser, Kurt Russell, Christina Russell, Chris Slusher (pictured below)

The 6th annual Keys 100 began its journey from Key Largo to Key West the weekend of May 18 and 19. The point-to-point event offers two distances and two ways to race. Individuals can go the entire 100 mile distance beginning at 6:00am in Key Largo or run for 50 miles starting in Marathon Key at 10:00 am.

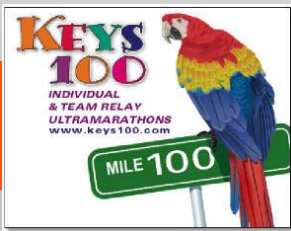
Space Coast Runners Jim Schroeder and Steve Colella tackled the 100 Miles. It was Colella's first attempt at the distance after conquering the 50 Miles in 2012. He made it 72 miles and has vowed to try again.

Jim Schroeder finished 100 in 29:22:13 for 49th place out of 109 starters and second place in his age group. Schroeder ran self crewed. It was his second finish in four Keys attempts. Jim shared with us that this was his third 100 mile race since December 2012 having run the Ancient Oaks 100 at the end of the year and the Long



Mile Marker 68 handoff between Steve Hedgespeth & John Davis. A Road Warrior is right behind them!

Far Left: Team We Won't Back Down prepares to head south to Key Largo.



Keys 100 Ultramarathon Races (continued)



Haul 100 in February. Overall there were 67 finishers; a high percentage considering the weather.

Space Coast Runners made their presence known in the Team Relay competition in a big way. All five teams with SCR runners on them finished in the top 30 which is great considering the 105 team field. The icing on the cake was an overall victory claimed by "Running Fast."

Running Fast's team was comprised of John Davis, Steve Chin, Ben Fish from Iowa City, Iowa, Dan "Woody" Burnett from Cincinnati, OH, John Davis, Steve Hedgespeth and Shane Streufert. Team Captain this year was John Davis who reported, "This was the toughest and fastest year yet. Great competition from a top notch group of guys in the Road Warriors. Keys 100 is a race to truly challenge yourself. Between the heat and the blistering fast pace, its guaranteed to put me to the test every year."

Tested they were as last year the Road Warriors from the South Florida area took the first place title from the two-time overall champions. The 2013 race for Running Fast was all about redemption. The lead went back and forth for the first 60 miles. When Woody handed off after running the 7 Mile Bridge Running Fast had a 10 second lead but he was done for the day. Heat exhaustion took their fastest runner out for the remainder of the race.

Hedgespeth quickly recalculated legs and Streufert vowed to not let Woody's blistering bridge run be in vain. Running Fast kept the lead for the final 40 finishing in a time of 9:23:59. This broke their 2010 record by 16 minutes. Well done!

Lots of fun was had by all the teams. Charis Gaines who ran on Team Mastertating said, "Our team has done the race for the last 4 years - each year, our name has morphed to a slightly different "tater" name. This year was no exception and team "Still Mastertating" emerged. There was a collective sigh of relief from the male members of the team since the "lady-Taters" dreamed this one up.

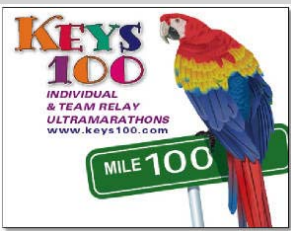
We were entertained along the way by the number of people who pointed and laughed at our van. This year, we added cow bells to our cheering -- and we did cheer loudly everyone running every time we stopped for a

Continued on next page



Top: Jim Schroeder looks fresh and ready to run 100 miles at the starting area.

Bottom: Kimberly Prosser hands off the bracelet to Nancy Wingo at MM17.



Keys 100 Ultramarathon Races (continued)



handoff. That produced a number of smiles (some relieved, some surprised) along the way."

And here are some final notes from Jay Claybaugh who ran on Team Almost There. They finished in 7th place. If you're ever considering the race these things might be helpful. Congrats to all!

Things Jay Learned at the Keys 100

- * Obviously speed work is a waste of my time based on Kara's running
- * Heat stroke causes delusions of multiple iguanas while on the running route
- * Used towels must not be left in the van over night...this is a moral imperative
- * The people you least suspect play hard ball with the chocolate chip cookies
- * Mrs. Macs has premo key lime pie
- * Ultra 100 runners are crazy (if not before the run, definitely will be after the run)...there is no other possible explanation
- * Never stray far from your driver in the evening, especially if you'd like to get something to eat



Reasonable Running with the Birdwells

A Great Summer Read

Now that summer is here we all know that training in the heat is tough! Personally during the summer months we get out extra early in the morning to avoid the heat as much as possible. Some folks like to get out in the evening. So what's best, morning or evening? With questions like this we always respond, "Whatever time you will actually get out and train that is the best time."



With this in mind you can expect it to be more humid in the morning and it will be hotter in the late afternoon. Mid-day.... forget about it.

Another thing you may consider in the summer months is spending more time in the gym. Running is much more than leg power so we think summer time is a great time to work on our core and other muscle groups.

Hit the gym a few times a week and cycle through workouts that focus on

Upper torso – Lie on your back and do dumbbell presses. This recruits all sorts of abdominal muscle groups. It targets pectoral muscles and other stabilizers and will improve respiration. The incline barbell press will help respiration too and can be used to mix up the routine. Pushups and pull ups are good for the torso as well.

Arms and shoulders – Standing bicep curls, barbell curls (vary the width of your grip). These exercises will help you balance and counter balance as you swing your arms.

Core – Hip abductor machine will help in preventing piriformis pain. Do floor sit ups and oblique twists, these will help in keeping the pelvis aligned which is critical in the gait cycle.

Upper legs – the Hip adductor machine strengthens the adductor group and can prevent patella from tracking latterly too much. Aka prevent runners knee. Machine Leg extensions can also help prevent the patella from tracking too much laterally.

These are just a couple of quick tips to motivate you to do more research on your own and have a focused plan when you head to the gym.

It has been said many times a runner is only as strong as their weakest link. So why not find yours and work on it this summer and maintain a balance throughout all your muscle groups.

Recommended reading.. Running Anatomy by Joe Puleo and Dr Patrick Milroy. This is a great summer read for any runner.

Peace

Barry and Michele

Like us at www.facebook.com/birdwellsrun

Road Runners Club of America Annual Convention

Report from Carol Ball

On May 1st, Ty and I departed for the 55th Annual Road Runners Club of America National Convention, held this year in Albuquerque, NM. We arrived on Wednesday about 10am and picked up our rental car. A local lady on the airport shuttle told us to be sure to try the Church Café in Old Town for lunch. It turned out to be a good recommendation. Old Town was the setting for this convention, a small historical section of Albuquerque, within walking distance from the host hotel.



The convention kick off was Thursday evening, so we had time for a day and a half of sightseeing. We headed to Petroglyph National Monument and took one of several hiking trails to view Native American and Hispanic petroglyphs (ancient rock drawings). Then we visited the Indian Pueblo Cultural Center, showcasing the history and accomplishments of the 19 Pueblos of New Mexico.

Thursday, on a recommendation from Dick and Marlene White, we drove about 45 minutes west of our Hotel Albuquerque and toured the Acoma Pueblo, built around 1100 A.D., atop a 367 foot tall sandstone mesa. It is the longest continuously inhabited Indian Village in North America. The native tour guide gave us all the historical facts and fascinating stories of the pueblo. We definitely recommend this if you ever get to Albuquerque!



On Thursday afternoon, we checked in at the convention and collected our “goody bag”, a RRCA logo jacket from Leslie Jordan, convention information, and our race packet for the Run for the Zoo Race. We attended a new convention feature this year, Round Table Discussions. We chose the topic, “Engaging Local Businesses with your Running Club”. We were able to brainstorm ideas with and learn from other club leaders from around the nation. From 5:30-7:00 pm was “A Taste of New Mexico Opening Reception” held outside on the hotel courtyard with a huge buffet of native dishes.

Friday Morning there was a 3 mile group run, with all participants given a long sleeve hooded tech shirt from Leslie Jordan. The convention expo area was filled with vendors such as Ashworth Awards, Leslie Jordan, Sport Science, RunSignUp, Chronotrack, and many more. After a continental breakfast, the convention was kicked off with a presentation from a local native dance group. The first general session was presented by Star Insurance, the RRCA insurance provider. Ongoing and new insurance coverage was discussed, along with a question and answer period.

Next were the Regional meetings, with our Southern Regional Meeting headed up by Kelly Richards of Texas. We were impressed to learn that in 2012, of the 4 US RRCA regions, our Southern region had the most championship races (one of which was our own Space Coast Marathon), and we had the most national championship award nominations! This year our friend and Florida State Rep, Don Nelson from Key West won the National State Rep Award!

Lunch was with speaker Bob Julyan, a well-known New Mexican author, speaker, and runner. After lunch we attended Education Sessions. “Implementing RRCA Programs that Add Value

Continued on next page...

Road Runners Club of America Annual Convention

Report from Carol Ball

to your Running Community” highlighted the RRCA Coaching Certification Program, the Race Director Certification program, Championship Race Program, Kids Run the Nation, and the Runner Friendly Community Program, plus others. “Engaging the Running Community to Ensure Integrity in Local Running Events” focused on how local running clubs can work with community leaders to educate them on the pitfalls of granting permits to out of town race promoters.

Next was the RRCA Annual Business Meeting with President David Cotter’s welcome and call for approval of the 2012 Annual Meeting Minutes and Treasurer’s Report. The 2013 Budget was presented, as well as a report of the Clubs Strategic Plan. We voted on the new slate of directors for the 2013-2015 terms.

Friday evening we enjoyed “Night at the Museum” held at the New Mexico Museum of Natural History. There was a Southwest buffet, drinks, dancing, and access to the exhibits.

Saturday morning was another 3.9 mile group run around the area, including crossing the Rio Grande River Bridge. Afterwards we enjoyed yummy breakfast burritos in historic Tiquex Park!

The Education Sessions continued with “Creating an Effective Communication Plan for your Club and Events”, centering on using social media, electronic surveys, and advertising. Next was “Managing your Non-Profit Club and Events”, presented by the Omaha Running Club President and Nebraska State RRCA Rep.

This covered Club By-Laws, Code of Conduct, and other documents, plus the roles of officers and board members.

Next was lunch with Meb Keflezighi, 2004 Olympic Marathon Silver Medalist, winner of the 2009 New York City Marathon (1st American since Alberto Salazar in 1982), and many other running accomplishments. Meb spoke about his book, *Run To Overcome*, the story of his journey from the most destitute beginnings in Eritrea to winning the New York Marathon. Also, we got to meet New Mexico native Navajo Code Talker Chester Nez - 92 year old lone Marine survivor of the World War II military code talkers who developed a code the Japanese could not break. The author of his book, *Code Talker*, gave an interesting insight into his life.

The last Education Sessions of the day were “Engaging Beginning Runners/Walkers into Your Club”, presented by members of the Albuquerque Road Runners Club, and “What Runners Want”, presented by Phil Stewart of Road Race Management.

At 3:30 we took a fun open air trolley tour of the city with ABQ Trolley Co – as their logo says - the best first thing to do in Albuquerque. These two young entrepreneurs really have a fun business going. Very interesting!

We got back in time to get ready for the final events of the convention the National Running Awards Banquet, along with silent and live auctions to raise funds for the RRCA Roads Scholar Program and the State Reps Fund. Awards were presented for such categories as:

Road Runners of the Year, Outstanding Volunteer of the Year, Excellence in Journalism Awards for Club Newsletters and Websites, and Road Race of the Year.



Continued on next page...

Road Runners Club of America Annual Convention

Report from Carol Ball

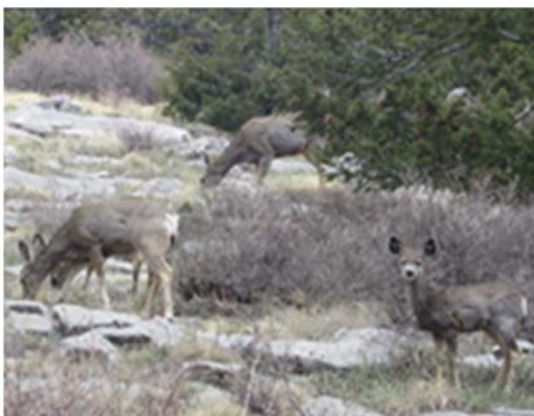
The keynote speaker for the dinner was Brian 'Iron Heart' Boyle, a young prominent high school swimmer who was the victim of a horrific car crash in 2004 at age 18, and miraculously survived. Three years later he competed in the Hawaii Ironman. He runs marathons and published his own book, *Iron Heart*. Very inspirational speaker!

Sunday morning we competed in the 28th Annual Run for the Zoo 10K/Half Marathon/5K. It started out as a rather chilly morning in the high 40s with wind, but was not bad once we got started. The beginning took us around the service roads of the zoo, reminding us of the Brevard Zoo 2-Miler. Our initial plan was to run/walk this event, but once we got going, that idea was scrapped quickly. Feeling good, we kept running. Even though we could feel some effects of the high altitude, our goal was to finish under 2 hours. Carol met her goal with a 1:58:36 earning her 2nd Place in her age group. Ty was a bit behind with a 2:03:47. After collecting our medals, we headed to the room for a hot shower.

After a brief rest, we decided to ride the Sandia Peak Tramway to the top of the Sandia Mountain range that overlooks Albuquerque. This is the world's longest passenger tramway. The scenery was incredible, even with a hazy sky. It was also much cooler up there, as we were now at 10,378 feet in altitude. Even though we were sore from the race, we hiked a 1.5 mile trail from the tram terminal to the Kiwanis Cabin, built of stone in the 1930's at the peak. Along the way we spotted 8 mule deer feeding in a meadow. It was an excellent way to cap off the week, and we rested at the top, admiring the view.



We have attended numerous RRCA Conventions, and it seems they get better with each year. There is a wealth of knowledge to be shared, and bringing people together to do so face to face is more rewarding than sitting on the internet. Friendships and contacts are made, and it is great to see them again at the next convention.



The next RRCA Convention will be held in Spokane, Washington, May 1-4, 2014.



Thanks Carol!

Wickham Park Marathon

and 50, 100, and 200 Mile Fun Runs

May 26—29, 2013—Melbourne, FL

Matt Mahoney's Wickham Park fun run was held for the 19th consecutive year over the Memorial Day weekend. The annual race saw many local and out-of-town runners running the distance of their own choosing. With a no entry fees and a mark your own time on the scoreboard after every 3.75 mile lap this race is truly an original.

Runners are given the opportunity to keep going once they've completed the marathon distance on Sunday. In fact, you have until 8:00 pm to finish 50 miles which then makes you eligible to come back the next day and start again. If you finish 50 more miles you can run Monday morning and if you do it again you'll be one of the few left to toe the line on Tuesday and then yet again on Wednesday to go for the 200



Salt Shack celebrates his 200 mile victory!



Wickham Park Marathon and Fun Runs											
Runner	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time
MIKE ACOSTA	3:37	7:10	10:55	14:40	18:25	22:10	25:55	29:40	33:25	37:10	40:55
SHANE STREUFERT	4:05	8:00	12:00	16:00	20:00	24:00	28:00	32:00	36:00	40:00	44:00
MATT MAHONEY	5:00	10:00	15:00	20:00	25:00	30:00	35:00	40:00	45:00	50:00	55:00
...

Left: Race Director and Wickham Park Marathon creator, Matt Mahoney out on the trails mid-afternoon on Sunday. Middle: Mike Acosta & Shane Streufert head back out to the trails after a quick beverage break. Right: Wickham Park Scoreboard

mile win. First time 50 mile finisher and SCR runner, Mike Acosta tells us, that “The Wickham Park Ultra is the best kept secret in Brevard! It’s both mentally and physically challenging, but will change your running game forever. From the pick your own distance, to the variations of terrain, to the camaraderie on the course, there is no other race like it.”

This year’s event saw a single runner who goes by the nickname “Salt Shack” complete the 200 mile distance in a total time of 46:50:27. His ultra feat earned him the coveted fake rock prize.

Jeffrey Kassal, 37 of St. Louis, MO, pulled off a trifecta by placing first in the marathon, 50 mile and 100 mile fun runs. Stephanie Miller, 51 of Clearwater, FL did a two-peat by placing first in the 50 mile and 100 mile events. Both received fake pebbles for their efforts. Suzanne Krasny, 42 of Indialantic, was the overall female winner in the marathon.

200 MILES WINNER

Tim “Salt Shack” Purol 46:50:27
Age 55, Clearwater, FL *Fake Rock*

100 MILES WINNERS

Jeffrey Kasal 20:05:17
Age 37, St. Louis, MO *Fake Pebble*
Stephanie Miller 22:16:07
Age 47, Clearwater, FL *Fake Pebble*

50 MILE WINNERS

Jeffrey Kasal 9:45:49
Stephanie Miller 10:41:59

MARATHON WINNERS

Jeffrey Kasal 4:31
Suzanne Krasny 4:59

Photo Credits: Steve Colella



Cheryl Lager and Steve Colella take to the sunny trails.



Dave Hernandez and company enjoy the



Long Distance Relationships

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

Fargo, North Dakota — It was an extraordinary weekend of race festivities in the small town of Fargo. The home of North Dakota State University and plenty of bison, we were told the marathon weekend, in its ninth year, is the second biggest event to hit the town (the annual Nickelback concert ranks #1).

The flight from Orlando to Minneapolis to Fargo is relatively easy. We arrived, grabbed a slice of pizza at Spicy Pie and headed straight to the Race Expo which is held at the Fargo Dome where the race begins and finishes. There was plenty of action and merchandise at the Expo along with lots of nutritional swag courtesy of Swanson Health Products. The main sponsor Scheels was taking free photos so we posed for a pic before we headed to our hotel.

Our hotel was about a fifteen minute drive from the race and was in a good area with plenty of food options. Race organizers warned there could be heavy traffic in the morning and when we went to get on the highway it was plenty backed up. We decided to take back roads there and arrived in a timely fashion while seeing parts of the NDSU campus.

Making the Grade



COURSE –Flat and fast with lots of turns. Spectators, bands and DJs line almost every part of the race. You never feel alone. Be on the lookout for the singing Elvis, Heather & Thistle Pipes & Drums Scottish group, and the Grimm Reaper near mile 25.



PROS –Staggered race times for the 10K, 1/2 & Full Marathon. Starts & finishes at the Fargo Dome. Great bathrooms there! Nice medal & long sleeve pullover plus an Adidas drawstring bag for your swag.



CONS –Airfare can be spendy. Flood potential is a concern. Unpredictable weather like this year's warm temps & humidity. No Gatorade at finish.



WE WOULD LOVE TO HEAR ABOUT YOUR NEXT OUT-OF-TOWN RACE!



Long Distance Relationships—Fargo (continued)

While waiting inside the Fargo Dome for the marathon to start the early morning rain stopped and we got to see most of the 10K runners finish. Soon the marathon was under way. Temp: 59 and cloudy.

Unfortunately a combination of sunshine and humidity fell upon the runners as temps steadily rose into the 70's. The many spectators along the way took refuge from the heat it seemed with beers or bloody marys. The weather took a toll on our times but we are happy to report that Marie Thomas finished 4th in her age group with a 3:49:02 finish.

After the race we went to a scrumptious dinner at Doolittle's, visited the two-story Scheel's for some sporty souvenirs and hit a local Fro-Yo shop for dessert. Check North Dakota off our list with high scores and a stamp of marathon runner approval.



Did You Know?



Oops! Dennis Lee of Cedar Rapids, Iowa accidentally got in a longer warmup run before the start of the marathon. He mistakenly ran the 10K race which began an hour before the 8:15 am marathon start. His times? 44:28 and 3:25. Unfortunately Lee missed his BQ time by five minutes.



Big Numbers! Nearly 20,000 runners raced in Fargo starting on Thursday night with the Youth Runs to Friday night's Blue Cross Blue Shield of North Dakota 5K Run/Walk & Saturday's 10K, Half Marathon and Full Marathon.

and the WINNERS are...



SHANE STREUFERT , AGE 41 VIERA, FL
MALE OVERALL & AGE GRADED CHAMPION



ANNE DOCKERY , AGE 64 MELBOURNE BEACH, , FL
FEMALE OVERALL & AGE GRADED CHAMPION



Yes, the 2012– 2013 Runner of the Year Series is finished!

It was quite a year. Our top male & female champions both claimed the title for the very first time in the overall and age graded divisions.

Congratulations to Shane & Anne and check out the rest of our winners.



1

SHANE STREUFERT

He was on a mission this year



MASTERS

DOUG NICHOLS

Always striving to run faster



1 AGE GRADED

SHANE STREUFERT



2

STEVE HEDGESPEPTH

Year after year he's a contender



GRAND MASTERS

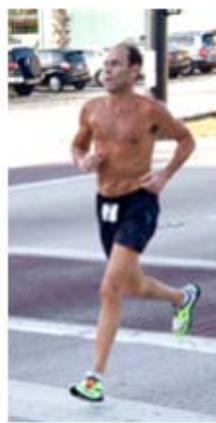
MATT MAHONEY

Does he ever slow down?



2 AGE GRADED

ART ANDERSON



3

ART ANDERSON

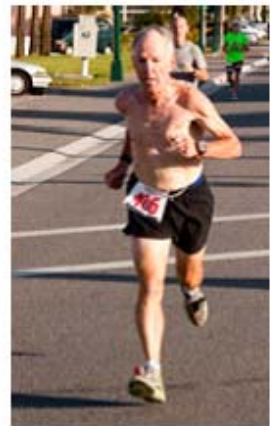
Brevard's shirtless wonder



SENIOR GRAND MASTERS

DAVID GRANT

Made it back from an injury



3 AGE GRADED

STEVE HEDGESPEPTH



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1

ANNE DOCKERY

Elite level Master's racer



2

ANNIE CAZA

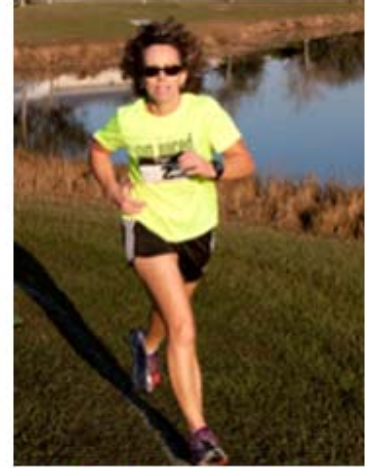
Runs fast with or without dog



3

TINA KRAVER

Shows the family how it's done



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MASTERS

MARY HOFMEISTER

Turns 40 & wins the title



GRAND MASTERS

CAROL BALL

Back to pounding the pavement



SENIOR GRAND MASTERS

MARY RAMBA

Her smiles go the distance too



1 AGE GRADED

ANNE DOCKERY



2 AGE GRADED

ANNIE CAZA



3 AGE GRADED

MARY RAMBA





FEMALE

AGE GROUP



9 & Under

- 1st Place Kaylee Kraver
- 2nd Place Lillian Robertson

10 to 14

- 1st Place Rachel White

25 to 29

- 1st Place Rachel Redlien
- 2nd Place Rebecca Healey
- 3rd Place Martha Brown

30 to 34

- 1st Place Rene Dunne
- 2nd Place Jessica McCaskill
- 3rd Place Kelly Semenko

35 to 39

- 1st Place Lisa Petrillo
- 2nd Place Julie Hannah

40 to 44

- 1st Place Brittany Streufert
- 2nd Place Michelle Smurl
- 3rd Place Charlotte McClure

45 to 49

- 1st Place Sandra Gannon
- 2nd Place Christine Kennedy
- 3rd Place Marie Thomas



50 to 54

- 1st Place Karon Pittman
- 2nd Place Joan Meadows
- 3rd Place Tena Hochard

55 to 59

- 1st Place Nancy Wingo
- 2nd Place Melanie Delman
- 3rd Place Lisa Farrall

60 to 64

- 1st Place Susie O'Connell
- 2nd Place Patricia Kiesselbach
- 3rd Place Jacquelyn Kellner

65 to 69

- 1st Place Susie Koontz

70 to 75

- 1st Place Joan Joesting
- 2nd Place Katie Marsh

75 plus

- 1st Place Roberta Osterling



Check out the schedule for the 2013-2014 ROY Series:

[CLICK HERE](#)



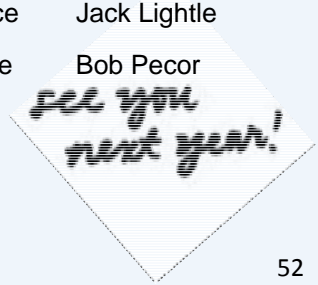
M A L E

A G E G R O U P



9 & Under

	1st Place	Graeme Burns	50 to 54		
	2nd Place	Benjamin Bloch		1st Place	Keith Kowalske
10 to 14				2nd Place	Jay Claybaugh
	1st Place	Joshua Kraver	55 to 59		
	2nd Place	Aeddon Burns		1st Place	Sal Farino
25 to 29				2nd Place	Daryl Gilbert
	1st Place	John Healey		3rd Place	Joe Deen
	2nd Place	Jerry Brown	60 to 64		
30 to 34				1st Place	Bud Timmons
	1st Place	Robert Paxton		2nd Place	John Robson
	2nd Place	Mike Acosta		3rd Place	Wolfgang Jensen
35 to 39			65 to 69		
	1st Place	James Krupp		1st Place	Gary Castner
	2nd Place	Ben Buchanan		2nd Place	Dennis Dailey
	3rd Place	Les Dunne		3rd Place	Vern Thomas
40 to 44			70 to 75		
	1st Place	Joe Lento		1st Place	Darwin Tangen
	2nd Place	Harry Prosser		2nd Place	Morris Johnson
	3rd Place	Ron Roff	75 plus		
45 to 49				1st Place	Tom Ward
	1st Place	James Chiravalle		2nd Place	Jack Lightle
	2nd Place	Ken Fortmayer		3rd Place	Bob Pecor
	3rd Place	Chuck Mathews			



2013 Space Coast Runners

Ran All Races Awards

Space Coast Runners recognizes the very few individuals each year who run in every one of the Runner of the Year Series races. This year's award winners are:

Females

Annie Caza
Melanie Delman
Anne Dockery
Rene Dunne
LeAnn English
Tena Hochard
Joan Joesting
Mary Ramba
Rachel Redlien
Lillian Robertson
Brittany Streufert

Males

Art Anderson
Ray Brown
Gary Castner
James Chiravalle
James Krupp
Joe Lento
Matt Mahoney
Shane Streufert
Bud Timmons

Congrats to all!!





Where In The World

ARE SPACE COAST RUNNERS RUNNING?

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



Rock 'n' Roll Seattle Marathon & 1/2
6/22—Seattle, WA

Karen and Rick Suarez



"1/2 Sauer 1/2 Kraut" 13.1 & 26.2
6/15—Philadelphia, PA

Pat Kiesselbach

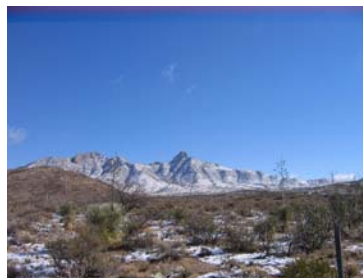
SEPTEMBER 2013



Air Force Marathon

9/21—Dayton, OH

Shelly Christian



Mainly Marathons

9/16—North Dakota

9/17—South Dakota

9/18—Wyoming

9/19—Montana

9/20—Nebraska

Carol Ball, Ty Bowen, Lani Ragan

Have you signed up for a **FALL** race? email Bob@RallCapital.com



Where In The World (continued)

OCTOBER 2013



Wineglass Marathon—10/6—Corning, NY

Lisa Hamelin

Charlotte McClure



Chicago Marathon 10/13—Chicago, IL

Mike Acosta, Susie Meltzer



Köln Marathon

10/13—Cologne, Germany

Nan Pond



Columbus Marathon

10/20—Columbus, OH

Doug Nichols

NOVEMBER 2013



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, Karen Rodriguez



New York City Marathon—11/3—NYC, NY

Kristen Tinker



Soldier Marathon 11/9—Columbus, GA

Shelly Christian

FEBRUARY 2014



ING Miami Marathon & Half Marathon

2/2—Miami, FL

Jerry Brown, Martha Brown

Is YOUR next Race on our Schedule?

Email Bob@RallCapital.com

SCR MEMBER DISCOUNTS

The businesses listed below offer SCR members a 10% discount



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



GET MOVING!

Group Fitness & Personal Training

10% off an 18-class package!



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