

SPACE COAST RUNNERS

AUG NEWSLETTER



Hello
Dick

EXCLUSIVE SCR Gets Social!

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Run A Mile with Betsy Butler

(page 24)

Long Distance Relationships

Mile High Adventure

(page 29)

**RUN
WITH US**
in the 2013-2014
*Runner of the
Year Series*
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Check out our new look inside & more!



The Starting Line

August 2013

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Photo by TriHokie Images

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ON OUR COVER: Photographed by Doug Carroll. SCR Board member, Dick White and "socialite", Molly Kirk are all smiles at where else? - The SCR Social in July.



Photo by Steve Colella



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



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.

CONNECT WITH SCR

twitter



Visit us on
Facebook

LinkedIn

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 and keep the conversation going!

Website: SpaceCoastRunners.org

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

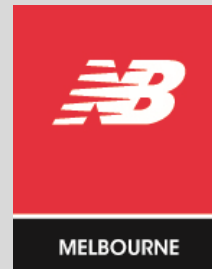
Results/Calendar: Matt Mahoney, MatMahoney@yahoo.com

Facebook Manager: Rene Dunne, ReneDunne@aol.com

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

SCR MEMBER DISCOUNTS!

Receive a **10% discount** from these local businesses when you mention you're an SCR member.



GET MOVING!
Group Fitness & Personal Training



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



Eighth Annual Titusville Racing Series 2013-2014



Presented By



TRS RACES:

Chain of Lakes/ Wild Shrimp Shuffle 5K & 10K

Saturday, 8:00am, October 12, 2013
Chain of Lakes, Titusville, FL
The 8th annual cross-country course offers a 5K and 10K. Both courses are new and includes a run around a new lake. These two courses are two of the most scenic courses along the Space Coast.

YMCA To PHFC/Run to the Gym 5K

Saturday, 8:00am, November 2, 2013
YMCA, Titusville, FL
This 5th year race starts at the Titusville YMCA and finishes at Parrish Health & Fitness Center (PHFC). This flat fast course has only 5 turns and could result in a PR. Park at PHFC and get bussed to the Y for the start. Or, Park at the Y and get bussed back to the Y after the race.

Max Brewer Bridge - Chili Cook Off 5K

Saturday, 5:30pm, February 15, 2014
Downtown Titusville, FL
This 4th year out and back challenging course runs from downtown Titusville, across the award winning A. Max Brewer Bridge and back. Your entry fee includes admission to the Rotary Chili Cook Off located at the finish of the 5K. This is a \$10 value.

Space Walk of Fame 8K

Saturday, 8:00am, April 12, 2014
Space View Park, Titusville, FL
This two-loop course runs through old residential Titusville and along the Indian River. This race is in it's 36th year.

Blueberry 5K

Saturday, 8:00am, May 17th, 2014
Holland Farms, Mims, FL
This diverse course is in its 5th year. The first 1.75 miles runs on very well maintained roads, then approximately 0.1 mile wooded trail, approximately 0.5 miles of rails to trails and a 0.75 loop around the Blueberry Farm. All participants can pick a pint of blueberry's after their run.

FEES

For Reference Only: Single Race	\$20.00
Single Race - Day Of Race	\$25.00
*Series	\$90.00

*Receive a 10% discount when signing up for the series.

PRIZE MONEY

\$1,400 in total prize money will be awarded.

-1 st	Place Male & Female.....	\$ 150.00
-2 nd	Place Male & Female.....	\$ 125.00
-3 rd	Place Male & Female.....	\$ 100.00
-4 th	Place Male & Female.....	\$ 90.00
-5 th	Place Male & Female.....	\$ 80.00
-6 th	Place Male & Female.....	\$ 70.00
-7 th	Place Male & Female.....	\$ 60.00
-8 th	Place Male & Female.....	\$ 50.00
-9 th	Place Male & Female.....	\$ 40.00
-10 th	Place Male & Female.....	\$ 30.00
-11 th	Place Male & Female.....	\$ 20.00
-12 th	Place Male & Female.....	\$ 10.00

Points will be awarded starting at 200 for the best age grade time down to 1 for the 200th finisher of each sex. Finishers after 200 will receive 1 point. At the end of series, individuals who accumulate the most points will receive awards. The standings after each race will be calculated & displayed on the SCR web page.

AMENITIES

Each Titusville Racing Series event will have uniquely designed t-shirts for all participants. Awards for each individual race will be given for the following places: Top 3 male/female overall
Top male/female Master
Top 3 male/female in 15 age groups from 8 & under through 70+
Door prizes and refreshments will also be provided. TRS awards will be given to the top 12 men and top 12 women determined by age graded results.

Contact Info: Marty Winkel: 321-537-3526 • runsalot@cfl.rr.com
Titusville Racing Series Director

Eighth Annual Titusville Racing Series 2013-2014 • REGISTRATION FORM

Last Name	First Name	Male	Female
<input type="text"/>	<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>
Date-of-Birth	Age/Day of Race	Youth and Adult Shirt Size	Amt. Enclosed
<input type="text"/>	<input type="text"/>	YL S M L XL XXL	<input type="text"/>
Email Address		For GUG Only: 5K <input type="checkbox"/> 10K <input type="checkbox"/>	
<input type="text"/>			
City	Telephone (Area Code + Number)		
<input type="text"/>	<input type="text"/>		

Make checks payable to:
"Titusville Racing Series"
Mail to: Titusville Racing Series
P.O. Box 2
Titusville, FL 32781
E-mail: runsalot@cfl.rr.com

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 on claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers and supporters of this race (series) and my representatives, successors or my association with an entry or participation in a Titusville Racing Series event(s). 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 (series). I have read the above release and understand it presents a risk of physical injury. Knowing this, I am entering this event (series) at my own risk.

Signature (Parent, if under 18) _____

FROM THE EDITOR

Welcome to August!

First, I want to express my thanks for the honor of being named a co-recipient of the 2013 Space Coast Runners Golden Shoe Award. To be a co-winner with Matt Mahoney in anything related to running is quite the special occasion. I saw many of you at the Social and I appreciate your support and friendship.

We hope that you enjoy the new look of your newsletter. We are trying to make it an important benefit of your membership with Space Coast Runners. I am very lucky to be working with two ladies who are very creative, dedicated, and pretty-doggone-fast runners, Brittany Streufert and Lisa Hamelin. Please thank them when you see them. They are both acting as Race Directors for popular local races, which is a tough and almost thankless job. So, please thank them for the hard work they put into making this newsletter what it is and the effort they put forth for our local running and walking community.

That being said, we really need your help to make each issue more valuable. At the Social last weekend, I talked to several people who didn't know that they could be, and should be, Contributors. Are you trying out a new fall marathon plan? Let us hear about it...maybe others could learn from your experience. Been to an out of town race that was great, or not-so-great? Let us know. Other members may be interested in that event as well, and your experience will certainly help. You don't have to be a writer...we can take care of that. Just let us know you would like to share your experience, and we'll work out the details. But if you do have some writing skills, we would like to hear from you too. Please share your talents, and your thoughts about running, with your fellow club members.

The Runner of the Year series kicks off this month, and a new racing season has begun. Maybe you are a competitive runner; maybe you are training for that fall event as a runner or walker; maybe you are more of a fitness-minded casual runner/walker. Whoever you are, we hope that your training and upcoming events are safe, fun and memorable. Let us hear about them!



Be safe out there!

BOB RALL,
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BRITTANY
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ADVERTISER INFORMATION

There are two ways to advertise in the Space Coast Runners newsletter. Give our members a discount and we'll give you a free small ad space (see page 3).

For other ads like business or race advertisements, we charge \$25 for a half page and \$50 for a full page.

Contact Bob Rall, Editor-in-Chief
Bob@RallCapital.com

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Runners • Walkers • Triathletes

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10% DISCOUNT
TO ALL SPACE COAST RUNNER MEMBERS

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

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

2013



2014

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Springer's Spiel

- A Monthly Column from SCR President, Ed Springer



We are now well into the Dog Days of summer, which actually is not a reference to our four legged friends but rather a phrase with celestial origins. According to Wikipedia, The Romans associated the hot summer months with the star Sirius. They considered Sirius to be the "Dog Star" because it is the brightest star in the constellation Canis Major (Large Dog). Sirius is also the brightest star in the summer sky. Dog Days were popularly believed to be an evil time "the Sea boiled, the wine turned sour, dogs grew mad, and all other creatures became languid; causing to man, among other diseases, burning fevers, hysterics, and frenzies." Let's hope these ancient Roman beliefs do not transpire into modern day realities. Being active outside during the sultry Florida summers is not for the faint-hearted so remember to stay hydrated, nourished and don't overexert yourself.

I have heard positive feedback from those who made it to the SCR Social. In fact, one reported it was the best SCR Social to date. Since I wasn't able to make it I'm wondering if there is a correlation to the success of the event and my absence. I regret the no-show and wish I could have attended. However, I don't feel too bad because I was off in California and Colorado taking advantage of scenic runs with cooler tempera-

tures, less humidity, altitude changes, varied terrain and picturesque views.

Back in Brevard there is a lot of exciting news. First, there was an influx of new SCR memberships received at the social. We look forward to getting to know the new faces and welcoming familiar faces that took the plunge and became members. Secondly, as of July 24th The Space Coast Marathon reached full capacity and the Half Marathon sold out the week before. This race has become Brevard's premier running event and has evolved into something special. I suppose the new Big Bang Series and associated achievement medals were factors in the "astronomical" response and early sell-out. As an admitted space geek I confess the medals had an influence on my decision to sign up for the marathon. I look forward to the upcoming months of training and seeing all the participants toe the line on race day. Lastly, the SCR Runner of the Year (ROY) race series kicks off Aug 24th with the Running on Island Time 5K. The ROY series is a great way to engage and stay motivated in your running endeavors.

Happy Running,
Ed



AUGUST BOARD MEETING

**The next SCR Board Meeting will be held at 7:00 pm,
August 17th at the Health First Pro-Health & Fitness
in Viera**

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
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners
Sun	Oars and Paddles Park, IHB	7 am	Up & Running Fitness
Mon	Pizza Gallery, Viera	6 pm	Running Zone
Mon	LongDoggers, Indialantic	6 pm	Jessica Crate
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Christy Tagye
Tues	Palm Bay Rec Center	6 pm	Dave Hernandez
Tues	Titusville YMCA	5:30 pm	Pedro Toledo
Tues	LongDoggers Running for Brews, Satellite Beach	7 pm	Jessica Crate
Wed	Bob's Bicycle Shop, IHB	6 pm	Jesse Hall
Wed	Daddy Ultra Runs, Cocoa Village	6 pm	Hernan Garcia
Wed	Eau Gallie Civic Center	6 pm	Running Zone
Thurs	Palm Bay Rec Center	6 pm	Dave Hernandez
Thurs	Eastminster Presbyterian	6 pm	Up & Running Fitness
Thurs	Running Zone, Melbourne	6 pm	Running Zone
Sat	Spaceview Park, Titusville	7:30 am	Pedro Toledo



SCR Central

A LOOK AT WHAT'S HAPPENING ON THE SPACE COAST RUN SCENE



RIVER ROAD BEAUTY

SCR runner and photographer, Steve Colella captured this night blooming cereus (aka Queen of the Night) on River Road. This special plant only blooms once a year in May/June after sundown, each flower only blooming once, and are rarely seen by people. They are pollinated by bats.

**Join the SCR Fun Run on
Sunday Mornings!**



The [Sunday Morning Fun Runs](#) from Cocoa Village are now heading **NORTH**. The group meets at **6:30 am** every Sunday at Riverfront Park. All paces are invited to join the fun. Water and Gatorade will be available at miles 2 & 4.

**LET'S WELCOME OUR
NEWEST CLUB MEMBERS!**

Robert & Charlotte Barnes, Leslie & Joseph Faletra, Tonya George, Janet, Michael, Maddie & Jack McCluskey



SPEEDY x TWO

Congratulations to Shane Streufert (2:48:46) and Steve Chin (2:48:31) who both ran marathon PRs at Grandma's Marathon on June 20 in Duluth, Minnesota.



NOT SO FAST

Do you know who "WON" a Golden Shoe for 2013?

If you say Matt Mahoney you would only be partially correct. Our **Other** recipient could not attend our Annual Award Ceremony and Dinner so a second award was presented at the SCR Social. I always enjoy watching the face of the recipient when his or her name is announced. It's always the same look, "who me?" When Bob Rall was announced as one of the Golden Shoe Award recipients for 2013 he had that look.

Including Bob, our last three SCR Newsletter editors, all Golden Shoe recipients, Ken Winn and Patty Sponsler, have made tremendous enhancements to our Newsletter. For what I think are obvious reasons, the Newsletter Editor is one of the hardest positions to fill within the SCR. One has to be creative, artistic, accurate, articulate, and timely, exhibit good people skills, and be willing to work 20 plus hours a month.

Bob has been an SCR member since 2008, the Newsletter editor since 2010 and an SCR Board member since 2012. When Bob is not racing you'll usually find him behind a camera taking photos and gathering information for the newsletter with his co-editors. Bob is also very big into social media. As one of the founding members of *Get Social Brevard* – he shamelessly promotes running throughout his various social media means—Facebook, Twitter, LinkedIn, Google+ etc. Bob, with his wife Gina, were Team in Training coaches from 2005-2008 where he met his close group of running friends affectionately known as *Team Black Sheep (TBS)* --almost all are SCR's members now — you'll see the Sheep throughout the community in their bright TBS shirts.

In 2007 Bob began working with Special Olympics

Brevard Track & Field after reading about them needing volunteers in Runner's World magazine. There was an article about ways to make a difference with running and he started right away. Bob, his family and a small group of friends began showing up at the Special Olympic practices on Saturdays in Rockledge and have been hooked ever since. Bob has organized the SO athletes & families to volunteer at SCR race water stops (Eye of Dragon/Space Walk of Fame) and is on his 7th year of coaching these special individuals. Bob also plays on a Unified Softball team with the athletes (going on 3 years).

A member of the 50 States Marathon Club (a partial knee replacement has stopped the progress of states at 20), Bob hopes to be able to heal up soon and run some shorter distances (don't tell his doctor). He is currently adding cycling to his exercise repertoire.

It is with great respect for everything Bob has done and continues to do in support of ALL runners along the Space Coast, that I presented him as a 2013 Golden Shoe recipient.

-by Marty Winkel



Bob has the "look" receiving his award.

B.R.A.G. TIME— "BREVARD RUNNERS ACHIEVING GOALS"

BACK2BACK WINS

Same weekend, two back-to-back overall women's first place triathlon finishes for Jessica Crate at the Jacksonville Tri Series #1 and the Indialantic Boardwalk Triathlon. The races were held on June 22 & 23.



Dave Farrall placed first in his age group at the 3rd Annual Father's Day Weekend Triathlon Festival-Duathlon Sprint in Orlando



I RUN FOR PIZZA FOOTBALL KICKOFF 5K

Saturday, August 10th 7:00AM

The Avenue * Viera, FL
Pizza Gallery & Grill Courtyard
2601 Town Center Boulevard

To benefit Suntree Viera Youth Football & Cheerleading League and WEGO Ministries
Register ONLINE at runningzone.com/series



*Random Giveaway: NFL Tickets
and 1 Hotel Night for 2!
(any FL team)*

Tues. – Fri. Aug. 6th – 9th 10:00am-6:30pm
Packet Pickup & Registration at Running Zone

Sat. Aug. 10th – The Avenue Viera at Pizza
Gallery & Grill Courtyard

5:30am Packet Pickup & Registration
6:45am Late Registration ends
7:00am 5K START!
8:15am Run for Pizza Kid's Run – FREE!

**AWARDS: M-F: Top 3 Overall, Top Masters
Age Groups – Top 3 M-F**
8 & Under, 9-11, 12-14, 15-19, 20-24, 25-29,
30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64,
65-69, 70-74, 75-79, 80+

Amenities:

- Support your Favorite Football Team on Race Day by wearing team gear
- Tailgate Party after race catered by Pizza Gallery & Grill
- Awesome Pizza and Football Medals
- Special Prizes for the most supported team

FEES:	Until Aug. 9th	Race Day
5K Run/Walk	\$28	\$31
Team	\$25	N/A
12 & Under	\$15	\$20
Gecko Club/SCR Members	\$25	\$28

I RUN FOR PIZZA FOOTBALL KICKOFF 5K OFFICIAL ENTRY FORM - Make check payable to: Running Zone
Mail to: Running Zone 3896 N. Wickham Road, Melbourne, FL 32935

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)
School Team Challenge: (Elementary and Middle Schools Students Only) _____
Please check shirt size: Sizes: XS S M L XL XXL
Kid's Registration: \$15.00 (Cotton T-shirt) Youth Medium Adult Small

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Running Zone Race Series event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, emails 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 if under 18 _____ Date _____





ROY SERIES

The **SCR Runner of the Year Series** celebrates its 31st year of competition as the **2013-2014** season begins Saturday, August 24th with the Running on Island Time 5K. The series spans eleven different events and showcases races of differing distances, fostering friendly rivalries and plain old, good-spirited competition. Run at least five qualifying races on our schedule and you could win. Series is open to all eligible members of Space Coast Runners. Visit our website for [official series](#) info.



Photo by Doug Carroll

SIGN UP & SAVE!

Take advantage of the 10 series race sign-up. Register by 8/18/13 and you'll save time, money & receive an SCR singlet! See [page 4](#) for complete details.



SERIES OVERALL



Space Coast Runners awards the top three overall male and female runners of the prestigious series. The open division winner will be presented an award and will receive a **\$150** check. The second and third place finishers will also be presented an award.

2012-2013 SCR ROY Overall Winners

Male—Shane Streufert

Female—Anne Dockery

AGE GRADED COMPETITION



Age Graded awards are given to the top three male and female runners.

What is age grading? Age grading is a way of putting all race participants on a level playing field, regardless of age or gender. Age graded scores let you compare your race times to those of different runners, as well as to the standard for your age and gender (Runner's World).

The tables are graded by age and sex and correspond approximately to world record marks for a person of that age and sex.

AGE GROUP AWARDS



The ROY series presents age group awards to the top 50% of the "eligible" runners or three deep, whichever is greater. Runners will receive points based on their finish in their age group and must run five series races to qualify for an age group award.

Age groups will be 0-9 years, then 5-year increments up to 79 and then 80 and over.

For the young runners, the Space Coast Classic, Tail of the Lizard and Space Walk of Fame offer 2-mile series races for the 0-9 and 10-14 age groups.

MASTER DIVISION AWARDS



For the veteran runners, once the first three places are decided, awards will be presented to the top **Master** (age 40+), **Grand Master** (age 50+) and **Senior Grandmaster** (age 60+) based on the open division points for male and females. First, the Master award will be given to the runner with the highest number of points who is 40 or older, then the Grand Master will be given to the runner with the highest number of points who is 50 or older, and finally the Senior Grandmaster will be given to the runner with the highest number of points who is 60 or older.

ROY SERIES CALENDAR

"TURTLE KRAWL"



2013

FEATURED SCR RACE OF THE MONTH ►

The Turtle Krawl was the largest 5K race in all of Brevard County in 2012. Come see what all the hype is about at the second race of the SCR Runner of the Year series. Participants will receive beautiful Turtle Krawl shirts (guaranteed to first 2000 registrants), reusable shopping bag race packets, and more. There are Team Awards, so be sure to sign up as part of the **"Space Coast Runners"** team if you are not already committed to another group.

WHERE ► Nance Park, Indialantic

WHEN ► 7:30 AM Runners, 7:35 AM Walkers
Saturday, Sept. 14

WHAT TO EXPECT ► Stunning turtle-shaped medals will be awarded to standard Age Group Winners, Masters, Grandmasters, the Top 10 Competitive Walkers, and even to the person who finishes exactly in the middle of the field - the "Middle of the Nest" award winner.

COURSE RECORDS ► Male: Steve Hedgespeth - 17:18.1 (2012) Female: Jessica Crate – 18:35.5 (2012)

Running On Island Time 5K	Saturday, August 24—7:30 am Merritt Island
Turtle Krawl 5K	Saturday, September 14—7:30 am Indialantic
Wild Shrimp Shuffle 10K & 5K NEW!	Saturday, October 12—8:00 am Titusville
Space Coast Classic 15K & 2 Mile	Saturday, November 9—7:30 am Melbourne Beach
Space Coast Marathon & Half Marathon	Sunday, Dec 1—6:00 am (half start), 6:30 am (marathon start) - Cocoa
Reindeer Run 5K	Saturday, December 14—8:00 am Cape Canaveral
Tiger Dash 5K	Saturday, January 24—Melbourne
Tooth Trot 5K	Saturday, February 8—Melbourne
Eye of the Dragon 10K & 2 Mile	Saturday, February 22—Melbourne
Downtown Melbourne 5K	Saturday, March 29—Melbourne
Space Walk of Fame 8K & 2 Mile	Saturday, April 12—Titusville



LAST CHANCE

**SCR All-in-One
Registration for
\$200 must be
received by
August 18th**



**For Complete 2013
-2014 ROY Rules**

[Click Here](#)

8th Annual "Running on Island Time" 5K Race/Walk



Benefiting Divine Mercy Academy

Visit www.dmccs.org/5k for more information

Saturday, August 24th, 2013 7:30 AM

1940 North Courtenay Parkway, Merritt Island



2013 - 2014 SCR Runner of the Year (ROY) Kick-off Race SCR Youth Series featuring 1/4 mile and 1/2 mile distances

- **Electronic Timing by Running Zone**
- Technical shirts guaranteed for first 350
- Door Prizes & Yummy Post Race Refreshments

FEES:

Early Register (postmarked 8/19):	\$25
\$2 Discount for SCR Members for Early Registration	
After 8/19 or Day of Race Registration:	\$30
Students/DMCA Alumni:	\$20
SCR Youth Series – Must Register	FREE
Kids Fun Run – No Register	FREE

TIMES:

Early Packet Pickup: Running Zone on 8/23 10A – 6:30P

RACE DAY 8/24:

6:00AM: Packet Pickup and Day of Registration

7:15AM: Day of Race Registration Ends

7:30AM: 5K Run/Walk Begins

8:45AM: Youth Series and Kids Fun Run Begins

*Awards to Follow Kids Run

RUNNER AWARDS:

Top 3 Overall M & F, Masters M & F,
Grand Masters M&F, Senior Grand Masters M&F

Age Groups (Top 3 M&F)

9 & under	10-14	15-19
20-24	25-29	30-34
35-39	40-44	45-49
50-54	55-59	60-64
65-69	70-74	75-79
		80+

WALKER AWARDS: Top 5 M & F

TEAM AWARDS: Five Fastest Team Members
Top 3 Teams

MAIL: Registration forms and payment to

Divine Mercy Academy c/o 5K Race

1940 N. Courtenay Parkway, Merritt Island, FL 32953

ONLINE REGISTRATION:

<http://register.runningzone.com>

Running on Island Time Official Entry Form

Name: _____ Walker Runner
Youth Series Team Name _____

Address: _____

City: _____

Phone: _____ Email: _____

Date of Birth: _____ Age on Race Day: _____

Sex (circle): Male Female Shirt Size (circle): YM YL AS AM AL AXL AXXL

In consideration of my 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 as any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Running on Island Time 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



What—Space Coast Runners Social
When—Saturday July 20th
Where—Cocoa Beach Aquatic Center
Why—Because that's how we roll (and to welcome new members and visit with old ones!)



SCR Social Highlights



⇒ Bob Rall received this year's Golden Shoe award for his excellence in volunteering, not only for Space Coast Runners but also for his community involvement in Special Olympics! Bob's nomination was written by Marty Winkel and presented by Carol Ball.



⇒ Prize wheel was spinning the entire time—great giveaways for the members. Prizes were donated by Daddy Ultra Runs, Running Zone, Keith Fitch LMT, Therapeutic Massage—Cocoa Village, and Muddies Down Home Kookin'.



⇒ Food and drink were abundant! A great spread of sandwiches, salads, stromboli pinwheels & other treats were from A.N.Y. Pizza House in Cocoa Beach.



⇒ Unprecedented number of members (new and old) signing up!

⇒ Rick Suarez was name tagged and did a great job photo bombing again!



Tips 'n Tricks

(you can thank us later!)

Safety First

When running on the shoulder of the road, run against traffic. You are giving up control of your life when you have your back to a driver. And if you're running in the dark, make sure to wear reflective material and/or carry or wear a flashlight.

Drinking on the Run

Has this ever happened to you? You're running a race, sweat pouring, breathing hard, dying of thirst and you approach a water stop. Well, how perfect is that, right? But, you truck right past it because you know the cup of water or Gatorade that you attempt to drink will only end up everywhere except in your mouth and if by chance some does, you will then be in

choking-mode. Does this sound familiar? This is common and is feared by many a runner. You're in luck though, you can learn how to take a cup and drink properly so that you get the refreshment that you need!

Check out a great technique from this youtube video. And remember, practice makes perfect! Good luck!

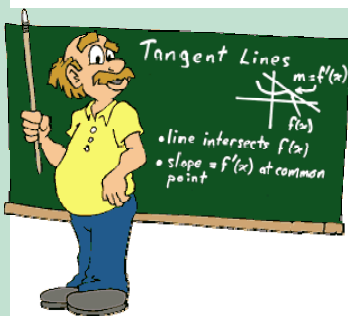
True or False?

You should drink 8 glasses of water a day. It's a myth. According to Susan Yeargin, Ph. D., assistant professor of athletic training at the University of South Carolina, "The eight glasses a day is totally arbitrary. Everybody, especially athletes, has different needs." The majority of healthy people meet their hydration needs by letting thirst be their guide.



<http://www.youtube.com/watch?v=z-wn5IMmy5E>

Tangents? Are We Back in Geometry Class?



Here's a strategy to use that doesn't need training! Run the tangents! What is that? Running the shortest distance through the race route. Rather

than running along the centerline on a route, run a straight line from inside corner to inside corner. Now, go out there and shave some time off of your PR!



Have a question you want answered? Need help? Email me at lisahamelin@gmail.com and your question may be featured in an upcoming issue!

Firecracker 5K

July 4—Liberty Bell Museum—Melbourne

Lots of **RED**, **WHITE** and **BLUE** out early on the morning of July 4th as the first race of the Running Zone Race Series kicked off with the traditional Firecracker 5k.

The 7am start time provided a little relief from the typical stifling July morning. Many participants commented that the weather was pretty comfortable at the start of the race. In fact, Co-Race Director, Don Piercy, was a bit concerned about an hour before race time as some light rain cooled off the morning. But any comfort runners felt at the start of the race was gone by the time they reached mile three. The heat was on!

Melbourne's Peter Clusener took the lead at the start and maintained it at the finish, taking the award for Overall Male Champion by covering the course in 16 minutes flat, which was a 1:12 improvement over his time in last year's race! Joey Castagnaro was second in 16:08, and Andrew Cacciatore crossed third in 16:25. Shane Streufert was the Male Masters Champion, finishing in 17:26.

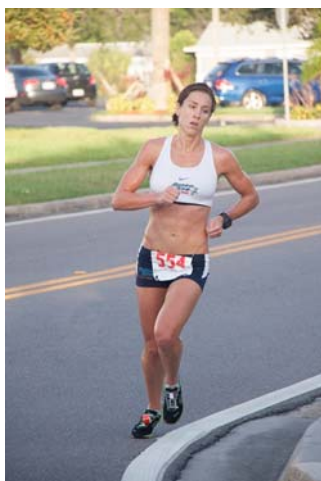
For the ladies, Kaitlin Donner cruised to a victory, taking the Overall Female Champion award with a time of 16:57. Jessica Crate was second in 18:01, and Angela Cobb crossed third in 18:18. Cathy Friedel, who covered the distance in 20:44, was the Female Masters Champion.

Team competition is always a big part of this event and this year Team Running Zone held off the Long Doggers Club for the Open Team trophy, avenging last year's second place finish to the Doggers. Team Harris took third. The Fightin Poods were the winner of the Hero Team category.

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



**A RECORD 1044 FINISHERS
THIS YEAR!!**



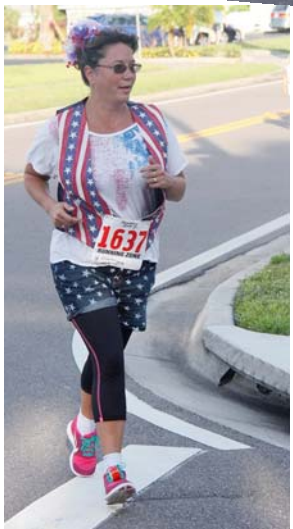
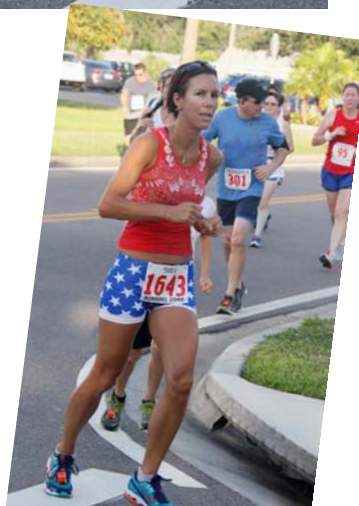
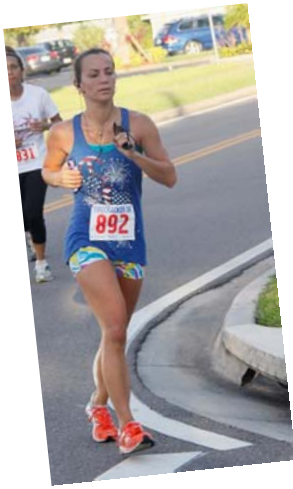
Photos: R—Zippy and Uncle Sam came out to celebrate the holiday!

L—Male Champion, Peter Clusener and Female Champion, Kaitlin Donner displaying their winning form.

More on next page...



Firecracker 5K (continued)



Patriots everywhere! Top Row L-R: Brittany Whitehead; Bryan Parry; Danielle Hennessy-Wack & Isaac Furtney; and Dianne Klazone and Christine Kennedy; Second Row: Richard Wellbrock; Gloria Suan; Kathleen Shoda; and Jeanette Rose & Joy Turnigan; Third Row: Kathleen Yockey; Megan Hecht; Russ Cheney (check out the footwear!); and Marlene Sanchez. Photos courtesy of Doug Carroll. For more pictures, visit his [Facebook page](#).

COCONOTES

Walt Disney World® Marathon presented by Cigna® Florida's Finest Team search

Search of Florida residents to race Walt Disney World® Marathon presented by Cigna® as Florida's Finest Team Member

The Walt Disney World® Marathon Weekend presented by Cigna® takes place January 8-12, 2014.

The marathon race committee will select Florida residents to compete in the race as part of the Florida's Finest Team. Florida's Finest Team Members receive:

- Walt Disney World® Marathon presented by Cigna® entry
- Florida's Finest goody bag
- VIP bus transportation to start
- Seeded number
- A front starting position
- One-room hotel accommodations for two (2) nights
- Two (2) one-day/one-park tickets for Magic Kingdom®, Park, Epcot®, Disney's Hollywood Studios®, or Disney's Animal Kingdom®, Theme Park
- \$125 Gift Card
- Invitation to the VIP Reception
- Access to the Hospitality Suite

• Access to the finish line VIP Tent
One to three guests of the Florida's Finest Team Member will receive:

- \$125 Gift Card
 - Two (2) one-day/one-park tickets for Magic Kingdom®, Park, Epcot®, Disney's Hollywood Studios®, or Disney's Animal Kingdom®, Theme Park
 - Invitation to the VIP Reception
 - Access to the Hospitality Suite
 - Access to the finish line VIP Tent
 - One guest of the Florida's Finest Team Member will receive entry into the Marathon, Half Marathon or Family Fun Run 5K (fee is not waived) during the Walt Disney World® Marathon Weekend presented by Cigna®.
- Guest race application must be submitted by November 15, 2013.

The race committee is currently in the process of selecting this year's Florida's Finest Team. Final selection will be made by October 15, 2013. The Team, with a brief biography on each, will be announced in the November/December 2013 edition of this magazine.

To be considered, athletes must be Florida residents and submit the following by

September 30, 2013:

1. Running resume, which includes applicant's contacts: home address, work, cell and home phone numbers, and e-mail address;
2. Age on January 12, 2014, race day and birth date;
3. Running career highlights;
4. Marathon(s) completed 2007 thru 2013 (include race name, date and time);
5. Lifetime PRs at various distances (include race name, date and time);
6. PRs from 2007 thru 2013 if different from lifetime PRs at various distances (include race name, date and time of each PR);
7. If applicable, master PRs (include race name, date and time of each PR);
8. If applicable, grandmaster / senior grandmasters PRs (include race name, date and time).

Please send application materials via email to: lorraineevans@cfl.rr.com or mail to: Florida's Finest, Lorraine Evans, 8640 Tansy Drive, Orlando, FL 32819.

This magical opportunity is open to all Florida residents. To participate in the 2014 Walt Disney World® Marathon as a Florida's Finest, submit the information today. *fr&t*



DID YOU KNOW?

In 2011 SCR member, Jessica Crate was named to the Florida's Finest Team. At the Disney World Marathon Jessica placed third for the women in a time of 2:51:53.

Above: Photo courtesy of Disney World

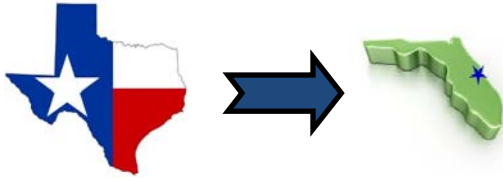
Left: Photo by Doug Carroll,

Run a Mile With...Betsy Blades Butler

Just the facts:

Age: Mysteriously not answered

Originally from: Texas, but truly a Floridian



Grew up: Florida & Northern VA/DC

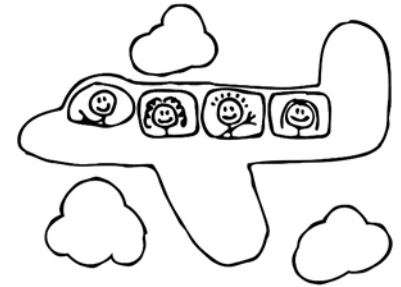
Occupation: ESE Teacher

Number of years running: 4 (a fast newbie!)



Dream Profession:

1/2 Marathon Pacer (do they get paid?) and Flight Attendant—then I could go anywhere and run!



Running Facts:

Race PRs (Personal Records): 5K = 22:18; 1/2 Marathon = 1:46; Marathon: 3:47

Most Satisfying Race Performances:

Running without a watch at Luau 2013 and setting a PR; Jacksonville Marathon-Dec ember, 2012—Boston Qualified; and running the Goofy 2013, 4 weeks later.

Favorite Race: The HUMAN Race—isn't that what it's all about? Our relationships, and being there for each other?

Favorite Distance: Half-Marathon, because it is a challenge. It requires speed & endurance. It takes training, but nothing like training for a full marathon.

Favorite Place to Run: Wisconsin roads through farm country, but really any run with friends.

Running Goals: To run pain & injury free for the rest of my life. Sub-22:00 in a 5K; sub-1:42 in the Half; and a sub-3:45 marathon with **Charlotte McClure** this fall.



Why? Diagnosed with early stages of COPD (emphysema), which is not reversible. It STILL took me another year to quit smoking. I smoked 3 packs/day for 23 years! **Sue Hale** is the miracle worker who got me to quit and 2 days later I went for a run to “find a new habit.” I ran 3 miles and thought: “I can do this!”



Knew I was hooked when: I finished my first run. Love at first step, first mile, first completed run. It was the first

My advice to a new runner:

Run because you enjoy it, one foot in front of the other, one run at a time, and one goal at a time.

BREATHE.

Enjoy the sights and smells around you. Run without a watch or an iPod and get immersed in the run. Enjoy the moments.



More Run a Mile With continued on the next page...

Run a Mile With Betsy Blades Butler

Running Partners: I am beyond blessed and have many of them. I am thankful and consider myself lucky to have such kind and supportive friends to run with on any day of the week.

If I Could Go on a Social Run with Anyone, Dead or Alive: My Mom

Funniest or Oddest Thing seen while running: A half-dozen grown adults bent over in the middle of a run analyzing a dead snake in the middle of the road.



*Training Philosophies:
Rest and Recovery are
very important. Listen
to your body.*

Other Interests: Golf, Red Sox, FSU Football, other college football teams without orange in their uniforms, triathlons (although not this year).

Favorite Reads: Anything Grisham and Maxwell; Currently Reading re-release of Dr. George Sheehan's Running & Being: The Total Experience.

Favorite Movies: Shawshank Redemption

When Nobody is Looking, I Like To: Cook—shhhhh, it's a secret!



Favorite Meal: Yes! All of them.

Dream Vacation: Serengeti Plains, Italy or Alaska and run a Half-Marathon...then eat and sleep and sight-see for 2-3 weeks.

Why did you join SCR? To learn more about the running community here in Brevard.

I Think SCR Could Do a Better Job: They do a Super Job! (especially the newsletter, huh Betsy?)



Thanks Betsy!

TURTLE KRAWL 5k

"TURTLE KRAWL"

Saturday, September 14, 2013

7:30 AM - Nance Park - Indialantic, FL

(Near the corner of A1A and 192)

AMENITIES

- ✓ Technical shirts featuring original artwork by local artist Mike "Nemo" Nemnich (**guaranteed for first 2000 registrants**)
- ✓ Reusable cotton tote race packets
- ✓ Stunning Turtle Krawl medals for over 100 award winners
- ✓ Free breakfast and massages after the race
- ✓ Free Kids Runs: 1/4, 1/2 and 1 mile distances *on the beach* plus a finish line sprint with prizes for all participants
- ✓ Electronic race timing (net times) and course management provided by Running Zone

TIME TABLE

- 6:00 AM – Packet pick-up begins in Nance Park
 - 7:15 AM – Packet pick-up ends
 - 7:28 AM – National Anthem
 - 7:30 AM – Turtle Krawl 5k start for all runners, joggers, and non-competitive walkers
 - 7:35 AM – Competitive Walkers start
 - 8:45 AM* – FREE Kids' Runs (ages 12 and under)
 - 9:00 AM* – Awards Ceremony
- *Estimated Times

Race packets can be picked up prior to race day at Running Zone: Tuesday, 9/10/13 through Friday, 9/13/13 from 10:00 AM – 6:30 PM



2013

For more information or to **Register Online**, go to

TurtleKrawl.com

Part of Space Coast Runners' ROY Series

All Proceeds Benefit the Sea Turtle Preservation Society

REGISTRATION FEES

Adults.....	\$30	Register Online through 9/12 for a \$5 discount!
SCR/Gecko Club Members.....	\$28	
Students (Grade 12 and Under)....	\$25	
Procrastinators (9/13-9/14).....	\$35	



2013 TURTLE KRAWL Official Entry Form

Send completed entry form with registration fee to:
Running Zone, 3696 N. Wickham Road, Melbourne, FL 32935

Make checks payable to:
Sea Turtle Preservation Society

Name _____
 Address _____ City _____ State _____ Zip _____
 Phone (daytime) _____ Email _____

Sex Male Female I am a Space Coast Runners member (\$2 discount)
 I am a student, Grade 12 and under (\$5 discount)
 Date of Birth ____/____/____ Age on Race Day _____
 Shirt Size (unisex) No Shirt Youth M XS S M L XL XXL

Team Name (Optional) _____ (minimum of five team members and must be coed)

Register me as a Competitive Walker, per USA Triathlon Race Walking Rules. I agree to walk the entire race and understand that I will be scored separately from runners and non-competitive walkers. I will be eligible for the Top 10 Overall Competitive Walker awards ONLY and not the standard Age Group Awards.

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

ALL TURTLE KRAWL 5K RUNNABLE EVENTS PARTICIPANTS ARE REQUIRED TO, AND HEREBY DO ASSUME ALL RISK OF PARTICIPATION IN THE EVENT BY SIGNING THIS GENERAL AGREEMENT. In consideration of my entry into the 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 arising from the sponsor, 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 active participation in the event. I should suffer injuries or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and take full financial and legal responsibility for this action. I do not and verify that I am physically fit and have my physician's permission to participate in this race. I acknowledge that the entry fee paid is non-refundable and non-transferable and agree that Event organizers, in their sole discretion, may delay or cancel the Event if they believe the conditions on race day are unsafe. In the event the Event is delayed or canceled for any reason, including but not limited to acts of God or the elements or any other cause beyond the control of Event organizers, there shall be no refund of the entry fee or any other costs incurred in connection with the Event. 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 AND UNDERSTAND THE ABOVE RELEASE AND UNDERSTAND THAT MY PARTICIPATION IN THIS EVENT 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 ____/____/____

Reasonable Running

With the Birdwells



WOW!

Space Coast Half Marathon
SOLD OUT!!!! Double WOW
Space Coast Marathon SOLD OUT!

We have a real gem here in Brevard County. We want to thank and give a big shout out to the Space Coast Runners for their work on this event from the early days on. We of course give another shout out to Coach Bernie Sher for his work on this event over the years. There are so many shout outs our voices are getting hoarse as we try to think of those that created and molded this event to what is today. Certainly the Running Zone Foundation deserves praise for transforming this event to where it is recognized as the best kept secret in the nation. But I think the secret is out, so it's up to us Brevardians to show what we are made of to all those that come to the Space Coast this December 1.

The SCM success was driven by a lot of hard work and commitment. With that in mind we want to share thoughts from our mentor

Coach Bernie Sher. We always appreciate when we hear him say, "There is no magic sport gel or endurance sports drink or super shoe model that will make you a faster runner or better athlete. There is no substitute for miles."

We often have novice runners in our camps and teams. So we lean on the conservative. We are wary and warn our



athletes of the Terrible Too's: Too Much and Too Soon. That too much will lead you toward a setback and possible injury. But as Coach Bernie points out, you still must put in the miles. You can't always be conservative. However, you do have to be in control and you must do what it takes. To prepare for and succeed at an endurance race, like the Half or Full Marathon there is no magic; it takes hard work and commitment. It takes a plan. So our advice this time is to get a plan and work the plan. Just putting in miles without a plan is, simply put, junk miles. Don't just run; don't look for the latest shoe model you heard of or the super energy pack promoted by some super suit. Simply put, put in the miles your plan calls for.

Get a GOOD plan from a proven source, plan your work and work your plan. That planning and perseverance has paid off and made the Space Coast Marathon a big success. All involved can hold their heads real high and say "We put in the miles." So when preparing and training for an endurance race remember, there can be no cramming for the exam, "There is no substitute for miles."

Pick-em-up and Put-em-down!
Coach Barry and Michele Birdwell

For more info follow the Birdwells on Facebook!



www.facebook.com/birdwellsrun

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



Pro-Health
& FITNESS CENTER

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](https://www.facebook.com/birdwellsrun) page!

UPRISING FITNESS CHALLENGE • AUGUST 25, 2013

CrossFit Rise Above and Up & Running Fitness are excited to introduce a new event that will peak any athlete's curiosity!

UpRising Fitness Challenge is more than a 5K run! UpRising provides a 5K run with CrossFit challenges in between. It's designed for any fitness level performing strength exercises using your own body weight in addition to light lifting, pushing your limits beyond the average 5K. All exercises can be modified to meet your fitness level.

The Open Division will be required to perform exercises to the best of their ability while the Rx Division will be required to perform the prescribed exercises according to CrossFit standards that will be judged. Both divisions include approximately 3.1 miles of running and/or walking.

Participants do not need to be Olympic weightlifters to perform in this race! Come out and challenge yourself in this inaugural event! We guarantee fun and sweat and not necessarily in that order!

Start Time: Sunday, August 25th, 7:30 AM

Location: The event begins and ends at CrossFit Rise Above, 1054 Cypress Avenue, Melbourne.

Scoring: There will be two entry divisions to choose from. An Open Division and Rx Division. The Open Division is for folks who want to exercise and have some fun. The Rx Division is for folks who want more of a challenge and test their fitness level.

Awards: Awards to the Top Ten finishers in each Division.

Registration Fee: \$18.00 plus \$2.25 online processing fee. Sorry no refunds.

Registration Deadline: Online registration closes August 24th. Mail-in registration form ([click here](#)). Must be post-marked by Monday, August 19th.

Online Registration: www.IMATHLETE.com

Packet Pickup: Day of the Race

Technical Tees to the first 150 registrants • Door Prizes



Race Coordinator: Elizabeth Ring
Contact: Office 321-777-5916; Cell 321-544-6385;
email: info@up-running-inc.com
online: www.uprunningfitness.com



Long Distance Relationships

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



Mile High Adventure

by Cyndi Bergs

Trail running is a thinking sport—it offers an escape from the urban lifestyle and an opportunity to reunite with the natural world. Recently, Hernan Garcia, Ed & Kara Springer, Mike Knight, Ricky McDonald, Steve Dishong, and myself traveled outside our comfort zone to leave our footprints on the Colorado trails. (continued next page)



MEET THESE ROCKY MOUNTAIN RUNNERS

Clockwise from top left: Ed Springer at Eldorado State Park in Boulder, Travelers Steve Dishong, Cyndi Berg, Ed & Kara Springer, Mike Knight, Ricky McDonald, Hernan Garcia; Mountain lion country; one of the top 10 national park sites to see; taking a break on the trails, gorgeous lake view; running rapids

With no real set plans, we gathered around the map of Rocky Mountain National Park prior to leaving to lay out our plans. Linda Cowart had recently gotten back from Colorado and was able to provide us many different trail options for Estes Park and Boulder. We were now armed with enough knowledge to start our adventure and take on any black bears or mountain lions that got in our way.

Day one—after arriving in Denver and indulging in buffalo burgers for lunch, we headed to Estes Park. Quick geography lesson.....the highest elevation point in Brevard County is 83 feet, 25 meters. Estes Park is located at 7,522 feet above sea level. Since altitude sickness can occur as low as 6,550 feet, we eased into this new height of running with a short trail run on our first evening searching for Sprague Lake with some helpful reminders from Hernan to drink a lot of water and take it easy. Well, we did listen to part of his advice!

Day two—we had a whole day at Rocky Mountain National Park to explore. Scout, aka

Mike Knight, led us out on our first trail run of the day to one of the top ten listed most beautiful trail runs--the Loch, interchangeably referred to as Loch Vale is accessed from the Glacier Gorge Trailhead in Rocky Mountain National Park. The Loch is fed by streams born from Andrews Glacier (Andrews Creek) and Taylor Glacier (Icy Brook). This is a 5.9 mile trail run with a 952 foot elevation gain (9,240' - 10,192'feet). Hernan and Steve felt the need to take a dip in the glacier lake (50 degree water temp...maybe?) while Ricky, Ed, Mike, and myself took to exploring. From here, we had a great view of Longs Peak known for its iconic "Diamond" face which rises 2,456 feet about the alpine lake. With a successful ascent and descent, we planned for our next trail run.

Since darkness thwarted our attempt to find Sprague Lake our first evening, Hernan, Mike, Steve, and myself set out on our second trail run for the day. We said goodbye to Kara, Ed, and Ricky as they drove away and felt confident we could not only complete this next trail run but also

Long Distance Relationships

(Continued from page 30)

run back to our cabin when we were done. None of us were going to concede to calling Kara to pick us up. We headed out on Bierstadt Lake trailhead in pursuit of new challenges in our quest to find Sprague Lake. This trail



moved us through tall pine trees and rolling hills. The silence of nature around us was only interrupted by our own breath and amazement. Unlike the trail to the Loch, we found ourselves alone among nature. Putting our trust into Mike with his map and Hernan with his GPS we navigated the trail to Sprague Lake located on the east side of Rocky Mountain National Park at 8,820 feet about sea level. This offered us a panoramic view of the Continental Divide. Keeping our word to not call for a ride, we then needed to find our way home. After some quick traversing through private property and the main highway, we arrived safely back at our cabin. There couldn't have been a more perfect day and opportunity to run. How could this get any better? We were going to have a quiet evening reliving the day's adventures and get some well-earned sleep. Not!

We still had hours of daylight to use and decided to head out in Estes Park after dinner for an evening trail run. Mike had done some research and found a write-up about a peak which overlooked Estes Park. Off we went! After a quick drive, we parked the van along the road and headed out. What started out as a trail run quickly turned into a rock climbing adventure. We were not disappointed when we got to the top and had a 360 degree view of Estes Park and the sur-

rounding area as the sun dropped and the lights of the city illuminated around us. A perfect view to end the day.

Day three—off to Boulder. The city of Boulder is 5,230 feet about sea level and is located in Boulder Valley where the Rocky Mountains meet the Great Plains. As you

look west of the city, there are imposing slabs of sedimentary stone tilted up on the foothills, known as the Flatirons. Hernan had arranged for us to spend some time at the Newton running lab in Boulder. Here, development and training occurs for the Newton Running Company. We dragged our sore and eager bodies into the van and left for Boulder. The first part of the morning was spent with Tori who provided us with information on the physiology of our bodies, biomechanics, how to be more efficient runners, and how the design of the Newton shoe enhances the natural way to run. Next, we joined the weekly Saturday running camp hosted by Danny Abshire, co-founder of Newton. Every Saturday at 10 am, Newton offers this free seminar in the park just outside their store. We were put through a series of drills to get us into the proper running form and were provided personal critique from Danny and associate Jennifer. Quickly, we all realized how these simple adjustments could help us be more efficient runners with quicker cadence and proper form. With this reinforced knowledge, we were ready to hit the trails again. But first, we had important business to attend to---lunch and shopping on Pearl Street in downtown Boulder.

With our day ending in Boulder, we headed back to Estes Park but we couldn't leave without



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Our mission is to make a positive impact on our clients' lives by helping them to make smart decisions about their money.

(Continued from page 31) Long Distance Relationships

getting a trail run in. We stopped at Eldorado Canyon State Park just outside of Boulder. The biggest draw to Eldorado Canyon State Park is rock climbing. Eldorado Canyon offers over 500 technical rock climbing routes. The beauty of this canyon also offers 11 miles of picturesque trails. We were well versed by now in quickly getting our running attire and supplies together and headed out. What was unique about this trail run was the transformation of running through rolling meadows up to a vast canyon that provided us with waterfalls and an opportunity to see several people rock climbing the canyon walls. Again, as the sun began to set, it provided us a sky backdrop we won't forget.

Day four—our last day in Colorado. After indulging in “all you can eat” Belgium waffles, we quickly packed the van and headed back towards Denver. Our final trail run stop found us in the

town of Nederland (8,234 feet above sea level), just 17 miles southwest of Boulder. We headed out on the trail around the Barker Reservoir to take in the picturesque mountain slopes and crystal clear water. We savored this last opportunity to run through nature and appreciate the beauty.

Our mile high adventure in Colorado was an amazing experience. We didn't have any schedules to meet or know exactly what we were going to do—but we went with the attitude to have fun and enjoy whatever path laid ahead of us. It was a nice opportunity to step away from what has become routine in our lives and try something different. There will never be enough time to explore every trail or climb every rock, so take the opportunity when it presents itself. Many thanks to Hernan who gathered our free spirits.



Where in the World are Space Coast Runners Running?

AUGUST 2013



Drenched 5K 8/11—Jacksonville, FL

Cristina, Ed, Brandon and Devon Engel

SEPTEMBER 2013

Mainly Marathons

Go Slow, Go Far, Go Often

HOME
UPCOMING EVENTS
ABOUT US
CONTACT US

CENTER OF THE NATION SERIES
5 Days, 5 Marathons, 5 States!
Monday Sep 16 - Friday Sep 20, 2013

September 16, 2013	North Dakota	(Bowman, ND)	Register at Active
September 17, 2013	South Dakota	(Belle Fourche, SD)	Register at Active
September 18, 2013	Wyoming	(Belle Fourche, SD)	Register at Active
September 19, 2013	Montana	(Belle Fourche, SD)	Register at Active
September 20, 2013	Nebraska	(Chadron, NE)	Register at Active

Mainly Marathons—

Center of the Nation Series 9/16—9/20
5 Days, 5 Marathons, 5 States

Carol Ball, Ty Bowen, Lani Ragan



Air Force Marathon

9/21—Dayton, OH

Shelly Christian



Dances with Dirt Hell 50M, 50K, & 100K
Team Relay 9/21—Hell, MI

Steve Chin, Jessica Crate, John Davis, Shane Streufert

OCTOBER 2013



Wineglass Marathon 10/6—Corning, NY

Betsy Butler, Steve Chin, Lisa Hamelin, Charlotte McClure



Chicago Marathon 10/13—Chicago, IL

Mike Acosta, Charis Gaines, Susie Meltzer

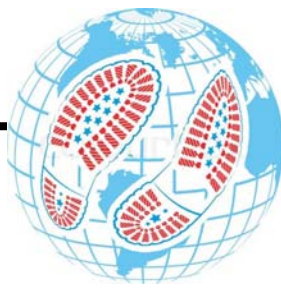


Koln Marathon

10/13—Cologne, Germany

Nan Pond

Get Your RACE on Our Calendar! email Bob@RallCapital.com



Where in the World are Space Coast Runners Running?

OCTOBER 2013



**Columbus Marathon 10/20—
Columbus, OH**

Doug Nichols



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

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

NOVEMBER 2013



**New York City Marathon 11/3—
New York City, NY**

Kristen Tinker



Soldier Marathon 11/9—Columbus, GA

Shelly Christian



**Rock'n'Roll Savannah Marathon & Half
Marathon 11/9 – Savannah, GA**

Cristina Engel-Ives, Melissa Joiner, David Ramba, Mary Ramba



**Disney Wine & Dine Half Marathon
11/9– Lake Buena Vista, FL**

Jennifer Ogburn, Roger Ogburn



**Charlotte South Park Turkey Trot
11/28– Charlotte, NC**

Jennifer Ogburn, Roger Ogburn

DECEMBER 2013



**Jacksonville Bank Marathon & Half Mar-
athon and 5K 12/29– Jacksonville, FL**

Brittany Streufert, Marie Thomas

Have You Signed Up for a 2014 Race? email Bob@RallCapital.com



Where in the World are Space Coast Runners Running?

JANUARY 2014



Ocala Marathon & Half Marathon

1/19—Ocala, FL

Les Dunne, Rene Dunne



Inaugural Town of Celebration Marathon & Half Marathon 1/26— Celebration, FL

Harry Prosser, Kimberly Prosser, Nancy Wingo

FEBRUARY 2014



Miami Marathon & Half Marathon

2/2—Miami, FL

Jerry Brown, Martha Brown

MARCH 2013



Yuengling Shamrock Marathon, Half Marathon & 8K 3/16—Virginia Beach, VA

Cristina Engel-Ives



MONDAY - FRIDAY

Cocoa Beach ★ Cape Canaveral ★ Viera

**MORNING & EVENING
CLASSES**

- ✓ Improved Endurance
- ✓ Build lean Muscle
- ✓ Personalized Service
- ✓ No Gym Memberships
- ✓ Have Fun & Get Results!



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AUGUST 27, 2013 “PEAK WHEN IT COUNTS” TRAINING PROGRAM



DON'T FALL BEHIND...Fall for that running feeling and all its benefits! Registration for the Fall Camp (Aug 27-Nov 12) is now open

Peak When It Counts is designed for all fitness levels whether you are new to running or have miles under your belt and want to be more competitive in the sport; obtain a new personal best; add strength and flexibility. We focus on endurance, cardiovascular and muscle-specific training. Choose from beginners, intermediate or advanced training levels. Your coaches will also assess your fitness level after camp begins.

Program Includes:

- Track workouts, causeway workouts and beach workouts.
- A variety of challenging group workouts to motivate and inspire you!
- Circuit training to strengthen your body while developing your running skills.
- Yoga targeted specifically to athletes to increase strength and flexibility
- 12-week schedules based on your personal goals
- Technical shirt for all participants who finish the 12-week program

Camp Location: Tuesdays - Hoover Middle School Track, Indialantic

Time: 6:00 PM – 7:30 PM

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



THREE IMPORTANT
PRINCIPLES -
RUNNING
CIRCUIT TRAINING
YOGA

12-WEEK PROGRAM
THREE TIMES PER
YEAR
(JAN-MAY-AUG)

GET IN RACING
SHAPE WITH FUN
GROUP WORKOUTS

ALL FITNESS LEVELS

WHAT ARE YOU
PREPARED TO DO?

TRAIN WITH
CERTIFIED COACHES

Elizabeth Ring &
Karen Hughes

Register online:

Uprunningfitness.com

Contact us:

info@up-running-inc.com

★HAPPY★ BIRTHDAY!

August 2013
Birthstone: Peridot

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 ROBERT PIKE	2 BILL FLOYD CHRISTINE KENNEDY BETH TIMMONS	3 BOB PECOR
4 TY BOWEN CANDY SMITH LELIA HOLMQUIST	5 STEVEN TAGYE KATE HEBNER	6 AUDREY KIRK	7 KRISTIN APOSOS DUDLEY OJEDA	8 NAN POND DON PIERCY MATT MAHONEY KATHRYN GONZA- LEZ	9 CATHIE POOR	10 KAIA HOLMQUIST DALTON FOSTER
11 RILEY SMITH RAY FLEEMAN CHRISTINA BURNS JOEL FENLASON	12 DEBORAH BUONO	13 BRITTANY STREUFERT	14 CHERIE SERAFINI-COOK RUBY VANDERWYST	15 RATANA BROWN GREG MAXWELL	16 LAUREN SUAREZ JACK KENWORTHY	17
18 RENE DUNNE MARY CONANT MARY HOFMEISTER JACK HACHMEISTER	19 ROBERTA OSTERLING	20 HANK SERAFINI SHERRY THORPE	21 DENISE UNRUE STEPHANIE DEEN JIM SCHROEDER PETE QUINLAN	22 MARK VANDERWYST	23 CATIE STEWART	24 DON DORE MORGAN KIRK
25 DONALD DYKE JOHN ROBSON	26	27 ERIC HEBNER NIKOLAS HARVAN-	28	29 AUSTIN JOINER KAITLIN BADGETT	30 BOB GHORMLEY PAUL BEVILACQUA	31 MARISA FLINT JARED HAYES

Make sure to wish these folks a Happy Birthday when you see them.
Watch out, our **highlighted** members are moving up in age groups!

DiversAbility 5K



• RUN • WALK • WHEEL •

OCTOBER 5, 2013 MELBOURNE, FL

Presented by
Space Coast Center for Independent Living

Event Location

Wickham Park
2500 Parkway Drive
Melbourne, FL 32935

Early Packet Pick-up

Early packet pick up encouraged:
Sports Authority
2261 Town Center Ave.
Melbourne, FL 32940
Friday, October 4, 2013 1:00 PM – 6:00 PM

Race Day Schedule

October 5, 2013 Saturday
6:00 AM - Day of Race Registration
6:00 AM - Pre-registered Packet Pick-up
7:30 AM - 5K Race Start



Space Coast Center for Independent Living is a non-profit, community-based, nonresidential, cross-disability consumer-controlled organization. Services provided enable individuals with various disabilities of all ages (children, youth, adults and seniors) to live as independently as possible within their homes and communities.

Join us after the race for the DiversAbility Festival at Wickham Park from 10 AM - 4 PM. Festivities include antique car and camper shows, area agency exhibits with give-a-ways, door prizes, raffle drawings, food vendors, beer tent, kid's activities and games along with live music!

Early Registration

Before September 27, 2013 - \$20

Registration

September 28 - October 5, 2013 - \$25

Awards

Shirts guaranteed to pre-registered participants
Top 3 Overall Male/Female
Overall Masters (40 and up) Male/Female
Awards 3 deep in 5 year Age Groups
(9 & under, 10-14 thru 75 & up)

Contact Information

Marty Winkel (321) 537-3526 or
Nancy Rowan (321) 749-4494 (Race Info)
Brandon Scaglione or
Jill Dunham (321) 633-6011 (DiversAbility Festival Info)

Make checks payable and send to:

Space Coast Center for Independent Living
DiversAbility 5K
571-W Haverly Court
Rockledge, FL 32955

ONLINE REGISTRATION IS AVAILABLE AT SCEVENTMGT.COM

Last Name _____ First Name _____ M.I. _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____ D.O.B. _____

Male Female T-shirt: YL S M L XL XXL

Release form: I assume all risks associated with my participation as a participant for the event on this form including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled on my behalf, waive and release the directors of this race and Space Coast Center for Independent Living Management, from all claims or liabilities of any kind arising out of my participation in the DiversAbility 5K. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (Parent, if under 18) _____



Titusville, Florida October 12, 2013

Benefiting  of Brevard

Location:

Chain of Lakes
2300 Truman Scarborough Way
Titusville, Florida 32796

RACE DAY SCHEDULE

6:00 AM Day of Race Registration
6:00 AM Pre-registered Packet Pick-up
7:45 AM 5K Race Start
8:00 AM 10K Race Start
9:00 AM Kids Fun Run

COURSES

Both the 10K & 5K courses will start and finish at the NEW pavilion near the NEW entrance of the Chain of Lakes. Courses: Combination of asphalt & cross-country trails encompassing the new lake.

RESTRICTIONS

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

EARLY REGISTRATION

Before October 4, 2013 - \$20
*SCR members receive \$1 discount for pre-registered runners.

REGISTRATION

October 5 through October 12, 2013 - \$25

EARLY PACKET PICK UP

Thursday, October 10th from 1:00 p.m. - 5:00 p.m.
& Friday, October 11th from 4:00 p.m. - 7:00 p.m.
Both Packet Pick Up sessions will be at:
Parrish Health & Fitness, 2210 Cheney Hwy., Titusville, FL

AWARDS 10K & 5K

Shirts guaranteed to pre-registered participants
• Top 3 Overall - male & female
• Top Master (40+) overall - male & female
• Top 3 Finishers age group - male & female

AGE GROUPS

• 8 yrs. & under • 9 to 11 yrs.
• 10 to 14 yrs • 15 to 19 yrs
• followed by 5 yr. age divisions through 80+

DOOR PRIZES

All participants and race volunteers are eligible for door prizes. You MUST be present to win. Door prizes will be drawn during the Awards Ceremony.

RACING SERIES

The Wild Shrimp Shuffle 10K & 5K is the first race of five in the Titusville Racing Series.
The Wild Shrimp Shuffle 10K is the third race of 11 in the Space Coast Runners Runner of the Year Series.

CONTACT: Nancy Rowan 321-749-4494

MAKE CHECKS PAYABLE & MAIL TO:

Runningal Event Management
ATTN: Wild Shrimp Shuffle 10K & 5K
P.O. Box 2 • Titusville, FL 32781



SPONSORS:

Parrish Medical Center, John M. Andrews, D.M.D., P.A., & Bikram Yoga Spacecoast

ONLINE REGISTRATION IS AVAILABLE AT RUNNINGALEM.COM

Last Name _____ First Name _____ M.I. _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____ D.O.B. _____

Male Female T-shirt: YL S M L XL XXL

WAIVER

I assume all risks associated with my participation in the Wild Shrimp Shuffle 10K & 5K including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled on my behalf, waive and release the directors, organizers, volunteers and sponsors of this race from all claims or liabilities of any kind arising out of my participation in the Wild Shrimp Shuffle 10K and 5K. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (Parent, if under 18) _____

Cocoa Beach Parks & Recreation Presents...



Fall into Winter Halloween 5K Beach Run / Walk Breakfast Run

Saturday, October 26th, 2013

Race Time 7:30 a.m.

Coconuts on the Beach



**BEST
COSTUME
CONTEST**



Post Race:

Breakfast for All Runners



**Awards for
TOP 3
MALE/FEMALE
in 12 AGE
CATEGORIES**

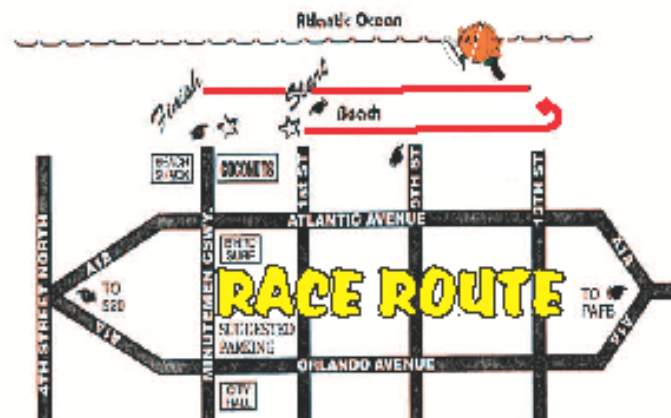


**CARVED
PUMPKIN
CONTEST**

1st - 2nd - 3rd Place Prizes!

**Top Male and Female
Overall Winners**

- 1st Place...Surfboard**
- 2nd Place...Skimboard**
- 3rd Place...Bodyboard**



Courtesy of...





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.*

Eagle Pride



5K & 1 Mile Run/Walk

SATURDAY, October 5 at 8:00 am

CAPRON RIDGE * VIERA, FL
(North on US1, west on Viera Blvd.,
Capron Ridge entrance on left)

- ✓ Cool "Eagle Pride" TECH shirts (kid cotton tees)
- ✓ **NEW! \$1000 in Gifts/Prizes**
- ✓ **NEW! Team Awards Category**
- ✓ UNIQUE & Beautiful Race Course
- ✓ Lots of Yummy Food (feat. Chilly Spoons Yogurt)
- ✓ ***FREE** – Kid's Run (*7yrs old & younger)



Presented by:
ADVANCED
AIR CONDITIONING SERVICES
of Brevard, Inc.



AWARDS: 5K

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

Team: Top 3 Co-ed Teams

Age Groups (Top 3 M&F)

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

AWARDS: 1 Mile

Top 3 M&F in age groups:

11 & under	12 – 19	20+
------------	---------	-----

TIMETABLE

Friday, October 4: 10am – 6:30pm

Packet Pick-up & Registration at **Running Zone** across from
Brevard Community College on Wickham Rd.

Saturday, October 5: Capron Ridge, Viera

6:30 am Packet Pickup & Race Day Registration
7:45 am Late Registration ends
8:00 am 5K Start!!!
9:15 am 1 Mile Starts!!!
9:30 am Kid's Run (7yrs and under) - FREE!

Awards & \$1000 Prizes immediately following all races

FEES

5K Adult Reg. (incl. race day)	\$25
5K Kid's Reg. (16 yrs. & Under)	\$20
1 Mile Registration (T-Shirt included)	\$15
1 Mile Registration (NO T-Shirt incl.)	\$10

SORRY. NO REFUNDS

EAGLE PRIDE 5K & 1 Mile Run/Walk - OFFICIAL ENTRY FORM

Make Check Payable to: Ascension Catholic Church (memo: Eagle Pride 5K)

Mail Complete Form and Check to: Ascension Catholic School, c/o Eagle Pride 5K Race
2950 N. Harbor City Blvd., Melbourne, FL 32935

Name _____

5K 1 Mile

Address _____

*Team Name _____

City _____ State _____ Zip _____

(*Each Team must have minimum of 5
runners w/ at least one member of opp. sex)

Phone (daytime) _____ Male Female

Date of Birth ____/____/____ Age on Race Day _____

Shirt Size (circle): YM YL AS AM AL AXL AXXL

Ascension Students only:
Grade & Teacher: _____

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 Ascension Catholic Eagle Pride 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 _____