

SPACE COAST RUNNERS

SEPTEMBER NEWSLETTER



RACE REPORTS

- >> RUNNING ON ISLAND TIME 5K
- >> BOTTOMS UP BEER RUN
- >> I RUN FOR PIZZA 5K

RUN A

MILE WITH

>> MARTHA BROWN

TIPS `N TRICKS

for Training & Racing

See page 29

ROY 2013-2014 ➡ HOT & SPEEDY START!

The Starting Line

September 2013

DEPARTMENTS

- 07 [From the Editor](#)
- 10 [Rene's Report](#)
- 15 [ROY Series Calendar](#)
- 28 [Reasonable Running](#)
- 42 [Birthday Calendar](#)

RESOURCES

- 05 [Member Discounts](#)
- 09 [SCR Board Members](#)
- 11 [Local Fun Runs](#)

FEATURES

- 12 [SCR Central](#)
- 13 [Florida's Finest Team Search](#)
- 14 [Youth Series](#)
- 25 [Run a Mile With...](#)
- 29 [Tips 'n Tricks](#)
- 31 [Long Distance Relationships](#)
- 33 [Where in the World?](#)



21

RACE REPORTS

- 17 [Running on Island Time 5K](#)
- 20 [I Run for Pizza 5K](#)
- 23 [Bottoms Up Beer Run](#)

ON OUR COVER: Jim Schroeder, 55, heads to the finish line at the Running on Island Time 5K in Merritt Island. Photographed by Steve Colella.



5K COURSE



PINK UP THE PACE

5K WALK/RUN

KIDS FUN RUN

1st annual Fun Run sponsored by Ancient City Pediatrics

Ancient City Pediatrics

6 years and younger

Distance 1/4 to 1/2 a mile

Registration is FREE

Sign up **MANDATORY** at the EXPO on Friday, October 4th at the Ponce de Leon Mall from 3:00 to 7:00 PM

Shirts guaranteed to the first 200 race participants



The race follows a flat 3.1-mile course through historic downtown St. Augustine. The race starts and finishes at Francis Field near the Downtown Parking Garage. The course travels along the bayfront, through historic neighborhoods, and past beautiful Flagler College. All turns and miles will be marked, and water will be available at mile 2.

Sign up Sheet for Pink Up The Pace

NAME (First) (Last)

CITY **STATE** **ZIP CODE**

E-Mail ADDRESS

Phone

Upgrade to a **PUTP TECH** Shirt for only \$5.

M **F** **Age on Race Day**

Will you be staying in a hotel?
 YES **NO**
 If YES, how many nights?

Choose Adult Shirt SIZE
 (Check One Box)
 S **M** **L** **XL** **XXL**

**PUTP Shirts guaranteed for the first 4,000 Registrants

Until September 15th, 2013 Upgrade to a PUTP Tech Shirt for an Extra \$5.00.

5K Registration: \$

Upgrade to **TECH T-Shirt:** \$

* Until 9-15-13

I'd like to make an additional Donation to **Pink Up The Pace** \$

Total Enclosed: \$



You can also sign up On Line at:
www.PinkUpThePace.org

Are You a Breast Cancer Survivor? **Yes** **No**

Make check Payable to: Pink Up The Pace and mail to: P.O. Box 840067, St. Augustine FL, 32080-0067

In consideration of the acceptance of my application in the Pink Up The Pace 5k walk/run, I do hereby release and discharge ACRR, the St. Augustine/St. Johns County Recreation Department, the City of St. Augustine, Florida, the County of St. Johns, the State of Florida Department of Transportation and their agents, and all race sponsors, servants, or volunteers from any and all liability for their own negligence, for damages or injuries that I might receive during my participation, whether due to acts of third persons or otherwise. I assume all risks associated with walking and running in this event, including but not limited to: falls, contacts with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road. I also understand that in the event that this race has to be cancelled for any reason beyond the control of race management that my entry fee will not be refunded. By my signature, I attest that I am physically fit and well trained to participate in the Pink Up The Pace 5k walk/run on October 5th, 2013.

Waiver MUST be Signed

Please sign **HERE** (Parent **MUST** sign if participant is under 18 years of age)

Date Signed

5th Annual
PINK UP THE PACE
 Pink **Uniting The People**
5K
 WALK/RUN



Saturday, October 5th, 2013 - 8:00am

Join us for the largest 5k in the Oldest City on October 5, 2013 as we celebrate our 5 year anniversary! Founder Cindy Chaconas, diagnosed in 2009 with stage II breast cancer, turned her cancer diagnosis into a cause. Now with the help of many volunteers and a supportive community, this race is a premier event in St. Augustine. Come celebrate life with survivors, family, and friends while remembering those who lost the battle against breast cancer. All race proceeds go to assist underinsured and uninsured individuals navigate the financial challenges of early breast cancer detection and to educate the public.

REGISTRATION

Adults over 14 years
Thru August 31st: \$20.00
Sept. 1st - Oct. 4th: \$25.00
Day of Race \$30.00
Children 6-14 years
Thru October 4th: \$15.00
Race Day: \$30.00

Fun Run
Children 6 and under Free
Sign up at the expo on October 4th

AWARDS

Custom-designed awards will be given to the top three finishers in each of the following male and female age groups: 6-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 and over. Overall first place male and female will be awarded a prize.

PARKING

The Downtown parking garage is a \$10.00 flat rate for the day or with a ParkNow card the cost will be \$3.00. Parking can also be found on city streets with the appropriate signage, please follow and abide all signs and meters.

PACKET PICKUP & EXPO

Register for 5k or fun run, pick up your race bib # and shirt, and visit sponsor and vendor booths on Friday, October 4th from 3-7 PM
Ponce De Leon Mall
2121 US Highway 1 S
St. Augustine, FL 32086

Race expo is open to the public. On race day, registration and packet pick up will be available starting at 7 AM off of Castillo Drive by the Greyhound bus station.

SURVIVORS

Receive a free pink tech shirt. On race day, pose for survivor picture at 7:30 AM by the Pink Heals Fire Truck.

CHIP TIMING

Race is chip timed and USA T&F Certified
#FL13036EBM
 Chip is embedded in the race Bib#.

REFRESHMENTS

Water Stations will be found at the 1.5 mile marker and at the finish line.

www.PinkUpThePace.org



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

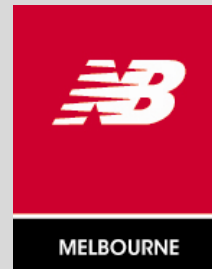
Results/Calendar: Matt Mahoney, MatMahoney@yahoo.com

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.





TIGERTRACKS 5K WALK/RUN

Sunday, October 6, 2013
Gleason Park
Indian Harbour Beach

BENEFITTING
CENTRAL FLORIDA ANIMAL RESERVE

TIMETABLE

■ **SATURDAY, OCTOBER 5TH**
Early Packet Pickup
& Registration
10:00 am - 5:00 pm
Running Zone
3696 N. Wickham Rd.
Melbourne, FL

■ **SUNDAY, OCTOBER 6TH**
Packet Pickup & Registration
5:00 pm
Late Registration Ends
6:00 pm
6:30 PM 5K START!
Gleason Park
1233 Yacht Club Blvd.
Indian Harbour Beach, FL

**Awards and foods
and beverages immediately
following the race*

FEES

Pre Race Day	Race Day
\$25.00	\$30.00

SORRY, NO REFUNDS

Questions?
Phyllis 772.532.1775

Online: www.cflar.org

OFFICIAL ENTRY FORM

Send completed entry form and check payable to: Central Florida Animal Reserve, Post Office Box 184, Sharpes, Florida 32959-0184.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Male Female Date of Birth _____ Age on Race Day _____

Shirt size: XS S M L XL XXL

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 **TIGERTRACKS 5K 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 _____ Date _____

Parent Signature For Those Under 18 _____

AMENITIES

- Proceeds benefit Central Florida Animal Reserve
- Awesome Race Shirts ■ Food and beverages after race

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

CATEGORIES

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+				

FROM THE EDITOR

It's August. It's HOT and HUMID. And the new racing season has begun! The first race of the 2013-2014 Space Coast Runners Runner of the Year series was held last weekend, and we are already two races into the Running Zone Series. The Titusville Racing Series will start in a few weeks with what will be the third race of our ROY series. There is a race, or races, almost every weekend between now and the end of the year.

We are also in the middle of the training season for the fall marathons. If you take a look at the "Where in the World" section of this newsletter, you'll get an idea of what I mean. We have club members running 5 events in 5 different states on 5 consecutive days. We have members running in Corning, NY, Chicago, Columbus, Washington, D.C., NY City, Savannah, Charlotte, Jacksonville, Ocala, Celebration, Miami, Virginia Beach and as far away as Cologne, Germany.

With all the races in the series and the upcoming marathons and half-marathons, it means that there will be a lot of runners and walkers on the road. Those who are training for the longer events will be out earlier and earlier in the mornings trying to beat some of the heat. That means runners out on the road in the dark.

Let's make this a safe race season. Be careful of the heat and the humidity. Hydrate, but not too much. Make sure you fuel your body properly. Be careful of the crazy drivers and those who aren't crazy but who just aren't paying attention. Follow the rules of the road. I still see way too many runners and walkers on the incorrect side of the road. Walk or run against traffic! If you are going to be out before or after daylight, wear flashers and reflective clothing. As Barry and Michelle discuss in this month's "Reasonable Running" article, use sunscreen. Don't overtrain. And, it's sad that we have to say this, but don't run or walk alone...especially if you are female.

I'm sure I've overlooked some basic safety tips, but you get the idea.

And don't forget, if you are traveling to an out of town event, we'd like to hear about it. So, send me a message and let us know where you are going. We'll put it in "Where in the World" and we'd like to get your thoughts afterward for part of our "Long Distance Relationship" series. It's YOUR club and YOUR newsletter...be part of the fun.



See you on the roads,
BOB RALL,
Editor-in-Chief Bob@rallcapital.com

Contributors



**LISA
HAMELIN**
Associate
Editor



**BRITTANY
STREUFERT**
Associate
Editor

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

Voted One of the Top 50 Running Stores in America

RUNNING ZONE



All Your Favorite Brands

Shoes • Apparel • Accessories
Runners • Walkers • Triathletes

Free gait analysis for proper shoe fit.

321-751-8890

www.running-zone.com

We want you to feel good when you exercise!

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

SCR Board of Directors

OFFICERS



Ed Springer springer993@gmail.com
President

Rene Dunne ReneDunne@aol.com
Vice President

Cyndi Bergs mcbergs@att.net
Secretary

Carol Ball cball1@cfl.rr.com
Treasurer

BOARD MEMBERS

Les Dunne

lsldu@aol.com

Marisa Flint

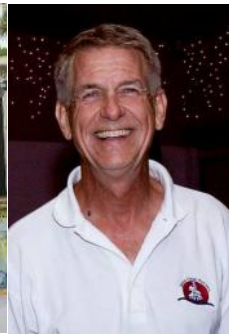
artmommarisa@bellsouth.net

Morris Johnson

johnsonmr@acm.org

Lisa Petrillo

lucidmoonstudio@gmail.com



Bob Rall—Newsletter Editor
Bob@RallCapital.com

Mary Ramba
mramba@aol.com

Loran Serwin —Membership &
ROY Chair LSerwin@cfl.rr.com

Kara Springer

karaniedermeier@hotmail.com

Dick White

dickwhite@cfl.rr.com



Rene's Report

- A Special Edition Column from SCR Vice President, Rene Dunne



Hello from your SCR VP! For those of you who don't know me, my name is Rene Dunne and I was elected this season. When I was asked to write the Director's article for this month's newsletter, I looked like a deer in headlights. This is not my specialty!

But thought I would take this time to ask a favor of you. I joined the board two years ago to try to help keep it a great club for the runners and walkers of Brevard. If you ever have an opinion of a race or an event, or anything else related to Space Coast Runners, let us know!! It's the only way we can know what is working, or not working. Your opinion matters!

So, how do you get in touch with us? First, don't be afraid to attend a monthly board meeting. They are held on the 3rd Monday of every month at 7pm. The location alter-

nates every three months between Viera Pro-Health and Merritt Island Pro-Health. So, check in on our Facebook page or the [website](#) for monthly location.

Another way to reach out and let us know your thoughts is through the [Facebook page](#), just look for Space Coast Runners and don't forget to "Like" us while you are there. And don't be afraid to post. It's your page. And, of course, you can always email us. We are here to make this the best running and walking club possible. Help us by letting us know what we can do to better it for you.

Rene Dunne
SCR Vice President
Running Zone Team Captain



SEPTEMBER BOARD MEETING

The next SCR Board Meeting will be held at 7:00 pm, September 16th at the Health First Pro-Health & Fitness in Viera

Space Coast Runners Members Update!

As of August 2013, the SCR membership has **618** active members!

WELCOME NEW MEMBERS!

Joanna Beckes
Vicki Bond
Rebecca Bond
John Buchanan
The Coe family—Philip, Debbie and Erin
Christine Davis
Richard Davis
Bethany Demoss
Keith Dutter
Janet Erlacher
Beverly Glenn
Janna Griffin
Christopher Hess
Courtney, Kayla & Jeffrey Holst
Nadia Hosel
Sharolee Huet
Tammy Karr
Song Koh
Judy Koh
Agatha Kolodziegczak
Dawn and Laszlo Kosa
Gregg Kraver
Suzy and Steve Leonard
Lounders Lox
Melanie Mackey
Becky Maitlen
Dana Maughn
Jeannine McElveen
Bob Meadows
Angela Mellencamp
Holly Montalvo
Penny Naugle
Laurie Paul
Katrina Ries
Shannon Roff
The Ruiz family—Jaime, Alicia, Jaime & Lina-Maria Ruiz
Christina Russell
Kate Schindler
Chris Slusher
Teen Sum
Grace Torres

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

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.

Youth Series T-Shirts



SCR Youth Series t-shirts are available for only \$5 and will be on sale at each of the race events!

SCR SURVEY OF THE MONTH

What is your favorite training workout during your marathon training cycle?

- > Yasso 800s
- > Mid cycle half marathon race.
- > My workouts with Team Black Sheep :-)
- > A 50K race
- > Marathon pace runs
- > Sunday long runs at Cocoa Village
- > Anything that is in the dark - for some reason, those miles seem easier!

What workout seems to be the hardest for you in a marathon training cycle?

- > 1 mile repeats over a causeway
- > My long runs.
- > Multiple 20+ milers starting around 4 a.m.!
- > A 28-30 mile training run.
- > Tempo runs
- > Afternoon thunderstorms that don't let up and either cancel/postpone training run.
- > Tempo runs hands down!

B.R.A.G. TIME

"BREVARD RUNNERS ACHIEVING GOALS"

August 17— Moss Park, Orlando

At the Believe Strong Olympic Distance Duathlon which consists of a 2.8 mile run, 40K bike, 5.6 mile run, Dave Farrall placed first in his 65—69 age group.

If you have great results to report, [click here](#) to email us.

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*



Photo credits:

Start photo: photo

by MarathonFoto.com

Medals photo: photo by

FitzFoto/NERunner

Marty Winkel

321-537-3526

sceventmgt@gmail.com



YOUTH SERIES

The **Youth Series** consists of 9 non-competitive **FUN** runs for ages **12 and under**. The purpose of the series is to include youth in organized runs and encourage participation and an interest in running and fitness.

Distances include 1/4 mile, 1/2 mile and 1 mile.

All children will receive a participation award and for those that complete 6 of the 9 runs will be recognized and receive an award at the end of year Space Coast Runners Runner of the Year Awards in May 2014.

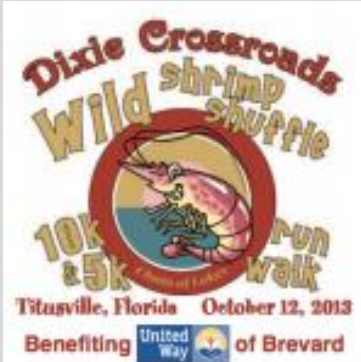
THE LINEUP FOR 2013-2014

- ⇒ Running on Island Time—August 24 (Merritt Island)
- ⇒ Turtle Krawl—September 14 (Indianapolis)
- ⇒ Wild Shrimp Shuffle—October 12 (Titusville)
- ⇒ Space Coast Classic—November 9 (Melbourne Beach)
- ⇒ Reindeer Run—December 14 (Cape Canaveral)
- ⇒ Tooth Trot—February 8 (Melbourne)
- ⇒ Eye of the Dragon—February 22 (Melbourne)
- ⇒ Downtown Melbourne—March 29 (Melbourne)
- ⇒ Space Walk Hall of Fame—April 12 (Titusville)



ROY SERIES CALENDAR

FEATURED SCR RACE OF THE MONTH ►



New Name. New Look. New Distance. New Course.

With the new addition of a lake by Parks & Recreation and a request from the SCR Board to change the “Chain of Lakes 5K” to a 10K, the new Dixie Crossroads Wild Shrimp Shuffle 10K & 5K came to life. It’s the second race in the Runner of the Year series. The new pavilion a few yards south of Truman Scarborough Way will host race registration, refreshments and awards. The newly designed course crosses hard packed dirt road, grass, trails, and pedways. Look for the unique “shrimp themed” awards. Race benefits the United Way of Brevard County. Don’t miss it!

WHERE ► Chain of Lakes Parks, 2300 Truman Scarborough Way, Titusville

WHEN ► Saturday, Oct. 12 **7:45 AM 5K** **8:00 AM 10K** **9:00 AM Kid’s Fun Run**

WHAT TO EXPECT ► One of the most beautiful courses in the SCR series. LivingWell will be on hand with massage therapists. Parrish Medical Center will host a health fair with blood pressure checks, skin fold tests, and more. Zumba and Space Coast Bikram Yoga will be providing warm up routines. A lively DJ will pump up the crowd and announce the finishers as they cross the finish line. Post-race nourishment will include the crowd favorite energy rolls from Sunrise Bread Company and Mr. Submarine will be providing sandwiches.

Running On Island Time 5K		Overall Male—Carlos Jones Overall Female—Mikaela Hakamaa
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	For Complete 2013 -2014 ROY Rules Click Here
Downtown Melbourne 5K	Saturday, March 29—Melbourne	
Space Walk of Fame 8K & 2 Mile	Saturday, April 12—Titusville	



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) _____



WINNING TIMES

OVERALL MALE

Carlos James, 18 Merritt Island 17:00
 Steven Cross, 15 Merritt Island 17:01
 Steve Hedgespeth, 35 Melbourne 17:10

OVERALL FEMALE

Mikaela Hakamaa, 16 Merritt Island 19:55
 Julie Hannah, 39 Melbourne 20:07
 Ceal Walker, 50 Cocoa Beach 20:22

MASTERS

Shane Streufert, 41 Viera 17:32
 Susie Meltzer, 49 Melbourne 21:05

GRANDMASTERS

Joe Hultgren, 53 Melbourne 19:38
 Anne Dockery, 65 Melbourne Beach 22:06

SENIOR GRANDMASTERS

Jacquelyn Kellner, 64 Melbourne 27:59
 Wolfgang Jensen, 62 Indialantic 23:13

TOP TEAM

Stangs Gold—Carlos James, Steven Cross, Ed Springer, Bill White, Brian Bride



Hot weather did not deter speedy times at the first race in the Space Coast Runner of the Year Series. With an 81° temperature reading that felt like 87° according to The Weather Channel, 315 runners and 41 walkers showed up to brave the heat. It didn't seem to slow overall male winner Carlos James of Merritt Island down. He ran thirty seconds faster than last year's overall winner which also helped his team grab a first place finish in the team competition.

The ladies were led young Mikaela Hakamaa also of Merritt Island. Finishing the race in all-out sprint against Art Anderson (see picture above) Hakamaa blazed her way to cross the line first looking solid. Many spectators noted how hot and sweaty the participants looked coming down the final stretch of the 5K. (continued next page)





Running on Island Time 5K (continued)

Needless to say there were plenty of opportunities to cool down at the post-race party. Plenty of shade, bottles of water, the famous Oreo banana treats and lots of bagels and fruit were waiting for everyone under cover. Everyone was also treated to an expanded steel drum ensemble this year. The music definitely puts that “island touch” on the event.

The SCR Youth Series took off running as the kid’s had a great time running on grass at top speeds. Looks of determination were seen alongside ear-to-ear smiles. Race co-director, Kara Springer had plenty of fun handing out the many raffle prizes before the awards ceremony.

Awards to top runners were live palms while age group winners scored the coveted “Running On Island Time” clocks. With overall attendance on the rise, this race keeps getting better year after year. The course which winds through neighborhood roads is run and walk friendly. The water stations are plentiful on the course and the competition is fierce.

If you’ve never run this Merritt Island race we encourage you to mark your calendars for 2014. For full race results, [click here](#).

Photos by Doug Carroll, Steve Colella, Brittany Streufert



Running on Island Time! Pictured left to right: Jeff Cook (308), Julie Hannah (167) and Gary Castner (107) followed by Amado Mendoza (184).

WINNING WALKER TIMES

Jacob Crowell, 15 Merritt Island 37:15
Guillermo Meza, 49 Rockledge 40:12
R.C. Koontz, 66 Merritt Island FL 40:34

Julia Allen, 11 Merritt Island 35:50
Linda Madyda, 50 Merritt Island 36:26
Christine Black, 36 Merritt Island 38:39

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) _____

I Run for Pizza Football Kickoff 5K



Runners and walkers of all shape and sizes came out on a hot and humid morning for the 2nd race of the Running Zone Foundation Race Series. The event brought out the faithful football fans decked out in their team colors. It also brought out the serious runners intent on getting the race over as quickly as possible. All three of the top finishers crossed the finish line in less than 16 minutes, with **Jonathan Campbell** taking the Overall Male Champion award in 15:48. **Peter Clusener** finished second in 15:54 and **Andrew Cacciatore** was third in 15:55. **Shane Streufert** was the Male Masters Champion in 17:45.

For the ladies, **Kaitlin Donner** cruised across the line in 17:28 to take the Overall Female Championship. **Beth Mihlebach** was second in 18:04 and **Christina Hamilton** finished third in 18:56. **Amy Ertel** was the Female Masters Champion with a time of 19:13. For complete race results, [CLICK HERE](#).



After the race, runners and walkers were treated to what seemed like a never-ending supply of hot pizza, Danish, muffins and fruit, provided by Pizza Gallery and Grill.



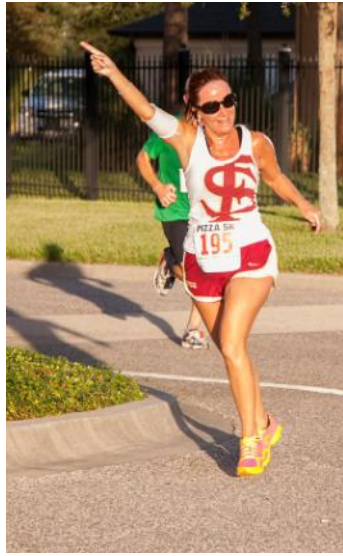
Photos clockwise from top right:

Runners get ready to go before the "kickoff." Pizza Gallery put on a great spread. Female champ Kaitlin Donner and Male champ Jonathan Campbell, cruising to the finish line. Pizza Gallery & Grill owner, Chris Conneen firing up the ovens early in the morning.



849 Finishers in this year's race!

I Run For Pizza Football Kickoff 5K (continued)



Photos courtesy of [Doug Carroll](#) and [Bob Rall](#)



Join us in beautiful Historic Melbourne Beach on Nov 9th for the 28th Annual Space Coast Classic 15K and 2 Mile run/walk

- * Beautiful awards by local artist Damien Share, food and giveaways after the race
- * Professional timing by Running Zone
- * The only 15K in Brevard County and a GREAT training race for those doing the Space Coast Half Marathon!
- * Kids' .25, .5 and 1 mile runs (Youth Series event)
- * Proceeds benefit Ocean Breeze Elementary PTO—let's give the students a much-needed new playground!

Register online [here](#) or download the mail-in form [here](#). For more info contact Lisa Hamelin at lisahamelin@gmail.com

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!

RACE REPORT



SAAZ...Spacecoast Associates for the Advancement of Zymurgy. Say what?? In other words, a great organization that caters to those that have a passion for homebrewing beer.

The first annual Bottoms Up Beer Run 4K was held at Wickham Park on August 17. It was hot and humid, so the refreshments were a welcome treat!

Proceeds will be going to St. Baldricks and SAAZ. More info on SAAZ can be found at www.saaaz.org



There was a great assortment of brews at each station (a station every 1 kilometer). Each participant could consume a 4oz beer shot at each one and received a full beer at the finish .



Lisa Hamelin, Christine Ellegood, Troy Owens and David Cholewczynski of Millennium Engineering enjoyed the brews along the way.

Results!

Congratulations to the Overall Winners—for the men, Jeff Cook took it with a time of 17:02, with Wade Dauberman at 17:12 and Michael Simms at 17:48.

The women were led by Ceal Walker with a time of 17:26. Felicity Cunningham came in second at 18:35 and Debra Johansen with a 19:30.

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



There were 337 finishers at the race, a fantastic turnout, especially for a first time event!

RUN VERO BEACH

A Great Event for every Runner
in the Family

Just 50 minutes south of Brevard Co.

Registration is now open



Kids Jungle Club 1/4 Mile Run



When: Saturday, October 5, 2013
Time: 7:15 am (before the 5K race)
Who: Anyone under the age of 10
Distance: 1/4 mile
Entry: \$15

**Come join the fun! First 25 kids
get a free Dry-Fit t-shirt!**

Entry Form

Make checks payable to "JUNGLE CLUB". Return entry form and registration fee to the Jungle Club. PLEASE PRINT LEGIBLY!

Name _____ Sex _____ Shirt Size _____ Age _____

Address _____

City/State/Zip _____ Phone _____

Email (for results)

* * * * *

I hereby waive and release any and all rights for my heirs, executors, administrators and assigns that I may have against the sponsors, officials, volunteers and supporters of this race and of any damages or injuries suffered by me in this event.

Signature of runner's parent or legal guardian (required)

Date

JUNGLE CLUB ARE YOU READY?

The 22nd Annual Jungle Club 5K is right around the corner!



When: Saturday, October 5th, 2013
Where: Jungle Club
Time: 6:15 am Registration / 7:30 am Race Starts
Entry: \$22 Before Oct. 5th / \$28 Race day
Entry includes pancake breakfast!
Kids Race: 7:15 am (prior to 5K) - cost is \$15 and includes a Dry-Fit t-shirt

Don't miss the fun - and it's all for a good cause!

Raffles!
Prizes!

**Dry-Fit t-shirts to the first
150 people registered!**

Massage
Demos!

Pick up a registration at the Front Desk today!

ENTRY FORM

Please make checks payable to:

JUNGLE CLUB

Return entry form and registration fee to the Jungle Club.

PLEASE PRINT LEGIBLY!

Name _____

Sex: _____ Age: _____ T-shirt size: _____

Address _____

City _____

State _____ Zip _____

Telephone#: _____

I hereby waive and release any and all rights for my heirs, executors administrators, and assigns that I may have against the sponsors, officials volunteers, and supporters of this race of any and all damages or injuries suffered by me in this event.

Signature of runner,
or parent if runner is under age 18.

Run a Mile with...Martha Brown

Just the Facts:

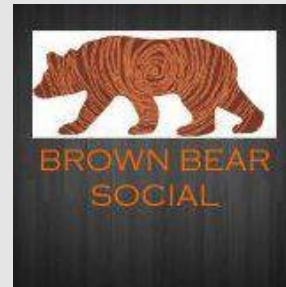
Family: Married to Jerry for 6 years! No kids.

Originally from: Born in El Paso, TX, but grew up in Ciudad Juarez, Chihuahua, Mexico. My parents still live there. And si', I'm bilingual.



Alma Mater: The University of Texas El Paso

Occupation: Owner of Brown Bear Social, a social media and PR consulting firm ; I am also the Marketing Coordinator for the United Way of Brevard



I Run

How Long? Just ONE year! (*A newbie!!—BR*)

Why: Because of the turtles. As an avid scuba diver, when I heard about the Turtle Krawl, I thought it was a good reason to start...and I haven't stopped since!

Knew I was hooked when: When I proved to myself that, if I put my mind to it, I could finish a race. I wasn't athletic growing up, but running has changed my outlook on my abilities completely.

Race PRs: 5K: 29:49 Half-Marathon: 2:38



Most satisfying race: My half-marathon. It was a tough race for me and reaching my goal was incredible. My husband finished in 1:47 and when I saw him waiting for me at the finish line, I started crying.



Favorite Race: Besides Miami, the Turtle Krawl will always have a special place in my heart. I also enjoy the longer races like the Space Coast Classic and Eye of the Dragon because the distance is a bit more challenging.

Favorite Place to Run: I live in Cocoa Beach and often run at low tide, taking my time, looking for turtle tracks and enjoying the sunrise over the ocean. I also love River Road and South Tropical Trail. We are lucky to have such pretty places to run.

Goals: I went a little crazy this year...I'm training for my first marathon, Marine Corps Marathon. I've also signed up for Space Coast Marathon and Miami Marathon.

Running Partners: The Jeff Galloway Team, an incredible group of beginner and seasoned runner using the run/walk method. Also, the Daddy Ultra Runs group (for the beers at Murdock's)

Run a Mile with Martha Brown

Other Stuff

If I could run with any other person (dead or alive): Scott Jurek, the ultramarathoner (as long as he ran at my pace). As a vegetarian myself, it's inspiring to see him so successful as a plant-based athlete.

Funniest or Oddest Thing I've Seen While Running: During the Miami Half, there was a couple celebrating their 25th wedding anniversary by running in their tux and wedding gown for the entire marathon!

Training Philosophies: I have three: 1—Don't compare your beginning to someone else's middle. 2—Not all pain is significant. 3—What works for someone else doesn't have to work for me.

One Piece of Advice I Would Give to a New Runner: Hey, wait a minute!! I AM a NEW RUNNER! But, I would say, "just start." Do a Couch to 5K program, or anything to get you going. Don't get discouraged by others faster than you. Every runner is different. There's only

one definition for crossing the finish line, no matter what the pace, and that is **"FINISHER."**

Other Sports and Interests: I love scuba diving, snow skiing and yoga. I also love to cook and blog about running and my vegetarian recipes.

Favorite Reads: "Eat and Run" by Scott Jurek; "The Happiness Project" by Gretchen Rubin



When No-body

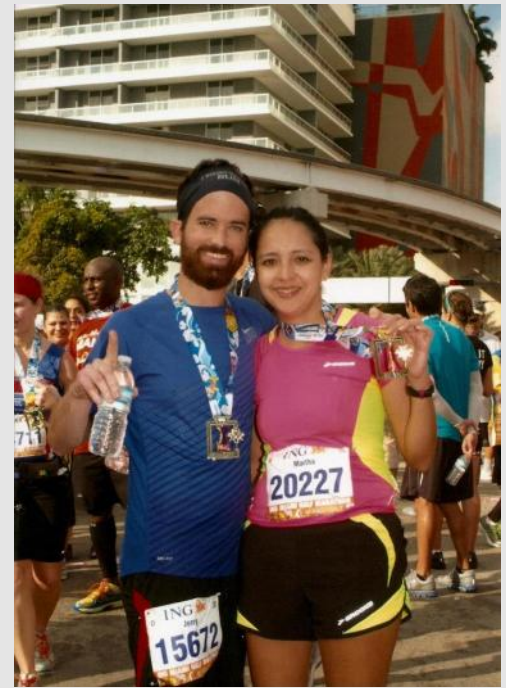
is Looking I Like To: Take a nap. Sleep is wonderful, something I've learned to enjoy even more since I started running.

Favorite Meal: It's a misconception that vegetarians are limited to munching on lettuce! Grains and beans are my stables. Brown basmati rice, black or kidney beans, sautéed zucchini, sweet potatoes or other veggies, topped with soy sour cream and tabasco. Vegan burrito!

Dream Vacation: There are so many, but for some reason, India keeps calling my name. The culture, food and diversity of the people in the different regions is all so mysterious and exciting.

Why did you join SCR? Truthfully, because I felt I should pitch in for the water I drink on River Road during my training runs. But I've really enjoyed meeting other runners and walkers and the friendships that have evolved.

Thanks Martha! And good luck with your training!—BR



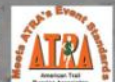


U.S.A. BEACH RUNNING CHAMPIONSHIPS
10K • HALF MARATHON
October 27, 2013 | COCOA BEACH, FL



REGISTER NOW!
RunOnTheBeach.com

- ◆ Medals to all finishers
- ◆ Tech shirts to all pre-registered runners
- ◆ Low-tide, out and back runs
- ◆ Open to all runners/walkers (No qualifying)
- ◆ Shoes are optional! Barefoot division!
- ◆ Post-race party on the beach!



Reasonable Running

With the Birdwells



Seriously?

At the top of our running heroes list is Deena Kastor 2004 Olympic Marathon bronze medal winner. We read an article by her where she said "Start taking it seriously." We have to agree with her especially because we run in Florida. The subject to take serious is sunscreen.

We bet there are a lot of us out there that think about it but don't take it seriously. Seriously it should be part of your arsenal just like dry-fit clothes and proper shoes. Seriously we should not lace up until we have slathered up and we mean every time we lace up. To do it properly it should be applied 20 minutes before you head out so that your skin has time to absorb it.

It should be a SPF of least 30, and protect both UVA and UVB rays. Be serious about your selection, some sunscreens only protect against UVB; UVA has longer waves of ultraviolet light that penetrates the skin more deeply. It is Florida and we really sweat out there so look for waterproof aka sweat proof products.

Seriously; be preventive with a broad-billed hat, sunglasses and even long-sleeve shirts, dry-fit of course.

We got to meet Deena in San Diego where she autographed our copy of the "Spirit of the Marathon" DVD. She inspired us to really go for the marathoner/runner life style. We still remember watching her pick off the runners in Athens one by one. In her words "I pulled out my fishing pole, cast it out front, and reeled that one in. Once I passed them, I cast it out again and reeled in the

next one."

Deena is a "reel" expert on the subject. She has been diagnosed multiple times with malignant melanoma, the most serious form of skin cancer. Her latest melanoma was caught and removed early. We have members of our family who have received this diagnosis and friends we coach have received it and been treated. Also several years ago a long time childhood friend of ours, John, lost his battle after a long fight. So seriously, take it serious.

Let's always take precaution in all our running, safety on the road, proper shoes, no overtraining and maintain that healthy attitude.

Start today and proclaim "Sunblock shall not be overlooked. Before I lace-up I will slather up with an application of SPF 30 or greater that is sweat-proof and broad spectrum for UVA and UVB sunrays."

Let's keep that healthy attitude and keep doing healthy things, being healthy is what it all is about, and we are serious about being healthy!

Slather up, pick-em-up and put-em down

Coach Barry & Michele Birdwell

For more info follow the Birdwells on Facebook!



www.facebook.com/birdwellsrun

RUN TRIVIA

Who was the first person to cross a finish line wearing a pair of Nike shoes?

Answer: Mark Covert at the 1972 Olympic Trials Marathon in Eugene, OR. He ran 2:23:34 and placed seventh.

He is also the US record holder for the longest streak of consecutive days having run at least 1 mile. Covert's streak which started in 1968 voluntarily ended on July 23rd which was the 45th anniversary of when it started. (Photo credit: Michael Owen Baker/L.A. Daily News)



TIPS 'N TRICKS

(YOU CAN THANK US LATER!)



Have a question you want answered? Need help?

Email me at

lisahamelin@gmail.com
and your question may be featured in an upcoming issue!

Form Factor

There are many things to consider when trying to improve your running form. One easy change is to relax the hands. Clenching the fists create tension, which will affect your arms, shoulders and neck. Instead, lightly close your fingers as if holding a potato chip that you don't want to break or cup them as if holding an egg.

Gatorade or Celery Juice? What!?

Most people now know that if you work out regularly, it's important to replace electrolytes lost through perspiration. But, did you know that there are natural alternatives that can provide the same thing as manufactured sports drinks? Celery has a high level of primary electrolytes—calcium, sodium, magnesium and potassium, which enhances the body's electrolyte balance, while the diuretic

properties of the juice promote urine flow through the kidneys, helping to optimize their filtration capacity.

Another alternative is coconut water. The balance of electrolytes in coconut water mimics your blood's electrolyte balance. If you'd prefer some flavor, you can add a splash of fresh fruit juice to it.

Grab a straw and try something new!!



Lacing It Up

Often overlooked—your shoelaces on your running shoes. There are multiple ways to lace shoes that can help alleviate certain foot issues/pain. Try them and

see if they help you! You can Google 'lacing running shoes' and find many sites that offer advice. Here is one:

<http://katierunthis.com/2011/10/04/running-shoe-lacing-techniques/>

The photo on the right shows how to lace for a high instep. You may want to try that method if you experience pain on the tops of your feet. Also, make sure you get fitted by a professional first to help prevent issues in the first place!





20 BANDS • POST RACE CONCERT • WALKERS WELCOME

Publix.



Qualifier for the Boston Marathon



5K & 8K SATURDAY, FEBRUARY 1, 2014 & Dunkin DashKids Run



MARATHON & 1/2 MARATHON SUNDAY, FEBRUARY 2, 2014

1/2 MARATHON RELAY

LIVE STREAMING WEBCAST OF THE FINISH LINE

2013 USATF MASTERS CHAMPIONSHIP 1/2 MARATHON

A ZERO WASTE, GREEN EVENT



WWW.THEMELBOURNEMARATHON.COM

Long Distance Relationships

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



THIS HALF MARATHON IS ON A “WINING” ROAD

by Pat Kisselbach

Just a little overview about the Island before going on to the race details. Pelee Island is Canada's Most Southern Inhabited Community. It is approximately 34 km and over half the island is farmed (grapes, rye and wheat), and 20% is set aside for conservation. I was told about 140 people reside there year round, and the population increases during the season due to many waterfront cottages. (continued next page)



CHEERS TO A DELIGHTFUL CANADIAN RUN TRIP AT PELEE ISLAND

There is a police station, though I never saw an officer or cruiser, maximum speed limit is 40 mph and there are no traffic lights. Other necessities include a Medical Clinic and a Co-op which serves as the post office, grocery store and hardware store. There is no bank or ATM machine, but US dollars are accepted everywhere. There are some restaurants and very limited accommodations, which is one reason the race is capped at 300. The island is definitely unique, charming and makes you feel like you are going back in time.

We boarded the ferry in Sandusky, Ohio on Friday night and arrived on the island at 10:30 pm. In the off season, there is only one ferry over on Friday evening and one return ferry on Sunday. We finally stumbled into the Westview Motel, which was located across the street from the ferry, but being so dark and no street lights, we walked around awhile. Now I started wondering what did I get us into this time and all because of a road race. Fortunately, the office was opened and Christina was waiting for us to check in. We were greeted by a toad at the door and then a small snake, which made me wonder did I want to go any further, so my husband went first. It was a very basic, no frills clean motel room, and our lodging for the next 2 nights. Up at the crack of dawn to beautiful views of Lake Erie, and off to the Canadian Legion for breakfast. After breakfast, we were looking forward to meeting Sondi Ryerse, a runner that actually lives on the island. Sondi vacations in the Space Coast area and just so happened to run the Eye of the Dragon 10K last year and met Janet Erlacher and Karen Suarez. So we met on Facebook and kept in touch, and now it was time to get acquainted. We actually met her on the road, walking back to our motel, jumped in her vehicle and started on a

personal tour. The island is remote, charming and a beautiful gem in the middle of Lake Erie. We ended up at Sondi's house, met her family and she insisted we keep her vehicle for the weekend. What a perk! So off we go to do some exploring on our own, like a stop at the winery for some sampling. That night we went to the pasta party with Sondi and family, also held at the winery.

Race morning the weather was perfect, and there was lots of excitement prior to the 10:00 am start. The course was beautiful, flat and ran along the lake on pavement and dirt roads with water stops every 2K. The most challenging part was the strong headwind the last 2 kilometers until reaching the finish line at the winery. The finisher medal, a representation of a Tastevin, is the most unusual one of my treasured collection. The post race party was held outside at the winery among the vineyards. A souvenir Pelee Island wine glass with your choice of red or white wine and an all you can eat banquet included vegetable and fruit trays, fried Lake Erie perch, chicken, bratwurst and desserts.

Now to get back to the motel and get ready to catch the ferry back to the US that evening. I'm still not sure what exactly happened but there was no ferry back on Sunday evening. So now the concern was is our room still available for another night or has it been booked. Not to worry, Christina had been monitoring the ferry schedule so she was already aware we were guests for another evening, and because it was not our fault that we could not get the ferry back she could would not charge us.

This was truly a wonderful, unique experience. The people, place and the event have created lasting memories, and all because ***I RUN!***

ADVANCED

AIR CONDITIONING SERVICES
of Brevard, Inc.



ASCENSION CATHOLIC



Saturday, Oct. 5 @ 8 am, Capron Ridge, Viera FL

(North on US1, west on Viera Blvd., Capron Ridge entrance on left)

- *The Coolest Tees
- *New! Over \$1500 Gifts/Prizes
- *Free Kid's Run
- *New! Team Awards Category
- *Best Eats (Chilly Spoons, Fia's Pizza, Sweetack Shack)

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/under) **FREE**



Awards & \$1000 Prizes immediately following all races

AWARDS: 5K

M&F: Top 3 Overall, Top Masters (40+)
Team: Top 3 Co-ed Teams
Age Groups (Top 3 M&F): 8 & U, 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+

AWARDS: 1 Mile

Top 3 M&F in age groups: 11 & U, 12-19, 20+

FEES

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

Long Distance Relationships

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

SPLASH!



Christina Engel and family report on this new 5K trend.

What did it mean to get "Drenched" at the 5K? The only time we were dry was when we arrived.

How many attended and was it a timed/competitive run? It wasn't as crowded as I'd expected. Maybe 200 people. The race was not timed.

What did you like best? The kids had the most fun. The fire hose and the foam bubbles and slip `n slide made the run. Without those items, it would have been just another 5k.

What was the biggest challenge during the event? The race only had 1 water stop which would be ok except it was August with a start time of 9am. And 25% of the runners were kids. Also they didn't have refilling stations for your water gun. Which my kids were upset about and had to use soapy water from the bubble station.

How did you "cool off" after the race? Cooling off wasn't a problem. We were drenched!

On a grading scale of A to F - what grade would you give the event? I would give this (race) a C. It was their first time in Jacksonville so I think next year they will make better improvements.





Where in the World are Space Coast Runners Running?

SEPTEMBER 2013



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



The North Face
Endurance Challenge
9/28-29—Roswell, GA

Jerry Brown, Martha Brown,
Karen Sanchez

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



Köln Marathon

10/13—Cologne, Germany

Nan Pond



Columbus Marathon 10/20—
Columbus, OH

Doug Nichols

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



Where in the World are Space Coast Runners Running?

OCTOBER 2013



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

JANUARY 2014



Walt Disney World Marathon 1/12— Lake Buena Vista, FL

Jackie Kellner

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



Fee-only Investment Management and Financial Planning Services



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



Your Partner for the Long Run

<http://RallCapital.com>

Fee **FO** Only

321-549-7255



Bob Rall, CFP®
20+ years experience
20+ marathons



2013 Cocoa Beach Fall into Winter 5K run/walk



Saturday, Oct. 26th, 2013 - 7:30 am

5K Run/Walk

Saturday, Oct. 26th, 2013 - 7:30 am

Entry Fee

Cash or Check only accepted	
Through Oct. 5th	\$20
Oct. 6-18th	\$25
Oct. 19th-24th	\$30
Race Day	\$35
Family of (2) thru Oct. 18th	\$35
Family of (2) Day-of-Race	\$55

Tee-Shirts: To all runners

Non participants \$10
(size of shirts not guaranteed to runners who register Day-of-Race)

Breakfast for non participants \$10

Awards

Top Male and Female Overall
Top Male and Female Age Groups
in the following age categories
14 and under, 15-18, 19-24, 25-29,
30-34, 35-39, 40-44, 45-49, 50-54,
55-59, 60-64, 65-69, 70-74, 75-79, 80+

Special Race Divisions

Best Male & Female finishing in costumes
Top 2 family team finishers
Best carved pumpkin



Parking

West side of A1A

Packet Pick-up and late registration
Oct. 25th at Coconuts
5:00 and 7:00pm

Entry Fee

Through Oct. 5th	\$20
Oct. 6-18th	\$25
Oct. 19-24th	\$30
Race Day	\$35
Family of (2) thru Oct. 18th	\$35
Family of (2) Day-of-Race	\$55

Last Name: _____ First Name: _____ M: _____

Address (street): _____

City: _____ State: _____ Zip Code: _____

Day Phone: _____ T-Shirt Size: **S** **M** **L** **XL** **XXL** Gender: M F

Date of Birth: _____ Age (on race day): _____

Amount Enclosed: _____

In consideration of my entry being accepted, I intend to be legally bound, and do hereby, for myself, my heirs, executors, waive and release any and all rights and claims for damages which I may hereinafter accrue to me against the City of Cocoa Beach, and all other sponsors, contributors, or any subsidiary or political division thereof, its or their respective officers, representatives, successors and assigns for any and all damages or injuries which may be sustained and suffered by me in connection with my association with entry or participation in the "Fall into Winter 5K Run". If I should suffer injury or illness I authorize officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the competition in this event. I have read the above and understand that I am entering this event at my own risk.

Cash or Check only accepted

Make checks payable to
Cocoa Beach Parks & Rec
(CBRD)
P.O. Box 322430
Cocoa Beach, FL 32932-2430

Date

Signature

Parent or Guardian, 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



Post Race:
Breakfast for All Runners

1st - 2nd - 3rd Place Prizes!
Top Male and Female
Overall Winners

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



Courtesy of...



**Run for Love
5K RUN/WALK**

SATURDAY, NOVEMBER 16, 2013 AT 7:30 AM
 Church at Viera
www.runforlove5K.org

TIMETABLE:
Friday, November 15th 10:00 am – 6:30 pm
 Packet Pickup & Registration at Running Zone on Wickham Road
 Just south of the King Center

Saturday, November 16th
 (Church at Viera, 9005 North Wickham Road)
 6:00 am Packet Pickup & Registration
 7:15 am Late Registration ends
 7:30 am 5K Start
 *Awards Ceremony immediately following the race

- AMENITIES:**
- Free t-shirt for all registered runners
 - Food, coffee and refreshment
 - Fun Race Packets
 - Vendor tables

AWARDS:
 M-F: Top 3 Overall, Top Masters (40+),
 Top Wheelchair
 Top 3 Teams
 Age Groups (Top 3 M-F)

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

Run for Love 5K OFFICIAL ENTRY FORM
 Send completed entry form with fee to:
 Brevard Family Partnership
 Attn: Run for Love
 2301 W. Eau Gallie Blvd, Suite 104, Melbourne, FL 32935
 Make check payable to: Brevard Family Partnership

FEES:	Until 11/15	Race Day
5K Reg	\$25.00	\$30.00
Team Member	\$22.00	\$30.00
Students 5K	\$22.00	

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

Sex: Male Female Date of Birth ____/____/____ Age on Race Day ____
 Team Name _____ (min. of 5 team members with one person of opposite sex)
 Please check shirt size: Sizes: XS S M L XL XXL

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 Run for Love 5K 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



3 Holidays, 3 Classic Races



in the Beach Communities of Cocoa Beach & Cape Canaveral

Run or walk all three races to earn the Holiday Beach Series beachmat!
Perfect for your day at the beach or for stretching after your daily run!

FALL INTO WINTER 5k
October 26, 7:30 am
Cocoa Beach

TURKEY TROT 5k
November 28, 7:30 am
Cocoa Beach

REINDEER RUN 5k
December 14, 8:00 am
Cape Canaveral



Custom beachmats
awarded at the
REINDEER RUN for
registering for *all*
three races.

Races have their
own amenities in
addition to the
series beachmat.
See race websites
for details.

Registration

- \$67 Entries postmarked on or before October 6
- \$72 Entries postmarked after October 6

For more information or on-line registration:
<https://runsignup.com/HolidayBeachSeries>

Enter by mail: Check payable to **Space Coast Art Festival**
and mail completed entry to:
30 Country Club Road
Cocoa Beach, FL 32931

(Race fees are non-refundable)

Races benefit

*Cocoa Beach Recreation Department Youth
Camps, Brevard County Police Athletic League,
Cocoa Beach High School Cross-Country & Track
Teams, and Space Coast Art Festival*

To contact race directors by email:

- Fall Into Winter 5k: lmclean@cityofcocoa-beach.com
- Turkey Trot 5k: turkeytrot5k@cfl.rr.com
- Reindeer Run 5k: g.vergara@cityofcapecanaveral.org

FALL INTO WINTER 5k

SPACE COAST ART FESTIVAL TURKEY TROT 5k

REINDEER RUN 5k

Name _____ Address _____ Male Female Age _____
 City _____ State _____ Zip _____ Phone _____ Birthdate _____
 Email _____

Race Shirts (includes one for each race) S M L XL XXL (additional sizes for Turkey Trot include YM and YL)

I assume all risks associated with my participation as a participant in the Fall Into Winter 5k, Space Coast Art Festival Turkey Trot 5k, and the Reindeer Run 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 to act on my behalf, waive and release the directors and sponsors of this race from all claims or liabilities of any kind arising out of my participation in the event. 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)

Date



HAPPY BIRTHDAY!

September 2013
Birthstone: Sapphire

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Rachel white tammy swonger heide jaksetic	2 Kelly hedgespeth andy dutra dawn o'dell	3 Morris johnson	4 Barbara Linton jesse hall	5 Darlene deen	6 Ellen webbe david maltby bob rall	7 Rhonda van etten Jessica crook
8 Christopher Abreu tina kraver	9 Christine ellegood	10 Ken hill Melissa hickman Robert Varnes	11 Philip smith	12 Chelsey joiner Stephen chin	13 Kelly hunter	14 Veronica sim Lori rattay
15	16 R.C. koontz	17 John Schmidt warren Lucas	18 Cheryl ritter ron ritter	19 Joe deen	20 karenSuarez Jeremy nolan	21 Ian cook
22 Kyle butler	23 Tom sim linda cowart	24 frank kapr Garry conrad	25 Brian timmons	26 Cheryl fortmayer Elizabeth gahres	27 Margaret ra- cine jose Nunez Rick Lorraine	28 Mendi ray- mond
29	30					

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



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.*