

# SPACE COAST RUNNERS

OCTOBER NEWSLETTER



## Hood to Coast

Harry Prosser shares his relay race story

See page 30

## RACE REPORTS

>> TURTLE KRAWL 5K

## RUN A MILE WITH

>> DOUG NICHOLS



LEADER BOARD UPDATES IN THE ROY SERIES



# The Starting Line

October 2013

## DEPARTMENTS

- 05 [From the Editor](#)
- 08 [Springer's Spiel](#)
- 15 [ROY Series Calendar](#)
- 39 [Reasonable Running](#)
- 43 [Birthday Calendar](#)

## RESOURCES

- 03 [Member Discounts](#)
- 07 [SCR Board Members](#)
- 09 [Local Fun Runs](#)

## FEATURES

- 11 [SCR Central](#)
- 14 [ROY— Off to the Races](#)
- 20 [Pace Management](#)
- 22 [Run a Mile With...](#)
- 25 [Tips 'n Tricks](#)
- 26 [Sponsor Spotlight](#)
- 28 [The Magic of Disneyland](#)
  
- 31 [Hood to Coast](#)



Photo by Doug Carroll

21

- 36 [Where in the World?](#)

## RACE REPORTS

- 17 [Turtle Krawl 5K](#)

**ON OUR COVER:** Kaitlin Donner of Melbourne crosses the finish line first among females and sixth overall at 17:23.3, setting a new female course record. Photographed by Barry Jones, TriHokie Images



Photo by Steve Colella



## 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](http://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](http://SpaceCoastRunners.org)

Website Editor: Loran Serwin, [LSerwin@cfl.rr.com](mailto:LSerwin@cfl.rr.com)

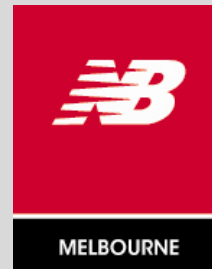
Results/Calendar: Matt Mahoney, [MatMahoney@yahoo.com](mailto:MatMahoney@yahoo.com)

Facebook Manager: Rene Dunne, [ReneDunne@aol.com](mailto:ReneDunne@aol.com)

LinkedIn Group Mgr: Bob Rall, [Bob@RallCapital.com](mailto: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.



# Junior League of Central & North Brevard Presents



## Pumpkins in the Park 14th Annual 5K Run and Fitness Walk

6:30 p.m. Friday, October 25, 2013  
Cocoa's Taylor Park, Cocoa Village

Proceeds from the race support the mission of  
Junior League of Central & North Brevard  
and its community outreach initiatives:

- Local Voluntarism Efforts
- Literacy Programs/Projects
- Health & Wellness Education
- Scholarships



JUNIOR LEAGUE OF  
CENTRAL & NORTH BREVARD  
a 501(c)3 organization

### REGISTRATION :

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

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: ( \_\_\_\_\_ ) \_\_\_\_\_

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

E-mail Address: \_\_\_\_\_

Open Team Name: \_\_\_\_\_

School Team Name: \_\_\_\_\_

T SHIRT SIZE: YS  YM  S  M  L  XL  XXL

5K Run/Walk 15 and up \$28 \_\_\_\_\_

5K Run/Walk 14 and under \$18 \_\_\_\_\_

5K Run/Walk School Team Challenge Member \$18 \_\_\_\_\_

\*17 and under

5K Run/Walk Open Team Challenge Member \$25 \_\_\_\_\_

Free Children's "Lil Pumpkins" Run/Walk FREE \_\_\_\_\_

Donation for Boys & Girls Club Summer Literacy Program \$ \_\_\_\_\_

**\*add \$5 for all entries postmarked after October 21st \$5 \_\_\_\_\_**

**Total \$ \_\_\_\_\_**

Checks must be postmarked by Oct. 21st and payable to :  
JLCNB

240 Parnell St. Merritt Island, FL 32953

Register online at <http://runningzone.com/calendar>  
and click on the Pumpkins in the Park 5K link.

In consideration of my being accepted I intend to be legally bound and do hereby for myself my heirs and associates waive all rights and claims for damages which may hereafter accrue to me against the Junior League of Central and North Brevard, the County of Brevard or any sponsors, volunteers, participants, and all officials of the race for any and all damages which may be incurred by me or my family or any other person or entity in connection with my participation in the race. I understand the value of the race for my family and friends and I am voluntarily participating in this race and 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 whatsoever. I have read the above release and understand that it presents risk of physical injury. Knowing this I am entering this event at my own risk.

Signature \_\_\_\_\_

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

- EVENTS INCLUDE:**
- 5K Run/Walk starts at 6:30 p.m.
  - Free "Lil Pumpkins" Kids Run/Walk
  - Free T-shirt with paid pre-registration
  - Finish line management by Running Zone
  - Register by October 21st and save \$5.00
  - COSTUME CONTEST during After Party!

- AWARDS FOR:**
- Top 3 in Each Age Group
  - Top Masters (40+)
  - School Team with the Most Participants
  - Open Team with the Most Participants

**PACKET PICK-UP:** Pre-registration packet pick up at Running Zone on Thursday, Oct. 24 from 10am - 6:30pm

**AGE GROUPS:** 0-9 10-14 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-79 80+

**DIRECTIONS:** From Interstate 95 take exit 201 east onto State Road 520 for 4 miles. Turn right on Brevard Ave. Cocoa's Taylor Park address is: 430 Delannoy Ave. Cocoa Village, FL 32922

\*T-shirt sizes are not guaranteed  
\*This event will be held rain or shine unless conditions are unsafe. All race entries are non-refundable and non-transferable, no refunds will be issued.

### FOR MORE INFORMATION CONTACT:

JLCNB.....(321) 453-5718

[www.brevardjuniorleague.org](http://www.brevardjuniorleague.org)

[jlcnbpumpkins5k@gmail.com](mailto:jlcnbpumpkins5k@gmail.com)

We are proud to support  
our community partner



BOYS & GIRLS CLUBS  
OF CENTRAL FLORIDA

Finish Line  
Managed by





# FROM THE EDITOR

**Warriors.** That's the word that comes to mind when I think about the runners and walkers that get out there to "just do it." We are all warriors in one way or the other. Some of us are fast warriors. Some, not so much. Some of us are highly competitive, dare I say "elite" warriors. Some of us are better described as "weekend warriors." But, we are all warriors nonetheless.

We are warriors because we keep going out there. We get up early in the morning to get in a workout before work. Or we get up at some god-forsaken hour on a weekend morning, to get in a long workout. Some of us get in a workout in the heat of the day...and in August and September, that's real heat! There's a group of us that go to running/torture camps a couple of times a week...in the hottest part of the day!

We are warriors because we battle through injuries and can't wait to get back to our routine or training schedule. Almost every one of us has been there...fighting our way through an injury. It may be a minor tweak that we impatiently work our way through and are able to return to our activity in what seems like a long time, but in reality isn't. Or, it might be a major setback that keeps us out of the game for a long time...if not for good. But, even then, we're not really willing to accept it (trust me on this one!)

The non-active members of our society think we are a little crazy. Although, I think they are a bit jealous as well. They don't understand why we do what we do; why we do something that often hurts; why we push ourselves to go a little faster, or a little farther. It's because we are warriors. And, unless you are a warrior, you can never completely understand what makes one tick.

Warriors tend to hang out with other warriors. We meet our warrior friends at oh-dark thirty to get in our workout. We hold each other accountable. We challenge each other. We help push each other to be better. We empathize when one of us is sidelined, because we know that it could be, and probably has been, us. But the best part is that we celebrate together. We cheer for each other. We go to breakfast after a tough workout with each other. Other warriors are our best friends.

So, take pride in being a warrior. This newsletter is all about warriors. Enjoy it. Contribute to it. Learn about other warriors who you may not be friends with...yet. Whether you are training for a personal goal, an upcoming 5K or 10K, or one of the many fall marathons and half-marathons, revel in it. Go be a Warrior!

See you on the roads,



BOB RALL,  
Editor-in-Chief [Bob@rallcapital.com](mailto: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](mailto: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](http://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](mailto:springer993@gmail.com)  
President

**Rene Dunne** [ReneDunne@aol.com](mailto:ReneDunne@aol.com)  
Vice President

**Cyndi Bergs** [mcbergs@att.net](mailto:mcbergs@att.net)  
Secretary

**Carol Ball** [cball1@cfl.rr.com](mailto:cball1@cfl.rr.com)

### BOARD MEMBERS

**Les Dunne**

[lslu@aol.com](mailto:lslu@aol.com)

**Marisa Flint**

[artmommarisa@bellsouth.net](mailto:artmommarisa@bellsouth.net)

**Morris Johnson**

[johnsonmr@acm.org](mailto:johnsonmr@acm.org)

**Lisa Petrillo**

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



**Bob Rall**—Newsletter Editor  
[Bob@RallCapital.com](mailto:Bob@RallCapital.com)

**Mary Ramba**  
[mramba@aol.com](mailto:mramba@aol.com)

**Loran Serwin** —Membership &  
ROY Chair [LSerwin@cfl.rr.com](mailto:LSerwin@cfl.rr.com)

**Kara Springer**

[karaniedermeier@hotmail.com](mailto:karaniedermeier@hotmail.com)

**Dick White**

[dickwhite@cfl.rr.com](mailto:dickwhite@cfl.rr.com)



# Springer's Spiel

- A Monthly Column from SCR President, Ed Springer



Space Coast Runners,

The 2013-2014 SCR Runner Of the Year (ROY) racing series is well underway and the events continue to get better with each progressive year. The Running on Island Time 5K and the Turtle Krawl 5K both saw significant increases in participants this year. In fact the Turtle Krawl now has bragging rights as the largest 5K in Brevard County. Thanks to the Race Directors, volunteers, sponsors and most importantly the runners and walkers for making these events successful.

SCR members received several surveys last year and I wanted to let you know your time spent on the surveys was not wasted. Our goal is to best serve member's desires and the Board reviews all the feedback provided via survey. We heard a strong appeal for longer race distances in the ROY series so we worked with the Wild Shrimp Shuffle (formerly Chain of Lakes) Race Director who agreed to host a 10K in addition to the scenic 5K. ROY points will be awarded for either distance but you can get twice as much running in for the same price if you register for the 10K.

I know many locals are currently in the midst of training for various events... 5Ks, marathons, triathlons, et cetera. I am training for the Space Coast Marathon and if you are like me you can come up with many excuses to dodge scheduled

training activities. The chatter between my ears has been known to say "It's too hot; It's too humid; I'm tired; I'll make it up later; I'm hungry; Seinfeld reruns are on, etc..." Luckily, as my mind races to come up with excuses, I'm lacing up my shoes and heading out the door. In other words my feet have become smarter than my head when it comes to training. There are some days when even my feet need a little extra motivation and that is when I tell myself that I'm not going to get any better from yesterday's run or workout. If you have any motivational tips you would like to share, feel free to post them on the Space Coast Runners Facebook page (<https://www.facebook.com/SpaceCoastRunners>).

Happy Running,

Ed



## OCTOBER BOARD MEETING

The next SCR Board Meeting will be held at 7:00 pm,  
October 21st at the Health First Pro-Health & Fitness  
in Merritt Island



## 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



# GHOSTLY GECKO 5K

Saturday,  
October 19th 6:30PM

Eau Gallie Civic Center, Melbourne, FL  
1551 Highland Avenue  
To benefit J. Kyle Braid Scholarship Program

Register ONLINE at [runningzone.com/series](http://runningzone.com/series)



<p>Tues. – Fri. Oct. 15<sup>th</sup> – 18<sup>th</sup> 10:00am-6:30pm Packet Pickup &amp; Registration at Running Zone</p>	<p><b>Amenities:</b></p> <ul style="list-style-type: none"> <li>o Best Halloween Costume Contest!</li> <li>o Fun Ghostly Awards!</li> <li>o Free Ghostly Beer at Squid Lips (21 &amp; over)</li> <li>o After Race party on the beach at Squid Lips!</li> <li>o Goodie Trick or Treat bags with candy to all finishers!</li> </ul>															
<p>Sat. Oct. 19<sup>th</sup> – Eau Gallie Civic Center 5:00pm Packet Pickup &amp; Registration 6:15pm Late Registration ends 6:30pm 5K START! 7:45pm Little Goblins Kid's Run – FREE!</p>	<table border="1"> <thead> <tr> <th>FEEES:</th> <th>Until Oct. 19th</th> <th>Race Day</th> </tr> </thead> <tbody> <tr> <td>5K Run/Walk</td> <td>\$28</td> <td>\$31</td> </tr> <tr> <td>Team</td> <td>\$25</td> <td>N/A</td> </tr> <tr> <td>12 &amp; Under</td> <td>\$15</td> <td>\$20</td> </tr> <tr> <td>Gecko Club/SCR Members</td> <td>\$25</td> <td>\$28</td> </tr> </tbody> </table>	FEEES:	Until Oct. 19th	Race Day	5K Run/Walk	\$28	\$31	Team	\$25	N/A	12 & Under	\$15	\$20	Gecko Club/SCR Members	\$25	\$28
FEEES:	Until Oct. 19th	Race Day														
5K Run/Walk	\$28	\$31														
Team	\$25	N/A														
12 & Under	\$15	\$20														
Gecko Club/SCR Members	\$25	\$28														
<p><b>AWARDS: M-F: Top 3 Overall, Top Masters Age Groups – Top 3 M-F</b> 8 &amp; 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+</p>																

GHOSTLY GECKO 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 \_\_\_\_\_





# SCR Central

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

## Space Coast Runners WELCOME NEW MEMBERS!

Luke Alexander  
Barry Birdwell  
Jo-Anne Boland  
Trevor Branam  
Gillian Dionne  
Greg, Sarah & Alysson Griffin  
Nicole and Sienna Guinn  
John, Madison & Kayla Hannah  
Nathan & Shelby Huet  
Mindy Klaproth  
Lorna Mazza  
Alan Myers  
Robin Pace  
Julia Plumley  
Daniel Redlien & Erin Wright-Redlien  
Anton & Kathleen Samilian  
Shane, Amanda, Alexis & Cameron Shagena  
Cristie Sinclair

## Join the SCR Fun Run on Sunday Mornings!

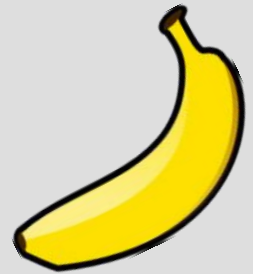


The **Sunday Morning Fun Runs** from Cocoa Village are now heading **NORTH**. The group meets at **6:30 am** every Sunday at Riverfront Park. All paces are invited to join the fun. Water and Gatorade will be available at miles 2 & 4.

## SCR SURVEY OF THE MONTH

### What is your go-to food or fueling routine before you race a 5K?

- > Oatmeal & Coffee
- > Cherry Sport Beans
- > Banana with Peanut Butter
- > Banana
- > GU Roctane
- > Banana
- > Clif Bar or Pop-Tart
- > Cereal
- > Cereal & one GU



### Thinking about longer distances, what is your pre-race fueling plan before a half-marathon? (Participants could choose more than 1 answer)

- > 44% - Same as my 5K pre-race plan
- > 44% - Bagel or other breads
- > 33% - Something with peanut butter on it
- > 22% - Banana or some type of fruit
- > 11% - Protein bar (example: Clif Bar)
- > 11% - Energy drink
- > 11% - Energy Gel (example: GU)
- > 11% - Coffee



### Taking the distance even further, what is your pre-race fueling plan before a marathon?

- > 75% - Same as half-marathon pre-race plan
- > 25% - I've never run a marathon

# Space Coast Runners...Changing Lives

**An inspiring story from one of our members and how running is now shaping the lives of her nephew and niece in North Carolina.**

Every runner starts somewhere sometime. For Dustin and Shelby Hickernell, it was summer 2010, the Space Coast Runners 2 Mile Fun Run at the beach. Dustin and Shelby live in North Carolina. They visit Aunt Rosanne and Uncle Ray in Melbourne in the summers.

Summer 2009, they were getting bored so I suggested Dustin (pictured far right) run a mile with me. He did and thought running was not that hard. He went home and made the High School track team. Summer 2010 Dustin wanted to run 200 miles in the summer. I suggested a race. The SCR 2 mile fun run at the beach. ...prizes, awards, t-shirts would be won in order of finishers. Dustin was in but Shelby (pictured above left) was skeptical She liked to ride her bike but run??? Not too sure. The race was an eye opener for both. Dustin was in 1st place until a few feet from the finish when someone (he didn't hear or see) passed him. He picked up a dragon award. Shelby and I stayed together, about ¼ in her headband fell off so she stopped and turned back to get it, at the 1 mile she stopped to tie her shoe. I had to tell her there is no stopping or turning around in a race! She crossed the finish line in 22 minutes. Shelby and Dustin both went on to represent Watauga High School Cross country team. Shelby runs a 20:42 5K and Dustin 17:06 5K. They have both run "The Bear 5-Mile Run" and the Savannah River Bridge Run multiple times.



When asked about his greatest moment in running, Dustin said it was Junior year track season when the team was running a mile for time. He did not think he was doing so well as he was not first and people were passing him. He found out his time was 4:47... his best mile. "It's not about doing better than anyone else.. It's about doing better than you thought you could yourself". Shelby said "Being part of the team has helped me make friends where we influence each other positively. This September Dustin is starting College at Wingate University. He has a scholarship to run... Go Bulldogs!! Shelby is looking forward to her Junior year at Watauga High School in Boone, NC.

**THANK YOU SPACE COAST RUNNERS!!!!!!!!!!**

Rosanne Bessenaire  
Viera, FL





Brevard  
Association for  
the Advancement  
of the Blind

## SPRINT FOR SIGHT 5K RUN/WALK

**SUNDAY, NOVEMBER 3rd, 2013 AT 8:00 AM**  
**Gleason Park, 2055 South Patrick Drive**  
**Indian Harbour Beach, FL 32937**

### TIMETABLE

**Friday, November 1st—10:00 AM—6:30 PM &  
 Saturday, November 3rd—10:00AM—5:00PM**  
 Packet Pickup & Registration at Running Zone  
 Across from Wickham Pavilion

**Sunday, November 3rd—Gleason Park**  
 6:30AM Packet Pickup & Registration  
 7:45 AM Late Registration for 5K ends  
 8:00 AM 5K Starts!!!

**\*Award Ceremony immediately following the race.**

**SPRINT FOR SIGHT 5K OFFICIAL ENTRY FORM**  
 Send completed entry form with check payable to: BAAB  
 674 S. Patrick Drive, Satellite Beach, FL 32967

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (daytime): \_\_\_\_\_  
 Email address: \_\_\_\_\_  
 Sex: Male Female  
 Date of Birth: / / Age on Race Day:  
 Please check shirt size: XS S M L XL XXL

### AMENITIES:

- The THIRD ANNUAL Sprint for Sight
- Great Beachside location
- PRIZES!!!!
- FREE Food
- Free Race Packets

### AWARDS:

M-F: Top 3 Overall, Top Masters (40+), Top Visual Impairment participant.

Age Groups (first place 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
75—80	80	

FEE:	Until 10/25	After 10/25
5K Run/Walk	\$22.00	\$25.00
Students	\$18.00	\$18.00

**SORRY, NO REFUNDS**

RACE MANAGED BY:



### INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound and hereby accept all terms, conditions, and regulations, waive all rights and claims for damages which may hereafter accrue or be asserted, the sponsors, officials, volunteers, and supporters for this race and any representatives, accessories, or assigns for any and all damages or injuries which may be sustained and incurred by me or my association, such as entry or participation in the Sprint for Sight 5K event. I understand my entry or participation in this race to be for my own benefit and I understand that I am participating in a medical facility, and I take full financial and legal responsibility for this action. I understand and verify that I am personally 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 my name, photo, likeness, or any other means of the event for any purpose of the event whatsoever. I have read the above release and understand that it is a serious risk of physical injury knowing this I am entering this event at my own risk.

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE



**Next SCR Race**  
**Wild Shrimp**  
**Shuffle 10K & 5K**  
Run either race to score  
ROY points!

# OFF TO THE RACES!

With the first two races of the 31st annual Runner of the Year Series in the record books, some familiar faces are atop the leader board in the early part of the 2013- 2014 season.

In the men's field, veteran series runner and two-time SCR champion Steve Hedgepeth is tied for first with Shane Streufert, who is coming off a breakthrough season last year in which he claimed his first SCR male ROY title. "It's great to be out there competing again," said Streufert. "I'm looking forward to the weather cooling down to see if I have a few new PRs in me." Ed Springer holds the third place spot. His highest SCR finish dates back to when he placed second in the 2008-2009 series.

Leading the charge for the ladies is Julie Hannah who is looking to continue gathering points at some of her favorite races like the Space Coast Classic and the Eye of the Dragon 10K. Julie tells us, "My goal for this season is to lower my 5k race time (and I will) one race at a time." Hannah is joined by Tina Kraver in second and Lisa Petrillo in third. Kraver finished third overall in last year's series while Petrillo's highest finish was second overall in 2010-2011.



## THE LEADER BOARD

(after 2 races)

### MALE

First place tie: Steve Hedgepeth and Shane Streufert

Third place: Ed Springer

### FEMALE

First place: Julie Hannah

Second place: Tina Kraver

Third place: Lisa Petrillo



# ROY SERIES CALENDAR

## FEATURED SCR RACE OF THE MONTH ►



**The 28th Annual Space Coast Classic 15K and 2 Miler** is the third race in the Runner of the Year series. Held in beautiful historic Melbourne Beach, it's the ONLY 15K in Brevard County. Many Fall half and full marathoners test their training here. Competitive walkers and young 14 & under SCR runners can compete in the two mile event. Bring a canned food item on the day of the race to help support Daily Bread during this time of Thanksgiving. Race benefits the Ocean Breeze Elementary PTO. Don't miss it!

**WHERE ►** Ryckman Park located in the Historic District of Ocean Ave, Melbourne Beach

**WHEN ►** Saturday, Nov. 9     **7:30 AM 15K**     **7:35 AM 2 Miler**     **9:15 AM Kid's Run**

**WHAT TO EXPECT ►** Beautiful awards by local artist Damien Share.

**COURSE RECORDS\* ►** The 15K has been held at Ryckman Park for 15 years and was also run at Windover Farms for 8 years. There is a 4-year gap from 1993 –1996 where records could not be located so if you have that information let us know.

### Ryckman Park Records

Doug Butler—1990—49:08

Sherry Morin—1989—57:15

### Windover Farms Records

Mike Wasson—2007—52:03

Jessica Crate—2007—56:08

Running On Island Time 5K		Overall Male—Carlos Jones Overall Female—Mikaela Hakamaa
Turtle Krawl 5K		Overall Male—Christopher Cacciapagli Overall Female—Kaitlin Donner
Wild Shrimp Shuffle 10K & 5K <b>NEW!</b>	Saturday, October 12—8:00 am	
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	<b>For Complete 2013 -2014 ROY Rules <a href="#">Click Here</a></b>
Downtown Melbourne 5K	Saturday, March 29—Melbourne	
Space Walk of Fame 8K & 2 Mile	Saturday, April 12—Titusville	

**DOWNTOWN  
YOGA**

yogadowntownmelbourne.com

**&**

**up&running**  
**fitness**  
*running power. yoga strength.*

**Present**

## **Yoga and Running Workshop**

**At our Downtown Yoga Suntree Location**

### **Information Session**

**Date: Wednesday, October 9th**

**Time: 10:30 AM**

**Cost: Free!**

Join us for a fun information session about yoga and running! We will start with a fun run, core work and stretch. This is complimentary for Downtown Yoga active account packages. Running for a Cause - this is a free information session.

### **Workshop Series**

**Date: Wednesday, October**

**16th – November 6th**

**Time: 10:30 AM-11:45 AM**

**Cost: \$50 Early Registration  
(\$75 after 10/16/13)**

Elizabeth Ring from Up & Running Fitness will break down running form based on running and yoga principles of alignment. We will work with you to incorporate yoga as an effective means of cross training that will build core strength and improve flexibility.

**Workshop will take place rain or shine. Bring water, towel, watch and running shoes. Sorry No refunds!**

**We expect to sell out so preregister and get the discount now: [yogadowntownmelbourne.com/events](http://yogadowntownmelbourne.com/events)**

**Location: Downtown Yoga Suntree,  
7640 N Wickham Rd #114**

**Visit us online for more information or  
Contact us at 321- 675-4600**





# Turtle Krawl 5K Run & Walk

September 14 - Nance Park - Indialantic

## TURTLE KRAWL



2013



Click the logo above to view an awesome video production of the Turtle Krawl , produced by

[TLC Film Productions.](#)

It was BIG, and it was FAST. The second race of the Space Coast Runners Runner of the Year Series was held on September 14 at James Nance Park in Indialantic. 1880 finishers makes the Turtle Krawl the largest 5K race in Brevard County...that's the BIG part.

The FAST part comes from the fact that the first four male finishers all came in ahead of the previous course record, led by Chris Cacciapagli, who crossed in 16:00. Kaitlin Donner, the Female Champ, established a new course record for the ladies as well, coming in at 17:23.



## WINNING TIMES

### OVERALL MALE

- Christopher Cacciapagli, 23, Melbourne, 16:00.3
- Dillon McGee, 23, Indialantic, 16:46
- John Davis, 35, Melbourne, 16:55

### OVERALL FEMALE

- Kaitlin Donner, 24, Melbourne, 17:23
- Melissa Taylor, 35, Indian Harbour Beach, 19:24
- Julie Hannah, 39, Melbourne, 19:44

### MASTERS

- Shane Streufert, 41, Viera, 17:01
- Tina Kraver, 47, Merritt Island, 21:23

### GRANDMASTERS

- Bret Halliday, 52, Cocoa, 19:05
- Anne Dockery, 65, Melbourne Beach, 21:49

### GREAT GRANDMASTERS

- John Robson, 62, Melbourne Beach, 22:18
- Judy Koh, 61, Palm Bay, 26:04

### TEAM RESULTS

- Running Zone, 1:35:38
- Road Runners, 1:46:13
- Team Black Sheep, 1:49:12

### COMPETITIVE WALKERS

- Wendy Dietz, F, 53, West Melbourne, 36:31
- Greg McGowan, M, 65, Orlando, 36:41
- Michael Petrillo, M, 70, Chester Springs, PA 36:46

For full race results [click here](#)



Cool shirts and cool medals are a couple of the favorite amenities of the Turtle Krawl 5K, which benefits the Sea Turtle Preservation Society.



# Flashback to the Finish Line



Look familiar?



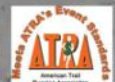


U.S.A. BEACH RUNNING CHAMPIONSHIPS  
10K • HALF MARATHON  
October 27, 2013 | COCOA BEACH, FL



**REGISTER NOW!**  
[RunOnTheBeach.com](http://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!



# Pace Management

**The art of pacing runners to achieve a personal best is no easy task.**



Far left: Steve Chin with his 3:30 sign



**STEVE CHIN** takes his pacing very seriously. In fact, he prepares for the races where he's holding a designated finish time the exact same way he does when racing for his own personal best.

**SCR: What made you get into pacing while you're still actively competing in races?**

I had been running for five years when fellow SCR runner, Jim Schroeder hooked me up with the guy who had the contract for pacing a bunch of Florida races. It sounded interesting so I thought I would give it a try. Pacing is now a part of my training. It replaces my weekend long run. The aid stations are a bonus.

**How did you know you would be able to pace correctly?**

Well there are pacing parameters. You have to be able to run the distance you are pacing at least 30 minutes faster and be able to finish 60 seconds below your pace time. I've paced half marathons in the 1:45 to 1:50 range and the full marathons at 3:30 and I'm more than comfortable with those times. Sometimes its difficult for me because it's a lot slower than I typically run. The slower it gets, the harder it is for me to pace.

**What races have you paced?**

I've paced the Miami Marathon twice, the Space Coast Half Marathon twice, and the Palm Beach and Fort Lauderdale marathons. In a couple of weeks I'll be pacing my fastest group at the Wineglass Marathon in Corning, NY. Goal time is 3:05. It's definitely my biggest pacing challenge to date.

**Wow! Wineglass will be fast. Has pacing 3:05 always been a goal of yours?**

Not really. I was approached about doing it after I ran really well at Grandma's Marathon in June. There had been a lot of requests for a 3:05 group since it's a BQ (Boston Qualifier) and it is a net downhill course.

**Pace groups promise to get you to the finish line on target. What is your pace goal at each race?**

I like to cross the finish line 30 seconds below my target time. There's a contest at each race to see what pacer gets "closest to the pin". They look at your splits to make sure they are even and that you're not walking at the end to hit your time.

**What do you like most about pacing?**

I love to watch runners cross that finish line, some meet their goal and some do not but they are all thrilled to experience such a huge accomplishment, and they should be!

**And what's the biggest challenge?**

Biggest challenge is making runners believe in themselves. I ask runners why they are racing and about their training to get to the start line. This helps me evaluate their chance of succeeding and gives me something to motivate them during the race. All runners need to believe in themselves on race day, it's all in your head!

**Any final tips to someone considering running with a pace group?**

I suggest going to the expo to the pace booth and talking to the pace team. We're required to be there so come meet us and find out what it's all about.

**Thanks Steve and best of luck at hitting 3:05 at the Wineglass Marathon.**





## 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](mailto: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!

# RUN A MILE WITH

## Doug Nichols

The financial analyst and 7-time marathoner gets personal with SCR



**Name:** Doug Nichols

**Family:** Single

**Originally from:** I'm an Air Force brat. I was born in Maryland, went to Turkey, Okinawa, Ohio, back to Turkey, back to Maryland and then Florida.



**Occupation:** Financial Analyst for an FAA subcontractor

**Number of Years Running:** I started running my senior year of high school. I ran track my senior year at Eau Gallie and then ran cross-country and track at BCC. I took about 15 years off. I started running again about 10-12 years ago.

**Began Running Because/To:** I started running again because I had gained a lot of weight. I didn't like that. I figured my choices were being fat, dieting or running. As I really like to eat, running seemed the best option.



**I Knew I Was Hooked When:** I started marathon training. Anymore, if I take a day off, I feel like I wasted the day.

**Race PRs (Personal Records):** Post 2000 PRs 18:43 5K, 1:29:45 Half Marathon. 3:16:11 Marathon



**Most Satisfying Race Performance (s):** The 2011 OUC Half Marathon. That's where I ran the 1:29:45 and qualified for the NYC Marathon. 2012

Grandma's Marathon was satisfying because it was the first marathon that I ran the whole race without having to stop or walk because of cramping.

**Favorite Race(s): Why?** My favorite race is the Boston Marathon because of the great crowd support. My favorite local race is the Downtown Melbourne 5K. That's because, since the men and women run separately, you get to race as well as cheer on the women. I also like it because it's a fast course. My two fastest 5Ks have been there.

**Favorite Race Distance:** The marathon. I like the challenge, both of the training and the race itself.

**Favorite Place(s) to Run:** I like running from Oars & Paddles and on River Road from Cocoa Village.

**Running Goals:** I want to run a sub 3:15 at my next marathon (Columbus Ohio in October). I also want to run an ultra marathon in the near future.

**Running Partner(s):** There's too many to list all of them. The ones that I've run with the longest and the most miles have been my friends from Doug Butler's Set Goals Not Limits camp, Julie Hannah, Lisa Petrillo, Barb and Kurt Holst. Ron Ritter





# RUN A MILE WITH *Doug Nichols* continued

and I have trained together for our last marathon and our upcoming marathon. Autumn Evans and I have run together on Friday mornings for years. That still leaves out a lot of people that I run with on a regular basis.

**Funniest or Oddest Thing I've Seen While Running:** Watching Betsy Butler shriek and run across Tropical Trail to avoid coming close to two dead snakes on the road (one snake had been eating the other snake and then they both were run over by a car). Betsy really doesn't like snakes.

**Training Philosophies:** I run pretty high mileage. I run hard on the speed work days and make sure to take it easy on the recovery/easy days.

**One Piece of Advice That I Would Give to a New Runner:** Find other people to run with. It's harder to skip a workout if you know someone is

waiting to run with you.

**Other Sports & Interests:** College Football and Basketball (Go Buckeyes) and Baseball



**Favorite Reads:** Crime Novels

**Favorite Movies:** Casablanca, Animal House, The In-Laws (original version)

**Favorite Meal:** If I'm cooking, it's jambalaya. If someone else is cooking, it's a lot of things. See my answer to why I started running again.



Here's Doug running the St Louis Marathon.

Here's a picture of Doug and Ron Roff with Bill Rodgers at the Gate River Run 2012.



Over **350** volunteers make lift off possible for the **Space Coast Marathon & Half Marathon**.  
Join us for an out-of this-world experience!

Volunteers are needed on **Saturday, November 30th** and race day, **Sunday, December 1st**.

Check out all the volunteer perks. [Click here!](#)





# Space Coast Art Festival

## Turkey Trot 5k

Thanksgiving Morning 7:30 am  
5k Road Race / Walk and Youth Run



A Cocoa Beach road race for runners and walkers through residential Cocoa Isles. Get your Thanksgiving off to a healthy start and create a great holiday tradition with your family and friends!

Race benefits the **Cocoa Beach Jr/Sr High School Track and Cross-Country** programs, and the **Space Coast Art Festival**

### Location & Schedule

Race starts and ends at the Baliwick Mall, located just north of Minuteman Causeway on Brevard Avenue

- 6:30 - 7:15 am Registration at **Eagles Nest**
- 7:30 am 5k Run / Walk
- 8:30 am Free Little Gobbler Runs
- 8:45 am Awards Ceremony

### Registration

Register on-line at <https://runsignup.com/TurkeyTrot5k>, by mail, or at packet pickup.

- \$22 Entries postmarked before Nov. 7
- \$27 Entries postmarked after Nov. 7
- \$88 Family/Friends of Four Turkey Team before Nov. 7
- \$108 Family/Friends of Four Turkey Team after Nov. 7

Turkey Team must carry a 12 lb. turkey over the course. It must stay with the team and the team must stay together throughout the 5k. *The turkey may not be pushed or pulled in a wheeled vehicle.* Team keeps the turkey. **TURKEY TEAMS MUST REGISTER BY TUESDAY, NOVEMBER 26!!**

Make checks payable to: **Space Coast Art Festival**

Mail completed entry to:  
30 Country Club Road  
Cocoa Beach, FL 32931  
(Race fees are non-refundable)



**Race hotline:** 321-783-6535

**Email:** [TurkeyTrot5k@cfl.rr.com](mailto:TurkeyTrot5k@cfl.rr.com)

**Website:** <http://spacecoastartfestival.com/turkey-trot-5k>

### Awards

Unique Thanksgiving awards will be presented to:

- Top 10 Overall Male & Female Finishers 39 and under
- Top 10 Overall Male & Female Finishers 40 and over
- Top 3 Turkey Teams: Female Team, Male Team, Co-ed Team
- Best costume - Adult Male & Female, Youth Male & Female, Turkey Team

### Amenities

- Long-sleeved race t-shirts, unisex and women's styles
- Electronic timing
- Post-race refreshments
- Door prizes

Join us Thanksgiving weekend for the 50th Annual Space Coast Art Festival in downtown Cocoa Beach!!

### Packet Pickup

Tuesday & Wednesday, Nov. 26 & 27 from 4:30 - 7:30 pm at **Cocoa Beach Health & Fitness**, 1355 N. Atlantic Ave., Cocoa Beach  
Race day morning at **Eagles Nest** from 6:30 to 7:15 am

### Community Outreach

Share the spirit of Thanksgiving and donate a non-perishable food item at packet pickup or race day to help the needy in our community. Donations will be delivered to the food pantry at **Lutheran Church of the Resurrection** on Minuteman Causeway.

### Holiday Beach Classic Series

Details at <https://runsignup.com/holidaybeachseries>  
Register for all three races to receive the series custom beachmat!



### Space Coast Art Festival 2013 Turkey Trot 5k

Name \_\_\_\_\_ Address \_\_\_\_\_ Male Female Age \_\_\_\_ DOB \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_  
 Team Entry? Yes Team Name \_\_\_\_\_ Race Shirt (included with 5k entry) YM 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 to act on my behalf, waive and release the directors 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 or guardian if under 18)

Date



# TIPS 'N TRICKS

(you can thank us later!)



Have a question you want answered? Need help?

Email me at

[lisahamelin@gmail.com](mailto:lisahamelin@gmail.com)  
and your question may be featured in an upcoming

## The Magic Six

Do your exercises daily. The more you run, the more muscle imbalance occurs. The calf, hamstrings (back thigh) and low back muscles become short, tight and inflexible. They have to be stretched. On the other hand the shins, the quads (front thigh) and the belly muscles become relatively weak. They must be strength-

ened. Learn the Magic Six: Three strengthening exercises, three stretching exercises.

Dr. George Sheehan, MD originally came up with the Magic Six exercises and it has since been modified to Magic Six, Plus Two. Check them out in the link below.

<http://www.netplaces.com/running/injury-prevention/stretching-to-prevent-injuries.htm>

## Beep Beep!

You're coming up on another runner or walker along your route—what do you do? What should you do? Watch this quick video to get a couple of ideas!

<http://www.runnersworld.com/running-tips/four-ways-to-warn-before-passing>

## No Trick, Just A Treat!



Krispy Kreme is offering a FREE Halloween or Pumpkin Spice donut for anyone that comes in wearing their favorite costume! No purchase necessary. Our local Wickham Road store is participating, so make sure to stop by on October 31st.

## Long Run Fuel Alternatives

Are you a Gu, Gatorade, and more! But, if you're looking for something different, why not try making your own? There are tons of recipes online and you can modify them to include your favorite power ingredients.

Chomps, Sport Beans, Power Gel, or other pre-packaged, convenient fuel user? All of the products on the market now are aimed for convenience, taste, endurance,

Here is a recipe for Marathon Chunks: <http://www.neverhomemaker.com/2010/09/long-run-fuel-marathon-chunks.html>

Here is a recipe with variations for Energy Bars: <http://www.nomeatathlete.com/homemade-energy-bar-recipe/>

# SPONSOR SPOTLIGHT

Special Thanks to the Sponsors of the SCR Race Series!

Smiles you love. Convenience you need. 10 locations serving Brevard.



## CHRISTIE DENTAL

**Christie Dental** has been an avid supporter of Brevard County runners the past three years. First with the Running Zone Race Series and now with our own SCR Runner of the Year Series. Their commitment and participation in the community is ongoing, done with excellence and of course, winning smiles. Learn more about this great group of people...

At **Christie Dental**, it is our purpose to provide you quality dental care. Our doctors are expert in a wide range of procedures, including cosmetic, to perfect your smile. Options include porcelain crowns, porcelain veneers, tooth whitening, orthodontics, dental implants and dentures. To find a location nearest you, visit [ChristieDental.com](http://ChristieDental.com).



Marty Winkel

321-537-3526

sceventmgt@gmail.com





**Register EARLY  
For best rates!**



Register Online Today at:  
**RunningZone.com**

Get more info on  
Facebook Group Page:  
**LetsGetMoving4Promise**

**RACE AMENITIES:**

- Early registration rates
- Fluid stations on course
- Free fruit & bagel bar  
(Registered participants)
- Post-race awards fun
- Awesome race shirts
- Live Music
- Raffle Drawing  
(Raffle items on FB page.)
- Amazing BBQ meal (\$6)

And... a Bounce House &  
Face Painting for the kids!



November 2, 2013  
Saturday, 7:30 am

**5K RUN/WALK & 10K RUN**  
AWARDS IN EACH AGE GROUP  
TEAM/MILITARY/CHILD RATES  
EARLY REG'N RATE UNTIL 10/16  
Inside Wickham Park  
Pavilions 4, 5 & 6 (follow signs)

To Benefit: Promise in Brevard

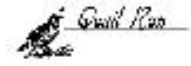


Questions? Contact Race Director  
LomaMoser@gmail.com

**Sponsored  
By:**



**ANDY GARBIN ROOFING INC**  
MELBOURNE: 321-750-2434



**GUTTERWORKS**



**I RUN FOR LEXI....**



**Who will YOU run (or walk) for?**

My niece, Lexi, was born with Trisomy9 and will never walk or run. It was because of her daily struggles that I decided to host this race to benefit PROMISE IN BREVARD's plans to build an entire community where young adults with special needs will live with unprecedented freedom, purpose and independence! Lexi inspires and reminds me to appreciate the life God has given me, and to celebrate every mile I am blessed to run. Please come help us deliver a dream!

# Long Distance Relationships

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



Left: Expo photo with Dumbo after packet pickup, Middle: Less than a half-mile to go for my 10k PR!, Middle: The Half Marathon, Dumbo, and Coast-to-Coast medals, Right: After the Half Marathon, with Betsy Butler (who PR'd her Half!)

## THE MAGIC OF DISNEYLAND RUNNING

an interview with Ron Roff

### How long have you been running?

A little over three years.

### Was this your first time racing on the West Coast?

This was the second time I did the Disneyland Half Marathon. My first half was at Disney World in January, 2011, and I went out to Disneyland that same year to get my Coast-to-Coast medal. My two visits to Disneyland have been my only west coast races, but my wife is trying to convince me that I need to do a half or full up in Napa, so I may go back to Cali.

### Was it the magical Tinker Bell pixie dust that made you want to run the half marathon? If not, why Disneyland?

I'm a sucker for inaugural races (this was the first year for the Disneyland 10k and the Dumbo Double), and for multi-race weekends, so after running Goofy in January and seeing the new Dumbo Double, I figured I'd make the trip out to Disneyland again.

### Did you do the Half Marathon & 10K Challenge?

Yes, the Dumbo Double. Why run one race, when you can run two? (Continued next page)



**Did you do anything different with your training leading up to the two races?**

Not really. I just made sure to keep my summer mileage up after running Grandmas Marathon in June.

**Was it more or less difficult than other distance challenges that you might have done?**

Definitely less difficult. My other multi-race challenges have been here in Florida: The Goofy Challenge at Disney World (Half on Saturday and a Full on Sunday) and the Gasparilla Micholob Ultra Challenge (15k immediately followed by a 5k on Saturday and a Half followed by an 8k on Sunday).

**Funniest thing you saw running at Disneyland?**

For the first 6 miles or so in the Half Marathon, I was running the same pace as Elvis. He was in full regalia, with some sort of speaker setup in his costume that was blaring out music from The King. I had a love-hate relationship listening to Elvis that long, but eventually his batteries ran out, and without music, The King's pace faded.

**Would you run a Disneyland race again given Disney World is right here?**

Not really. I just went back out for the inaugural Dumbo Double.

**Best part of your experience was....**

Getting a new 10k PR and finishing within the top 100 of the 10k race (out of over 7800 finishers). Outside of the race, I had a blast hanging out with Betsy Butler and her Jackson's Jets and Joggers teammates that went out to race.

**Grade the race for us.**

I give it a C. The 10k wasn't planned very well. The course and on-course support was great, but the pre-race was a mess and the post-race was a disaster. They decided to have the 10k

start after the 5k, which caused some significant logistical issues getting the racers into their corrals after the 5k started. After the race, it was difficult getting back to the hotel, as they had blocked off so many areas for a variety of reasons (including a private party that wasn't starting until lunchtime). That said, the Half Marathon went off with no issues that I saw. The course is nice (though most of the course goes through the town of Anaheim, not Disneyland), the

volunteers were great, and the post-race logistics were much better planned.

**Any future distance challenges on the horizons?**

I don't have any multi-race challenges in my current plans. I'm still contemplating doing the Gasparilla Challenge again next year, though I really want to race the Half for time, so I may do that instead. Otherwise, I have a couple of marathons on the schedule (Marine Corps in October and Space Coast in December), and I'm planning on going back to the HAT 50k trail run in Maryland in March to try to improve on this year's time.

***Congratulations Ron on your Dumbo Double and new PR!***



**Ron's new inaugural 10K medal**



TO BENEFIT

*Home At Last*  
ADOPTION AGENCY

**LOCATION:**

Wickham Park - 2500 Parkway Dr, Melbourne, FL

**RACE DAY SCHEDULE**

Friday, November 1, 2013  
4:30 PM - Day of Race Registration  
4:30 PM - Pre-registered Packet Pick-up  
6:00 PM - 5K Race Start

**EARLY REGISTRATION** (Before 10/19/13)

Individual - \$20 • Family of Four (max. 2 Adults) - \$60

**REGISTRATION** (10/19/13 - 11/1/13)

Individual - \$25 • Family of Four (max. 2 Adults) - \$70

**COURSE**

The start/finish line will be located at Pavilion 4

**EARLY PACKET PICK UP** (Encouraged)

Sports Authority  
6729 Colonnade Ave, Viera, FL 32114  
Thursday, October 31, 2013 • 2:00 - 6:00 PM

**AWARDS**

- Shirts guaranteed to Early Registered participants only.
- Awards to 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:** Nancy Rowan 321-749-4494

**MAKE CHECKS PAYABLE & MAIL TO:**

**Home at Last Adoption Agency, Inc.**  
1727 North Atlantic Avenue, Cocoa Beach, FL 32931

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

**WAIVER**

I assume all risks associated with my participation in the Lighting the Way for Adoption 5K Run/Walk 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, 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 Lighting the Way for Adoption 5K Run/Walk. 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) \_\_\_\_\_

Purchase Luminary Dedication Candles to *Light our Path* as we Celebrate Adoption!!!



**Examples:**

Dedicated to  
my Birth Mom,  
Thank you for choosing  
the best for me!  
Love,

Thank you Mom & Dad for  
being the best parents &  
thank you for choosing me!  
Love,

To my child, wherever  
you are & whoever  
you become, you will  
always be in my heart!  
Love, Mom

**\$10 DEDICATION**

Dedication: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



# Long Distance Relationships

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

---

## Hood to Coast

by Harry Prosser

Portland, Oregon, the self-proclaimed bicycle capital of the world, is the landing point for most out-of-town travelers who fly in to participate in the Hood to Coast or Portland to Coast Relays. The city is large enough to support two professional sport teams while retaining the feel of a small, friendly town. It's a very walkable city, has an efficient transportation system of trains and buses, and you can always rent a bike, and travel along the well-marked paths on major roadways and tree lined side streets.

Our team "Plumb Crazy" arrived on Wednesday and took in a Timbers soccer game. There were approximately 45,000 people at the game, and half of them are in what is called Timbers' Army: this group of people never sits down or stops cheering. It's quite the spectacle.





### Harry's 2013 Hood to Coast Relay Adventure Begins

Photos left to right: Hood to Coast Relay Race start line; Team Plumb Crazy poses with Mt. Hood in the background before the 2013 event.

Not that I am a huge soccer fan, but the people are extremely friendly, and before long we were swapping stories with people around us about running the race. It seems that everyone is participating, has participated in the past, knows someone who has participated, or is trying to get in through the lottery in order to participate.

The starting line, at 6000-ft elevation, is set up in the parking lot of Timberline Lodge which was the backdrop for the outdoor scenes in "The Shining". You can get your picture taken with an axe that is a replica of the one used in the movie. If the weather cooperates, you are afforded tremendous views up to the peak of Mt Hood, over 11,000' tall. There were 1050 teams, and each team has a maximum of 12 runners (minimum of 8). Each runner does 3 segments, for a total of 36 segments and 199 miles.

On race day, it was cold and windy, with the sun mostly hidden behind the clouds. But the crowd was enthusiastic, and sent the first wave barreling down the hill, with loud cheers. The first wave is released at 6:30am, and a wave is released every 15 minutes for the next 12 hours. Lucky for us, our team was in the first wave, and was actu-

ally in 2nd place at the first exchange. We then began to get passed for the next 28 hours.

The race itself is different from anything I had ever done. Being on a team that is divided into two vans, it seemed to me that there were really two races going on. We saw our counterparts at 5 points along the race, mainly only to pass paperwork and our 'official' watch that we used to keep track of laps and overall time. Our van was either in one of two modes, each lasting about 6-7 hours. Run mode consisted of getting to the next exchange, looking out for our runners, parking, cheering, getting ready to run, getting cooled down from our just-finished run, changing into dry clothes, then getting to the next exchange. Our other mode was hurry-up-and-wait mode. That was our non-running sections, where we would get food as early as possible, then haul buggy to the next major exchange in order to get a good parking spot, and then lay down to rest. Speaking of rest... it does not happen. At best you find yourself getting little naps in between all of the noise and excitement of people coming in and leaving. Sleep is a challenge. Finding a place, staying dry, getting relatively comfortable, and





### The Sites and the Swag

Photos left to right: Half of Team Plumb Crazy down by the Pacific Ocean at the race's finish; Harry's medal proving he was a part of this epic adventure; the post-race festivities area on the beach

calming down is the best you can hope for. Thankfully, we had our middle stop (18) in a tent provided by the American Cancer Society which had cots, hot & cold drinks, massages, and 'Honey Buckets' (toilets) a bit away from most of the rest of the crowd. At our last overnight stop (30), the field was so crowded with people and cars, and the grass was so tall and damp, that one of our runners climbed on the roof of our van and slept up there. He was the smallest in our group, but everyone knew every time he rolled over, from the popping noise of the metal.

The scenery is spectacular. Despite being uncomfortable in the vehicle, once you are out and running, it cannot be beat. Our portion of the race was mainly rural, and avoided most of the larger towns along the route. This afforded us the opportunity to run through rolling hills, surrounded by fields of grain and grasses, vineyards, and trees impressively tall and green compared to anything found around here. And when I mention hills, they aren't like a causeway or High Point. Some of the hills can last a mile or more, twisting and turning as they go up or down. They are constant and unending. Our local hills helped me to get prepared, but it was still a bit of a challenge.

My three segments were a mixture of up and down, light and dark, paved and unpaved: I had it all. The first run was a relatively flat 8 miles through a small town and then along a very rural country road and trail. It was a bit lonely out there, as our support ve-

hicles were on a different route to the next exchange. The only other people were runners, and they were few and far in between at this stage of the race. It was mainly in a valley, so there were a few streams going alongside or under the pathway, and the trees rose up on either side. There was a nice breeze for the most part, and very little road traffic. I ran a strong first leg, and had about a mile left to go, when I heard footsteps coming from behind. In short order, I was passed by a 20-something who was on the Powerbar sponsored team. I asked him how fast he was going, but he didn't know because he didn't have a watch on. It was all I could do to stay near him, and he only finished about a minute in front of me. I was exhausted, but am proud to say it was the only time that I would be passed by another runner.

My second segment came some 9.5 hours later, starting at just before 11:30 PM. It was dark, dusty, and cold. This section was run through the woods as far as I can tell from the map, but I couldn't tell you much about the scenery. The moon was out, but the section was a gravel road, and with all of the vehicles that were driving down it, it was covered in a thick layer of dust that no light could penetrate. I wore a headlamp, but that just created a halo effect in front of my face for most of the run. There were a few times when the dust would settle just enough to see a faint red light up ahead, but it would disappear almost as quickly as it would appear due to the dust, terrain, and curves. But it did let me know that there was someone up ahead and I was not completely



alone in the dark in the middle of nowhere. Every once in a while I would hear a rustling sound coming from out of the bushes. I do not know what kind of animals there are in Oregon, but it certainly gave me a boost to go faster! For most of the run it was a struggle to follow the road. I was running from side to side, and discovered that the right side had less rocks than the left, but more dirt. I would run on the right until I would see my shadow and lights behind me, meaning there was a car approaching. I would move over, let them pass, and then immediately move back over to the right. The traction was better, the dust wasn't any thicker, and I was able to follow the condensate trail from the vehicle that just passed to navigate. That trail of water helped me to keep from wandering back and forth and from swinging too far wide on the turns that were impossible to see. I can only imagine that it got tougher and tougher for those that were coming behind me, as the road conditions worsened and lack of sleep became a bigger issue.

The third run for me was my strongest. It was 8 miles, with even more up- and down-hills. The route was through a very rural section, with only an occasional house, and all the twists and turns in a road that you could want. Most of the run was wide open, with great views of the surrounding area. There were wide fields, as well as small lakes, streams, and the occasional waterfall. At this stage, there are a lot more people on the road, as a Portland-to-Coast walk and a Portland-to-Coast high school race are on the same route. It was good to have some faster people (high schoolers) out there to try and keep pace with, and it made it

more enjoyable. My best moment of the entire race came with about a mile to go before the exchange. I was coming up on a group of walkers, and we were all approaching a 90-degree bend in the road. There were a couple of volunteers at that corner, and as I approached they called out "Elite Runner Coming!" I looked quickly to make sure I was giving him enough room; then I realized they were talking about me! I guess they were in a generous mood that morning, but it certainly gave me a boost for that last mile, which happened to be almost entirely uphill.

The finish of the race is in the town of Seaside. It is a quaint town of small shops, and plenty of small houses and condos lining the beach. It reminded me of south Cocoa Beach, only wider. The whole team, minus the final leg runner, gathers near the official finish line and waits for the announcement of when your runner is approaching. Once that last runner crosses the finish line, then the entire team joins in for a 25-yard run toward the ceremonial finish line on the beach, where pictures are taken and cheering is constant. There is a huge stage with live music being played throughout the day. There is food, beer, massages, vendors with giveaways, and thousands of your fellow competitors basking in the realization of what was just accomplished. The beach is wide, and the ocean is cold. It was bright and sunny when we finished, but there was a nice cool breeze blowing and it felt great. The party continues until late into the night, with a fireworks display as the official finish to the event.





## Run for Love 5K RUN/WALK

**SATURDAY, NOVEMBER 16, 2013 AT 7:30 AM**

Church at Viera

[www.runforlove5K.org](http://www.runforlove5K.org)

**TIMETABLE:**

**Friday, November 15<sup>th</sup> 10:00 am – 6:30 pm**

Packet Pickup & Registration at Running Zone on Wickham Road  
Just south of the King Center

**Saturday, November 16<sup>th</sup>**

(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
---------	---------	---------

**FEES:**

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

**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

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



# Where in the World are Space Coast Runners Running?

## 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



### Köln Marathon

### 10/13—Cologne, Germany

Nan Pond



### 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, Susie Enlow, Charlotte McClure, Abe Oros, Ron Ritter, Karen Rodriguez, Ron Ritter, Ron Roff, Shane Streufert, Karen Suarez, Rick Suarez, Micah Vanatta

## NOVEMBER 2013



### 21st Annual ABC (Awareness Breast Cancer) Walk/Run 11/2—Key West, FL

Jackie Kellner



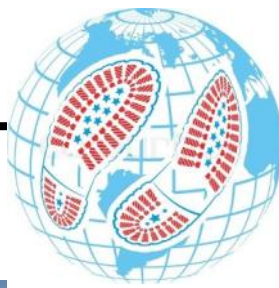
### New York City Marathon 11/3— New York City, NY

Kristen Tinker

*Add Your Race to the Calendar!*

[CLICK HERE TO EMAIL](#)





## NOVEMBER 2013



**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

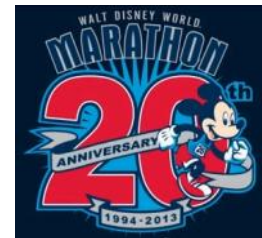
## DECEMBER 2013



**Jacksonville Bank Marathon & Half Marathon and 5K** 12/29— Jacksonville, FL

Gina Rall, Brittany Streufert, Marie Thomas

## JANUARY 2014



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

Jackie Kellner



**Ocala Marathon & Half Marathon** 1/19—Ocala, FL

Les Dunne, Rene Dunne



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

Mike Acosta, Harry Prosser, Kimberly Prosser, Susie Meltzer, Karen Rodriguez, Marie Thomas, Nancy Wingo

*It takes 2 SECONDS to add your Race!*

[CLICK HERE TO EMAIL](#)



Where in the World are Space Coast Runners Running?

**FEBRUARY 2014**



**Miami Marathon & Half Marathon**

2/2—Miami, FL

Jerry Brown, Martha Brown

**MARCH 2014**



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

Cristina Engel-Ives

**APRIL 2014**



**Boston Marathon 4/21—Boston, MA**

Cindy Bishop, Betsy Butler, Steve Chin, Julie Hannah, Sandra Gannon, Barbara Holst, Susie Meltzer, Theresa Miller, Doug Nichols, Shane Streufert, Marie Thomas



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



# Reasonable Running

With the Birdwells



## Who's your pace?

When we work with athletes we start with establishing training paces and setting a target race pace. A common response is "I plan on running my marathon at fill in the blank pace." Then we are obliged to ask "Hmmm how did you determine that pace?" Here are a few common responses to our inquiry:

"Well, I just started dating Melissa, she is a pretty good runner and she runs about that pace and I want to run the event with her"

"I did fill in the blank when I was in college and I hope to do a bit better than that"

"I am dedicated to it, I will do lots miles and there is plenty of time prepare for the event"

That's when we ask who are we talking about and what have you done for me lately? You are not Melissa, you are not who you were when you were in college and you can't just push your way to a pace.

Don't set your pace with an arbitrary reach for the stars. Instead find the pace that sets you on the road toward continual improvement and success. Start by determining your current ability and work from there.

To determine a reasonable race pace and one that is within reach starts by determining various

training paces, easy-long run, tempo run, race pace, and interval workout pace. Time yourself over a 2 miler, or run a 5k and plug in your results at an expert website like, <http://www.mcmillanrunning.com/>

There is a lot of science behind how these paces are determined. The best reason to take heed to these paces is that they are set by the experts. Your 2 mile or 5k number is going to yield very similar paces regardless of the expert you choose to follow. It is based upon science. So just drink the Kool-Aid and you will achieve and succeed.

Without a doubt it is a challenge to reach your current peak and because you set it reasonably will be prepared to go beyond and to the next level. Success is sweet!

Who's your pace? You are your pace so make it and accept it as YOUR own. Grow with a pace you are capable of today and one you can beat tomorrow.

Pick em up and put em down

Coach Barry & Michele Birdwell

**For more info follow the Birdwells on Facebook!**



[www.facebook.com/birdwellsrun](http://www.facebook.com/birdwellsrun)

## Strangest Things Seen on a Run from the SCR Facebook Page



### From John Jacobs

"I was taken down by a Navy Seal Team and held at gunpoint (running at the space center)."



# 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](mailto:lmclean@cityofcocoa-beach.com)
- Turkey Trot 5k: [turkeytrot5k@cfl.rr.com](mailto:turkeytrot5k@cfl.rr.com)
- Reindeer Run 5k: [g.vergara@cityofcapecanaveral.org](mailto: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





# 18TH ANNUAL REINDEER RUN



## PROCEEDS BENEFIT THE CAPE CANAVERAL POLICE ATHLETIC LEAGUE

### RACE INFORMATION:

**FRIDAY, DECEMBER 13, 2013**  
 10: 00 AM – 6:30 PM - PACKET PICKUP  
**RUNNING ZONE**  
 3696 N. Wickham Road (across from BCC)

**SATURDAY, DECEMBER 14, 2013**  
 8:00 AM - 5K RUN/WALK  
 9:00 AM - SCR YOUTH SERIES FUN RUN  
 9:15 AM - AWARDS PRESENTATION  
 9:45 AM - DOOR PRIZES

**AGE GROUPS:**  
 0-9 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+



**CHERIE DOWN PARK**  
 8492 RIDGEWOOD AVENUE  
 CAPE CANAVERAL, FL. 32920

PRE-REGISTRATION BY 12/4.....\$25.00  
 Space Coast Runners Receive \$1.00 Discount  
 Pre-Registration Only  
 REGISTRATION 12/5 – RACE DAY.....\$30.00  
 SCR KIDS FUN RUN.....FREE  
 First 400 Registrants Receive Race Shirts  
**RAIN OR SHINE – No Refunds**

**SATURDAY, DECEMBER 14**  
**8:00 AM**

[www.cityofcapecanaveral.org](http://www.cityofcapecanaveral.org)  
[g.vergara@cityofcapecanaveral.org](mailto:g.vergara@cityofcapecanaveral.org)  
 321-868-1226



### 2013 REINDEER 5K RUN/WALK

### OFFICIAL ENTRY FORM

Make check payable to: **CITY OF CAPE CANAVERAL**

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

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M.I. \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Age on 12/14/13 \_\_\_\_\_ D.O.B \_\_\_\_\_

Please Check Shirt Size:    XS    S    M    L    XL    XXL

**First 400 Registrants Receive Shirts**

In consideration of my entry being accepted, I intend to be legally bound and do hereby for myself, my heirs, my executors, waive and release all rights and claims for damages which I may have or which may hereafter accrue to me against the City of Cape Canaveral, its tenants, and sponsors of the Reindeer Run, Cape Canaveral Police Athletic League, their respective officers, agents, directors, 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 or entry or participation in the 18<sup>th</sup> Annual Reindeer Run 5K Run/Walk. 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 responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. I HAVE READ THE ABOVE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

SIGNATURE \_\_\_\_\_  
 (Signature of parent or guardian is required if participant is under 18 years of age)

DATE \_\_\_\_\_





**USATF Masters Championship  
1/2 Marathon**  
proudly hosted by the Publix Melbourne Music Marathon



**20 BANDS • LIVE WEBCAST • MEDALS TO ALL SUNDAY FINISHERS**



**Post race party  
at beautiful  
Front Street Park!**

**A GREEN EVENT**

**SATURDAY  
FEBRUARY 1, 2014**  
Florida Today 5K & 8K,  
Dunkin Dash Kids Run

**Super Bowl  
game day  
costume contest  
with prizes!**



**SUNDAY  
FEBRUARY 2, 2014**  
1/2 Marathon,  
1/2 Relay,  
and Full Marathon

**Register Now! [TheMelbourneMarathon.com](http://TheMelbourneMarathon.com)**



# HAPPY BIRTHDAY!

October 2013  
Birthstone: Opal & Tourmaline

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Dionne Gillian	2 Maddie McClusky Mary Jane Catacutan Andrea Lucas	3 Dennis Delman Kevin Hachmeister	4 Cristina Engel Denise Stewart Nadia Hosel	5 Susie Koontz Kristy Reesh
6 Brandon Engel	7 Gary Castner	8 Madison Hannah Kayla Hannah	9 Tom Shepherd Dodie Johnson David Farrall	10 Haskell Walker	11 Rhonda Butler Michael Catacutan Cameron Shagena	12 Mary Ramba Marie Bloch Debbie Coe Trevor Branam Lorraine Petersen
13 Julia Plumley Charlie Van Etten Frank Webbe	14 Tracie Donnelly Stephanie Scoggins	15 Darin McBride Dylan Maltby	16 Dave Thomas Shane Shagena Alexis Shagena Jack Lightle Michelle Smurl Terri Allerton	17 Kendall Crook Marco Carvalho	18 Bryce Kanner AJ Catanese Suellen Conant	19 Robert Paxton Courtney Holst
20 Connie Maltby Steve Gearhart Michael Catacutan	21 Emily McCauslin Robert Sorrentino	22 Kelly Semenko	23 Rich Patisaul Doug Grandey	24 Beverly Glenn	25 William Preston Song Koh	26 Brian Kessler Liam Hachmeister Betsy Butler
27 Jeff Poor	28 Kathy Bryant James Krupp Kimberly Prosser Angelo Lento	29 Christopher Hess	30	31		

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.*