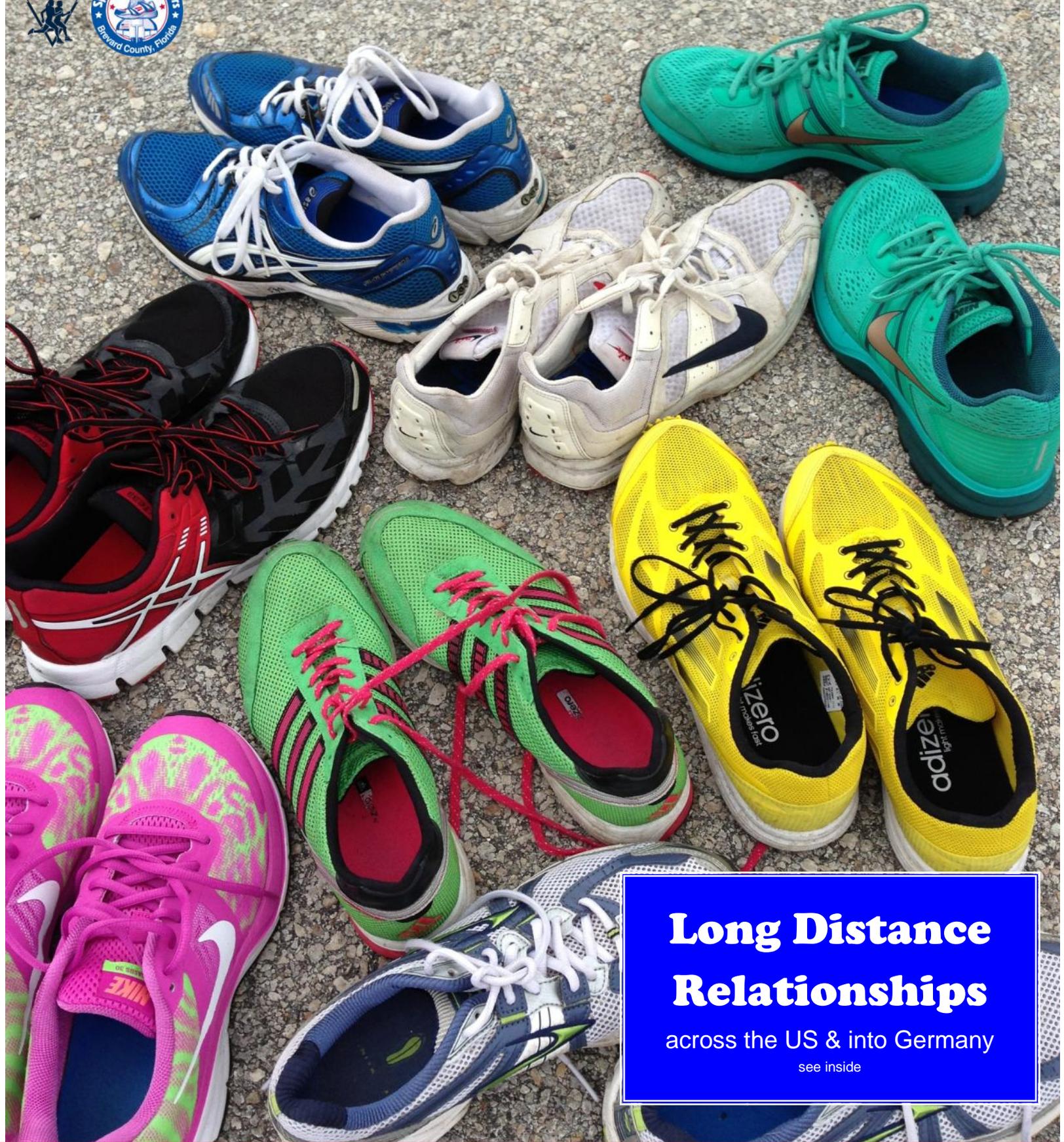


# SPACE COAST RUNNERS



NOVEMBER NEWSLETTER



**Long Distance Relationships**  
across the US & into Germany  
see inside



**EVERY MILE COUNTS!** MARATHON SEASON IS HERE

# The Starting Line

November 2013

## DEPARTMENTS

- 05 [From the Editor](#)
- 07 [Springer's Spiel](#)
- 16 [ROY Series Calendar](#)
- 26 [Reasonable Running](#)
- 41 [Birthday Calendar](#)

## RESOURCES

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

## FEATURES

- 10 [SCR Central](#)
- 13 [Memories of a 50-Stater](#)
- 15 [ROY— Shrimp Happens](#)
- 21 [Run a Mile With...](#)
- 25 [Tips 'n Tricks](#)
- 27 [It's Cool to Run Koln](#)
- 30 [5 Days, 5 States, 5 Halfs](#)



Rarely do we get to see one of our local photographers in front of the camera...it's Doug Carroll (right) next to Art Anderson at the Ghostly Gecko.

- 34 [LDR: Wineglass Marathon](#)
- 37 [Where in the World?](#)

## RACE REPORTS

- 17 [Eagle Pride 5K](#)
- 18 [Tiger Tracks 5K](#)
- 19 [USA Beach Running Champ](#)
- 20 [Local Race Roundup](#)





## 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.

C L O W C H I R O P R A C T I C





# LADIES'S NIGHT @



# CROSSFIT RISE ABOVE



**JOIN the ladies  
for A  
Butt-Kicking  
BODY-BLASTING  
HOUR OF FUN**

- TRI something different:**
- LED by the Female Instructors of CrossFit Rise Above
  - Appropriate for all fitness levels and all backgrounds
  - Functional workout based on Cardiovascular Endurance, Stamina, Strength, Flexibility, and Speed
  - Get together for a fun-filled, intense workout
  - Hang out afterward for a good time with GREAT LADIES



**FRIDAY  
NOV. 15 6:30PM**



**1054 Cypress Ave - Melbourne, FL - (321)323-9348**

Marty Winkel

321-537-3526

sceventmgt@gmail.com



# FROM THE EDITOR

It's FALL! The weather is a little cooler. The days are a little shorter. And the fitness community in Brevard County is alive and well! The active members of our society are...well, very active this time of year. And they are not hard to spot.

Go into Cocoa Village on any weekday evening and you'll find a number of Actives. They are out for a late afternoon or early evening run or walk along River Road. Or go out to Tropical Trail, or the Eau Gallie or 192 Causeways. There are fun runs/walks almost every night, all across the county. Really, anywhere you go in Brevard County, you'll see runners and walkers every morning or night...being an Active. Check out the race calendar. There are 14 races on the calendar in the month of November! On December 1, we'll have record numbers for the Space Coast Marathon and Half-Marathon, both of which have been sold-out for months! We'll have a lot of our Actives at Disney in January and, in February, we'll have the Melbourne Music Marathon and Half-Marathon, always a popular event. And there will be lots of races in between.

Living in the northern part of the county, my most frequented training location is River Road. It's always great on a Sunday morning to see so many Actives out getting it done. I had an opportunity to take a bike ride down Tropical Trail to Mather's Bridge a couple of weeks ago and had forgotten how many Actives there are down there. It was great to see so many Active friends who I don't get to see that often, out getting it done.

A lot of our local Actives don't limit their activity to Brevard. We recently had a large group head to Washington, D.C. for the Marine Corps Marathon. And their accomplishments are many...several Personal Records (PRs), several Boston Qualifiers (BQs), and most everybody having fun...being an Active. As I'm writing this, another group is headed to New York for the NY City Marathon. We've got local Actives traveling all over the country and the world. You can read a few of their stories in this month's newsletter.

We've got local Actives competing in triathlons and Ironman competitions. We've got Actives completing Metric Century (62 miles) and English Century (100 miles) bike rides. To sum it up, we've got a lot of Actives who are pretty darn active!

I'm proud to be an Active, and proud of our local Active community. You should be too. It doesn't matter how far you are walking or running, biking or swimming. And it doesn't matter how fast you are covering the distance, the point is, you are getting it done. You are an Active!



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)

# 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**

[lsldu@aol.com](mailto:lsldu@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,

You know, when marathon training, there are many miles of running which can be used to ponder various topics. Just recently I asked myself a simple question. "Why do I run?" The interviewer had stumped the interviewee. I still do not know the answer to that one. So the next question in the queue was, "What are my most memorable running memories?" There were several occasions that instantly popped into my head.

The first memory was the 2008 Muddy Buddy at the Disney Wide World of Sports. Team "Dirt Bags," consisting of Ron Abel and I, decided to do the event in costumes comprised of mullet wigs, Billy Bob teeth and sleeveless undershirts. We were having a blast well before the race even got underway. As it worked out, both Ron and I had family visiting from out of town and they came to see what this mud thing was all about. The race unfolded, we were the first team to emerge from the last peak and race down towards the crowd and finish line. The crowd erupted with cheers, and our families were ecstatic when they recognized the lead team coming out of the mud pit and darting towards the finish line. As for Ron and I, we both commented how we felt like the finish was comparable to Olympians entering an Olympic stadium about to win a major event... at least in our minds.

The second and third memories that popped into my mind were the 2009 Boston Marathon and the 2010 Montreal Half Marathon. Although I did not place overall (obviously) or in my age group and no personal records were set, they were still stand-out events. Coincidentally, my wife, parents, sisters and extended family were also at these events. While most of my family does not share my passion for running, they can understand working towards a goal and competing in an event. So what made these events so special? Quite simply, it was the support, camaraderie and joy shared with my family that I vividly remember feeling.

With the holidays around the corner, I encourage everyone to relish time with family and friends. There is no better gift than giving time to be with those who are important in our lives. Maybe skip a run to spend those extra few hours with family, or find an event to do together. Also, remember to reach out to those around you. While the holidays are conventionally considered times of joy, they can conversely be periods of sadness or lonesomeness. I wish all of you the best throughout the balance of 2013!

Happy Running,

*Ed*



## NOVEMBER BOARD MEETING

The next SCR Board Meeting will be held at 7:00 pm,  
November 18th at the Health First Pro-Health & Fitness  
in Merritt Island

*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**



## 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 or Steve Chin
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	LongDoggers Running for Brews, Satellite Beach	7 pm	Danielle Pirolo
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

# SCR Central

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

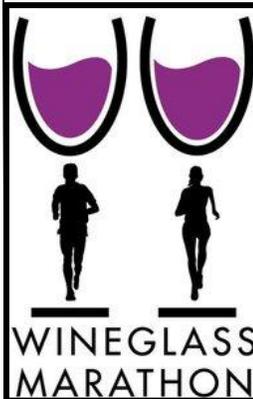
## Space Coast Runners WELCOME NEW MEMBERS!

Lori Allyn  
Wade Dauberman  
Joseph Doyle  
Christopher Goncalo  
David Harr  
Jim McClary  
Tony Mazza  
Karl Mitzlaff  
Tessa Mitzlaff  
Tanner Mitzlaff  
Karen Mitzlaff  
Edward Peters  
Jon Poor  
Robert Sielski

Join Us for the  
SCR Fun Run on Sunday  
Mornings!



The **Sunday Morning Fun Runs** from Cocoa Village are 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.

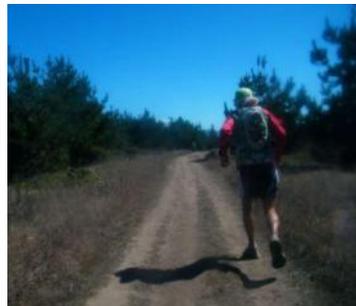
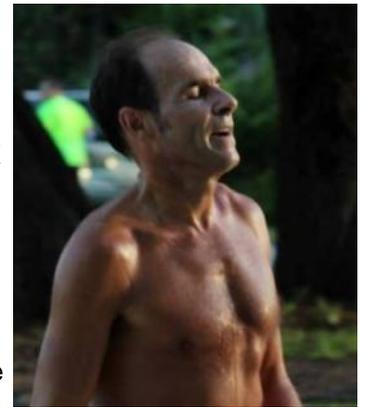


## PACE REPORT

Last month we reported that Steve Chin was pacing his fastest marathon group to date at the Wineglass Marathon—3:05. We're happy to note that Steve finished with a time of 3:04:43 in unseasonably warm weather. Temps were in the 60s at the start which is 25 to 30 degrees warmer than the marathon normally has. *GREAT JOB STEVE!*

## Double Vision?

On Saturday, October 5th Art Anderson pulled double duty on the 5K race circuit. Art first ran the Diversability 5K at Wickham Park at 7:30 AM. He took first overall in a time of 19:48. Next he quickly made it down the road to the Ascension Eagle Pride 5K on US1 which started at 8:00 AM. There Anderson captured the Male Masters title finishing in 20:18. *WAY TO GO ART!*



## WEST COAST WONDER

Jim Schroeder, 66 took ultrarunning to the California coastline as he hit the ground ready to go the distance in the Berkeley Trail 50K on Saturday, September 28th. He finished in 8:17:33 and took a short rest before heading a bit north where the Half Moon Bay International Marathon was about to start. On Sunday, September 29th, Schroeder finished the race which is billed as "26.2 Miles of Running Heaven" in 6:26:29. That's 57.3 Pacific miles completed in two days.

*INCREDIBLE EAST COAST REPRESENTATION JIM!*

# SCR Central

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

## CONGRATULATIONS SCR BOSTON 2015 QUALIFIERS!

To many a runner the holy grail of marathon racing is stepping across the finish line with a time that qualifies them for the Boston Marathon. This past month we've been delighted to see many of our own SCR members' training pay off as they reached that goal.

Ron Abel, 30—3:01:23 (first time marathoner)

Cindy Bishop, 54—4:09:15

Betsy Butler, 45—3:48:34

Steve Chin, 45—3:00:24

Charis Gaines, 46—3:53:00

Doug Nichols, 50—3:13:54

Karen Rodriguez, 38—3:34:14

Shane Streufert, 41—2:47:18



Age	Men	Women
18-34	3hrs 05min 00sec	3hrs 35min 00sec
35-39	3hrs 10min 00sec	3hrs 40min 00sec
40-44	3hrs 15min 00sec	3hrs 45min 00sec
45-49	3hrs 25min 00sec	3hrs 55min 00sec
50-54	3hrs 30min 00sec	4hrs 00min 00sec
55-59	3hrs 40min 00sec	4hrs 10min 00sec
60-64	3hrs 55min 00sec	4hrs 25min 00sec
65-69	4hrs 10min 00sec	4hrs 40min 00sec
70-74	4hrs 25min 00sec	4hrs 55min 00sec
75-79	4hrs 40min 00sec	5hrs 10min 00sec
80 and over	4hrs 55min 00sec	5hrs 25min 00sec



## Space Coast Marathon Post Race Road Clean Up Event

**Sunday, December 1 at 1:00 pm**

We need a group of about 15-20 folks to assist us in a sweep of the Space Coast Marathon race course. We want to make sure nothing is left on the road for residents to complain about.

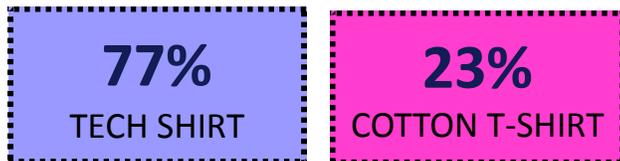
Pizza lunch will be available before we set out. To sign up or for additional information please contact Carol Ball ([cball1@cfl.rr.com](mailto:cball1@cfl.rr.com)).

# SCR SURVEY OF THE MONTH

## WHAT TO WEAR—

We asked what race shirts are your fave throughout the year

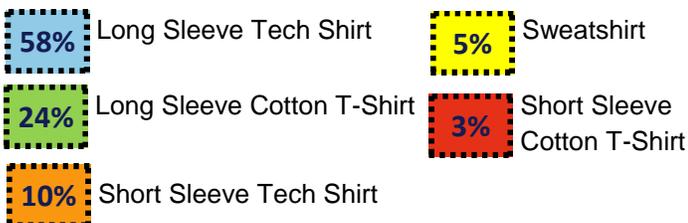
Overall, what is your favorite type of shirt to receive in your race packet?



If given the option on a race registration to upgrade from a cotton t-shirt to a tech shirt for \$5 would you?



In the Winter months (Dec - Feb), what type of shirt do you like to receive?



If given the option on a race registration to upgrade from a short sleeve shirt to a sweatshirt for \$10 would you?



In the Spring months (Mar - May)?



Is there anything else you would rather receive in your race packet other than a commemorative race shirt?



ANSWERS RANGED FROM HATS TO VISORS TO TOWELS TO COMMEMORATIVE SOCKS AND MUGS TO THE VIRTUAL RACE PACKET CONCEPT

In the Summer months (Jun - Aug)?



**Favorite shirt? Here's some of the answers.**

- > Freedom Run in Palm Bay Florida race July 3, 2005
- > Great Wall of China    > Turtle Krawl    > UCF 5 Miler
- > Any Brooks Podium T-Shirt    > NYC Marathon    > Boston Marathon
- > Seal Museum 5K Long Sleeve    > Kona Marathon    > ArtFest 5K
- > Eye of the Dragon    > Peachtree Road Race    > Melbourne Beaches
- > Disney Marathon    > Miami Marathon    > Hardrock 100
- > Run for the Gecko Tank    > Pirate Plunder 2013

In the Fall Months (Sep - Nov)?



**Other thoughts?**

- > No T-shirt option for \$5 discount
- > No T-shirt — I have enough!



# Memories of a 50-Stater

**This month we're invited to take an inside look at the journey Dick White took across the country running marathons.**

I met my wife, Marlene in 1993. I was a mediocre runner (dabbling in triathlon) employed at Pat Croce's Sports Physical Therapists in the greater Philadelphia area. She was a brilliant, accomplished runner, and (in my mind) in need of regular, good Sports Massage. I had never run a marathon, she had never completed a triathlon, but she had qualified for and completed the Boston Marathon in two previous years. After many shared running experiences, including several triathlons and the above mentioned Sports Massage, we decided life together could work out well. I was very intent on moving back to Florida, though, and Marlene had never lived outside of her home area of eastern Pennsylvania.

For Christmas of 1993, I gave her a plane ticket to come visit me, and entry into the inaugural Disney

Marathon in Jan of 1994. I thought that once she experienced a Florida winter she would never want to go back to Pennsylvania. For those who don't remember, Disney 1994 was about 30 degrees with a cutting wind, but she decided to move down anyway (go figure). We spent the year triathlon training and running shorter races in FL and PA, but buzz had already begun concerning the upcoming 100th anniversary of the Boston Marathon.

The (now defunct) Brandon Marathon in Dec 1994 was the first qualifying race to appear in our then home area and Marlene was intent on "going back to Boston" for the big event. Having just finished a full Triathlon season including two Half Iron-distance events, I was sure I could pace her to her qualifying time. Success reigned and after completing Disney #2, I expected to settle in to another peaceful (next page)

triathlon/duathlon season. Only, everywhere we went I kept hearing “Oh, you’re going to BOSTON?”. This must be some kind of Big Deal! December, 1995 found me back in Brandon for a last ditch effort to qualify! A TRULY hard day!

Now the hard part was over, let’s run Disney #3 to stay in shape and, oh yes, the men’s Olympic Marathon Qualifier is at the Charlotte Observer in Feb 1996. Let’s go watch and then run the citizen’s marathon right after (18 degrees that day). Boston was next in April and what a grand and glorious festival it was!

ALL of the Marathon IDOLS were there! We bought a first edition copy of Hal Higdon’s (A Century of Running) Boston that served as an autograph book for ALL of the legends of marathon for many years to come. The book also educated me on the history of the Boston Marathon and it’s American roots as a “workingman’s” event. Party over, back to Florida, back to work and a move to our new home in Brevard County.

Although most of our initial contacts in Cocoa Beach were triathletes we joined Space Coast Runners to get a regular schedule of local races, group runs at “the Pines” and Indian River Road.

In April of 1997 we went to visit Marlene’s sister and brother-in-law in Monterey, California, and oh yeah, let’s run Big Sur while we’re there! But the day before we’ll spend the day in the Salinas Valley for



wine tasting, and if we make it to all seven wineries, they’ll give us a free T-shirt! When still young, running a marathon the next day wasn’t that tough – even when it’s up hill and into the wind! We met George Hirsch, the then publisher of Runner’s World Magazine, and was introduced to Race Ready running gear that has served us so well ever since. We also were introduced to the 50 States Running Club at the Expo, and started thinking of the possibility.

The famous Marine Corps Marathon was next in October of 1997. The Expo there introduced us to the multi year rivalry between a contingent of US Marines and British Marines. Race Day was cold and pouring rain. Only Al Gore and

his two daughters got to wait in a limo for the starters gun. All of the race volunteers are US Marines. Their hard work and determination to put on such a class event for us only strengthened our determination to splash through, at times, ankle deep water to finish the race! Running up the short rise past the Iwo Jima Monument to the finish line was truly exhilarating!

Now we were really thinking about this “50 states thing”. I mean we’ve done all of these great high profile events, and we already have 5 states done – how hard could it be?

What is the famous quote from John Lennon ? “Life is what happens when you’re busy making other plans”!!

## Strangest Things Seen on a Run

from the SCR Facebook Page

From: Anne Dockery

“My running buddy was attacked by a falcon while running over the Poughkeepsie Bridge. He thought I had hit him on the head. All I saw was a swish of feathers. Those talons drew blood and, ever since, I have called him the Fearless Falcon Fighter!”



# SHRIMP HAPPENS!



Next SCR Race  
**Space Coast Marathon & Half Marathon**  
Run either race to score ROY points!

The fourth race in the SCR Runner of the Year Series is over, but the Wild Shrimp Shuffle 5K & 10K is likely to linger in the minds of many of its participants. One week after the race, the SCR board met to decide what to do with the skewed results from the 10K race that left many runners crossing the finish line short of the 6.2 mile distance. Patti Sponsler of the online blog, [Space Coast Multisport](#) provided a full investigation into the mishap appropriately titled, "Shrimp Happens." To read Patti's article [click here](#).

The official decision of the board was posted on the SCR Facebook page on October 22nd. It read: "Based on the outcome of the Wild Shrimp Shuffle (WSS), the Space Coast Runners Board has elected to add a fourth drop to the 2013-2014 ROY series. WSS is a mandatory drop and the remaining three drops can be applied to any of the other ROY series races. All WSS participants will receive participation credit that will count towards award qualification (5 races for adults, 4 races for youth) and the "ran all races" award. "



## THE LEADER BOARD

(after 4 races the results are unchanged)

### 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 42nd Annual Space Coast Marathon & Half Marathon is **SOLD OUT!** With the creation of the race series' 5-year journey (2013 -2017) called the Big Bang Series participants hurried to sign up! Looks like Florida's oldest marathon is ready to launch once again down the scenic River Road. Jeff Galloway and Mike McCulley will be on hand to pass out awards at the awesome post-race party. May the force be with everyone!

**WHERE ►** Cocoa Village—430 Delannoy Avenue, Cocoa, FL

**WHEN ►** Sunday, Dec 1 **6:00 AM HALF MARATHON** **6:30 AM FULL MARATHON**

**WHAT TO EXPECT ►** Custom "Space Shuttle" Medal and a "Space" Certificate to recognize and commemorate your accomplishment. Creative water stops along the way. Big post-race party!

**COURSE RECORDS ► MARATHON**

Connor Holt —2006—2:29:38

Melanie Peters—2010—2:57:38

**HALF MARATHON**

George Towett—2007—1:05:50

Dot McMahon—2010—1:15:40

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>	✓	DQ
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</b>  <a href="#">Click Here</a>
Downtown Melbourne 5K	Saturday, March 29—Melbourne	
Space Walk of Fame 8K & 2 Mile	Saturday, April 12—Titusville	



# Eagle Pride 5K And 1 Mile Race

10/5/13 - Ascension Catholic - Melbourne



Nearly 400 runners and walkers came out to the 2<sup>nd</sup> Annual Eagle Pride 5K & 1 Mile Run/Walk held on November 12 in Windover Farms. Hosted by the Ascension Catholic Community, this event was established last year in an effort to continue promoting community spirit and healthy living for all ages as well as to raise funds to benefit the Ascension Catholic School. The race is held in conjunction with the weekend-long Ascension Fall Festival.



In order to encourage all ages and ranges of abilities to participate, the Eagle Pride race offers a 5K race and 1 Mile race. Both races are timed and medals are awarded.

5K results: Overall Male Champion was Andy Dutra with 18:29, 2<sup>nd</sup> place was Art Anderson with 18:32 and 3<sup>rd</sup> place was Paul Wayfield with 19:04. Male Masters Champion was Sean Black with 19:08.

Overall Female Champion was Julie Hannah with 20:06, 2<sup>nd</sup> place was Kaitlin Walter with 22:39 and 3<sup>rd</sup> place was Amanda Beach with 22:54. Female Masters Champion was Marci Pesi with 23:28.

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



# TIGERTRACKS 5K WALK/RUN

**10/6/13 - Gleason Park - Indian Harbour Beach**



## TIGERTRACKS 5K WALK/RUN

Sunday, October 6, 2013  
Gleason Park  
Indian Harbour Beach

BENEFITTING  
CENTRAL FLORIDA ANIMAL RESERVE

Central Florida Animal Reserve's first ever 5K was held on a Sunday evening at Gleason Park in Indian Harbour Beach. The race which benefited the reserve helps to fund the big cat and wildlife sanctuary which houses over 40 big cats which include lions, tigers, and cougars.

The 5K saw a modest turnout of 60 participants who were treated to a balmy temperature reading of 82°. Canadian Ed Bickley, 55, from Calgary was first to cross the finish line in a time of 19:19 and capture the inaugural win. He was followed by Wade Dauberman, 23 in 20:49 and Matt Mahoney, 58 in 21:03. Mahoney was coming off an impressive 50K win less than 24-hours earlier.

Brittany Streufert, 41 of Viera won the overall title for the women in 23:12. Coming in second was Lori Kruger in 24:18 and Angela Coram was third in 24:48. Master's Titles went to Scott Jackson for his 23:00 performance and Debbie Graham who ran 29:26.

**Participants were treated to live acoustic music before and after the race. Pulled pork sandwiches, fruit and lots of drinks refreshed the runners at the finish.**



Fee-only Investment  
Management and  
Financial Planning  
Services



Your Partner for the Long Run

<http://RallCapital.com>

Fee **FO** Only

321-549-7255



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



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

# RACE REPORT



Cool conch shells, champagne and finisher medals. Below—Ceal Walker making her way to overall female for the 10K.



The 2013 USA Beach Running Championships pulled off another successful event on Oct. 27th in Cocoa Beach. There was a 10K and a Half Marathon event and a barefoot category in each.

For the 10K, Mickey Hooke from Bradenton took overall male with a time of 37:34 and Ceal Walker with a 41:54 time for overall female. Selvin Reyes came in first for the Half Marathon for the males in 1:22:22 and Laura Siljestrom for the ladies in 1:39:56.

Additional photos can be found on Doug Carroll's Facebook page and detailed race results can be found [here](#).



Below left—Brevard County winners. Middle—Selvin Reyes, winner of the Half Marathon. Below right—Live surf music was provided by John Q & the Master Blasters.





Held in St. Augustine, Florida to benefit the early detection of breast cancer and raise public awareness, the **Pink Up the Pace 5K Walk/Run** was a resounding success. 2,488 women, men and children participated to make this a very meaningful event.

[Click here](#) to view all race results.

## Jungle Jog 5K

Vero Beach's Jungle Club hosted its 22nd annual **Jungle Jog 5K** to benefit the Vero Beach Lions Club and the Rotary Club. Mike Canan was the overall men's winner in 17:18. Mark Swart was the men's masters winner in 17:52. On the women's side, Erin Gollery was the overall women's winner in 19:31, and Mary Lunn was the women's masters winner in a time of 20:37. [Click here](#) to view all race results.



With 1,134 finishers, the **Ghostly Gecko 5K** is the largest race held in October in Brevard County. Overall winners, Peter Clusener and Kaitlin Donner were dressed in Halloween attire as they crossed the finish line. A new Male Masters course record was set by Shane Streufert, 41 of Viera.

For a full race report by Space Coast Multisport [click here](#) and to view all race results [click here](#).



Bouncing right back in stride after last year's weather forced the race to be cancelled, the 14th annual **Pumpkins in the Park 5K** at Cocoa Village was a night of fun for all the adult and kid participants. Richard Davis and Kristen Neilson took top overall honors with Jim Cunningham and Cristina Canales coming in tops of the Masters division.

[Click here](#) to view all race results.



Featuring one of the most beautiful race courses around—the sandy shoreline of Cocoa Beach—the **Fall Into Winter 5K** is the kickoff event of the Holiday Beach Series. With surfboards up for grabs to the top overall finishers, Peter Clusener and Annie Caza are both ready to hang ten as they captured first place honors. Boogie boards and skim boards went to second and third place finishers courtesy of Ron Jon's Surf Shop.

[Click here](#) to view all race results.

# RUN A MILE WITH

## Jonathan Howse

Meet the Star Spangled Banner singer and soon-to-be marathoner.



**Name:** Jonathan Howse

**Family:** Wife – Christene, Kids– Isabella & Carson

**Originally from:** Born in Chattanooga, TN

**Grew up where?** All over as I was an Army brat! From 1975 – 1979, I lived in Ringgold, GA, Glasgow, KY, Enterprise, AL (home of the only monument to an insect – the boll weevil) and Pryor, OK. I went to college at the University of Virginia when my family relocated to VA in 1994. I moved to Melbourne in 1999.

**Occupation:** Systems Engineer at Harris

**Dream Occupation:** Astronaut on the first manned mission to another planet! Alternatively, I'd love to have the money I make as an engineer singing in a professional chorus. You did say "dream!"

**Number of Years Running:** 4, competitively. 17, off and on just for exercise.

**Began Running Because/To:** 17 years ago, I took up running as a dare from a friend to lose weight and become healthier. I grew up as a soccer player, so I knew running was an easily accessible form of exercise. I wasn't super consistent, but I could go for an easy run, 3x a week to keep my weight down or bring it back down. This approach was sufficient for my twenties, but I began to notice changes in my early thirties. Nearly 4 years ago, when faced with the possibility of taking a cholesterol lowering medication, I rebuffed the doctor and chose to diet and exercise. Now my cholesterol is perfectly normal! Besides, I like to eat, and running (along with swimming and cycling) allow me to partake! Running also motivated me to stop drinking soda, and I am over 2 years soda free!!! If anyone asked me for the one thing to cut out to drastically improve his or her health, I would immediately re-



ply with, "stop drinking soda!"

**I Knew I Was Hooked**

**When:** I had to take a week off in 2010 due to a calf trigger point issue, and I was antsy from missing my runs!

**Race PRs (Personal Records):** 3K – 11:05, 2 mile – 12:10, 5K – 18:45, 4 mile – 26:04, 10K – 40:45, ½ marathon – 1:30:22, marathon – ask me again after the Space Coast Marathon! I just set a ½ marathon PR at the USA Beach Running Championships on 10/27!

**Most Satisfying Race Performance(s):** In 2011, I was running, fully, after a metatarsal stress fracture in my right foot, and I ran my 2<sup>nd</sup> sub 7 min pace race (Jingle Bell 2 Mile – 13:29) to close out 2010. In January, I ran the Miles 4 Myles untimed 5K with my first sub 22 time of 21:57 (my Garmin time), so I knew I could go well under 22 in my next race. I was set to run the Harris Family Medical Center 5K, 2 weeks later. That morning, the temps were in the

50's, and I took off on my race! After the first mile, Amy Fuller caught up to me, and I decided that I would stay with her, the rest of the way. It was a hard run, but I was motivated! When I looked at my Garmin close to the end of mile 3, I was shocked that I was going to finish close to 20 minutes! I kept reeling in and picking off runners through to the finish in a **20:16** (a PR by 1:41)! I consider this my breakout 5K and the first of **SIX 5K PR's for 2011**.

**Favorite Race(s):** We are so blessed to have so many races in this county! That said, I have to pick the Ghostly Gecko! **Why?** When else can you run as a monster? In 2011, I ran as

“Jason!” I’ll bet you didn’t know he could sing the



National Anthem or run a 19:12 5K which as a PR at the time! I’ll never forget hearing Doug Nichols’ comment about that race where he stated, “I had to kick like hell to beat the National Anthem singer!” That really made me smile!

**Favorite Race Distance:** 10K is a nice middle ground between the mad dash of

a 5K and the longer distance of a ½ marathon. There is still speed involved, but about 30 seconds/mile slower than a 5K, but it is a longer run, which I enjoy

**Favorite Place(s) to Run:** I really enjoy my long run course that takes me from West Melbourne to Front Street, over the causeway, and then into the beach side neighborhoods before returning the way I came. I also enjoy running in Melbourne Village on the roads and trails.

**Running Goals:** I’m putting the wraps on my training for my first marathon (12/1 Space Coast Marathon)! After that? I’d like to work on my 5K speed and try to go under 18! I also would like to take a shot at Matt Mahoney’s Wickham Park ultra (50 miles, only, for the 2 DNFs!) as I really enjoyed running the 33K back in August.

**Running Partner(s):** Speed workouts with Beth Mihlebach and Melissa Taylor! Tempo paced 8 milers with Dave Gierling, who I find to be an absolute inspiration of a runner! In races, I’ve been trying for the last 6 months to finish around the same time as Joe Hultgren! This really nice gentleman can run!

**Funniest or Oddest Thing I’ve Seen While Running:** One time, when I was running on the beach one morning before first light back in the summer, I

saw this large slow moving mass making a plodding sound. At first, I almost jumped out of my skin, but just a split second later, I realized it was a HUGE sea turtle!



**Training Philosophies:** Stay consistent. Try to do something, each day, but listen to your body! I learned that, the hard way, unfortunately, with

two stress fractures. Incorporate some sort of stretching and strengthening program like that found in yoga. Swimming and cycling are also great means of cross training when your feet and lower legs are worn out from running! Mix up surfaces, too. Remember to be thankful for each run and for the health you are given to be able to run. Don’t run more than 4 hard workouts, each week, and even that is pushing it! Do something that sets you apart such as how I claimed my niche as a really fast (running) National Anthem singer. Most importantly, be a blessing to someone, each day. You never know who is looking up to you, and you never know who will be impacted by your words or actions.

**One Piece of Advice That I Would Give to a New Runner:** Look up couch to 5K and start, there. I found that running speed and ability take years to develop, and I discovered that it is a fun journey! Also, take the time to develop a forefoot or midfoot strike (Running Zone has a monthly class). Listen to your body, and get equally consistent with either stretching or yoga (just not right before your run). Find some means of cardio cross training. If you aren’t into cycling or swimming, deep water running is a total body workout!



**Other Sports& Interests:** When growing up, I played soccer, and the 90 minute match length is pretty close to my ½ marathon PR! I also enjoy swimming, cycling, and yoga. As for other interests, I’m pretty good with computers, and I really enjoy singing. I’m also really busy as a dad of twins and as a husband to Christene. Early morn-

ing workouts are the norm for me, but it's so peaceful out at that time!

**Favorite Reads:** Not much time to read, but I've turned into such a running nerd that I've read a few running books such as "Born to Run", "Pose Method of Running", and I now have a copy of Daniel's book on my desk at work. Daily spiritual devotions are also important to me as I believe in a healthy mind, body, and soul. If one of the three is off, they are all off.

**Favorite Movies:** Anything to do with Star Wars or Star Trek! I would love to see a few more



movies released based on the re-imagined Battlestar Galactica.

**When Nobody Else is Looking I Like to:** Play first person shooter games. I used to have lots of time for these, but I can't really play, anymore, due to making fitness a priority, work, family time, and not wanting to expose my children to the mature themes depicted in these games.

**Favorite Meal:** Sushi!!!! 'Nuff said!

**Dream Vacation:** It used to be that I wanted to travel to Hawaii or Europe, now I see it as wanting to run a marathon in some exotic location! I'll settle for running a local race when I travel! That's right! I'm now a full-fledged runner!

**Why did you join SCR?** I wanted to finally connect more with this amazing local running community who continually inspires me to be the best I can be! I also wanted to compete in the ROY series!

**I Think That SCR Could Do A Better Job:** I don't really have an answer to this one other than (and this is a very minor nit) help organize early morning group runs based on the model of the Port Saint John group runs in the south county area for working parents! The afternoon/evening runs are great, but I can't really participate as I need to have time with my family. I think the club does great things, already, to bring this superb running community together.



## **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!

# 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 issue!

### Taper Madness

Training for that first marathon this fall? Ever wonder what seasoned runners are talking about when they say to get ready for taper madness when you are in your last few weeks of training? One might think that it's the strong urge to continue to train in the capacity that you have been for the past four months. And it certainly is that....but it also is the mental anguish, that out of control, panicky feeling that

some runners go through leading up to race day. Having more time on your hands since you're slowly ramping down on miles, checking the weather report every hour, worrying about every little ache and pain and if you're getting sick, worrying about gaining weight and the list goes on and on! One thing to try to do during taper is to visualize your entire race in your mind. Doing this multi-

### Give Thanks and Burn Calories



No excuses this year! Gather the family and run or walk a Thanksgiving event to get a jumpstart on the big day! There will be local runs in Suntree and Cocoa Beach. Don't be a turkey, get out there and be active! Sign up

ple times could help you to keep on track during the actual race. The taper period is one of the most important aspects in the training cycle. It readies the body, heals tired muscles, allows the body to store up glycogen, Be smart and stick with the taper!

### Keeping the Pace



You know what your 5K personal record (PR) is. But, do you know what pace you should be running for different training workouts? Knowing and using this information can help you get to your next PR! Input your time and distance from a recent race at Runner's World [pace calculator](http://www.runnersworld.com/tools/training-paces-calculator)

# Reasonable Running

With the Birdwells



## Don't cram for the exam.

Wow it's November! The Space Coast Marathon and Half Marathon are just a few weeks away, so let's discuss a very important yet often overlooked and even ignored part of your training, "**The Taper**"

Successful endurance athletes understand and respect the taper. Tapering is when you reduce your training load before a major race. It will significantly increase your fitness and your performance. Simply put, tapering will improve your marathon time. **FACT.**

Resting more and reducing your training load for two or three weeks before your event is the best recipe for peak performance. Months of hard training has exhausted your glycogen and other hormones. The long runs have left you without that energy and excitement you felt early in your training. Tapering is a time of replenishment and repair. It will get you to the start line with a full charge, ready to conquer the course.

During your taper, reduce your weekly mileage significantly as much as 50% during the first three days, followed by 75% in the next three days and continue steady decrease over the last eight days. Less is more during the taper.

Don't be afraid of losing fitness. That is an unfounded and baseless fear.

During the first few days you'll probably feel good due to the decrease in stress of training. But then you may feel a bit like a slug for a couple of days. Be prepared for that. Your body needs time to adapt to the decrease in training. Your body will catch up and then you will feel great and excited to get to the race.

Here are a few taper strategies:

- ◆ Take two easy days even rest days between workouts during the first week.

- ◆ Your last long run should be the weekend prior to race. Run easy, have fun, enjoy it, no hills, there is no need for speed.
- ◆ Half marathon no more than 8 miles
- ◆ Full marathon no more than 12
- ◆ Stay away from fried or greasy foods
- ◆ Reduce red meat or other food that is heavy and hard to digest
- ◆ Avoid alcohol in the days leading up to race
- ◆ Make extra sure you are drinking plenty of water
- ◆ During days before the race, add sports drinks with electrolytes to your intake of water.
- ◆ Carb up, throughout the taper, not the day before the race
- ◆ Sleep and plenty of it. Especially on the night 2 days before the race, you may be too excited to sleep the night before the race.

The conclusion is that resting and tapering before your event is a must. You can't cram for the exam. One more long run or one more speed workout is not going to give you an A+ performance. It just drains your batteries, sets you at risk and most of all it does not allow your body to adapt and prepare for the test ahead.

Be prepared, taper, and pick-em up and put-em down, from the start line to the finish line.

Coach Barry & Michele Birdwell

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



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

# Long Distance Relationships

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

## IT'S COOL TO RUN KOLN

an interview with Nan Pond



The **Koln Marathon** aka the Rhein Energie Cologne Marathon took place on Sunday, October 13th. Space Coast Runner, Nan Pond made the trek to Germany to pace a good friend in her very first marathon and to experience running a marathon abroad.

The race draws over 27,000 participants with another 750,000 spectators lining the route in Cologne each year to support the runners.

### **How long have you been running?**

I've been running seriously since 2007, with a brief break in 2011 when grad school got overwhelming.

### **Was this your first time racing a marathon internationally?**

Yes, it was.

### **Why the Koln Marathon in Germany? Do you speak German?**

My husband is in the Air Force, and we have friends from a previous base who are stationed in Germany now. I came out to pace my friend through her first marathon. We picked the Koln Marathon because it fit well with both our sched-

ules, and was only a few hours from their house.

The only German I know is from watching Hogan's Heroes as a kid- not vocabulary words that are useful or appropriate!

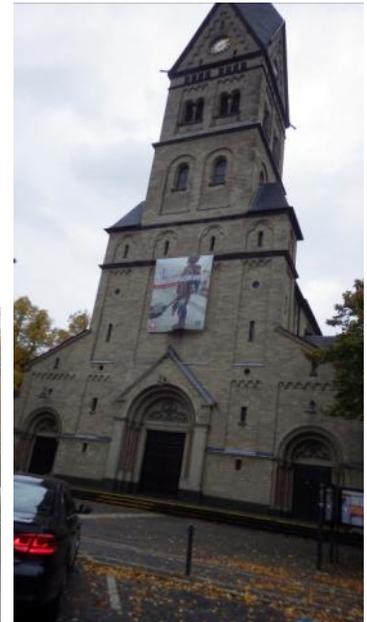
### **Was there a big difference between the Koln Marathon and a US organized marathon?**

Yes and no. At face value they were similar- people running, people cheering, but I definitely noticed things that seemed unique to the culture.

### **What were the most noticeable differences?**

There were a lot of faster runners- I'm told by Americans living here that the running culture is more of "either you are a fast runner, or you don't run", so it seemed like there were disproportionately more runners in the first starting corrals than back where we were.

There were a lot of drumming groups and a lot of places on the course where random individuals were sitting in their windows or on the curb with a



large sound system, blasting music for us. That was definitely atypical for any race I've done in the US.

**What beverages did this German marathon serve at the aid stations?**

Water, Coca-Cola, and something called Dextro-Energy which was like Powerade.

**How about post-race?**

Post-run there was a ton of fresh food available- donuts, fresh baked breads and rolls, huge summer sausages, and beer! I actually didn't see any water- just lots of beer. It was definitely a change from the ubiquitous banana.

**Funniest thing you saw running in Germany?**

There were a lot of half-marathoners in costumes- many of whom were rather old! What we did not see was also quite funny after the fact - the end of the race route curved around the famously beautiful Cologne Cathedral, which we'd been very excited about, but neither of us noticed it!

**Would you run Köln or another international marathon in the future?**

Definitely. It was a lot of fun and I felt like I got a very thorough tour of the city of Cologne/

Köln. Because I was pacing my friend I was at an "easy" pace and had time to fully experience what was happening- I don't think I'd try to PR at an international marathon.

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

Pacing my friend across the finish line for her first marathon with a smile on her face! And the post-race beer. I spent a lot of miles thinking about that beer.

**Grade the race.** A-. Mostly because every aid station was very, very sticky and I had to keep finding damp grass to wipe my shoes off on.

**Any other thoughts about your race experience you would like to share with us?**

Pacing a friend is incredibly rewarding!!!

*Congratulations Nan on pacing your friend to a superb 4:41 marathon finish!*





presents

# SANTA SUITS ON THE LOOSE

Thursday, December 5th, 2013 @ 6pm



## Holiday 5K

*Come help us Kick off the Holiday Season and Light up the Night!!! Get decked out in your Holiday attire; be a Santa, Elf, light yourself as a Tree, the crazier the costume the better! Prizes will be awarded to the Best Costume Male and Female.*

*This is a night race, LIGHT YOURSELF UP!!!! The awards will be immediately following at Nance Park after The Christmas Tree Lighting.*

### AWARDS:

**M & F Top 3 Overall, Top Masters (40+)  
Age Groups (Top 3 in each category)  
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, 75+**

### FEES:

Now Price / Day of Price

Individual.....\$25/\$30

Child (12 & Under).....\$15/\$15

Coed Team Member(5 or more)...\$20/\$25



Register @ [www.RunningZone.com](http://www.RunningZone.com)

# Long Distance Relationships

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



5

**DAYS**

**STATES**

**HALF MARATHONS**

by Carol Ball

[Mainly Marathons](#) caters to runners and walkers looking to complete a marathon (or half marathon) in each of the 50 U.S. states by creating multi-day series' of races throughout the country. The race organizer is Clint Burleson, and many of his family members help with these epic adventures.

Their motto is:

**Where quantity is more important than speed,**

**Where finishing is more important than finishing first!**



## Day 2: Ty and Carol take on the dusty plains of South Dakota

Photos left to right: Crazy Horse; Welcome to the State of South Dakota; Mount Rushmore

The one we participated in from September 16-20 was called the [Center of the Nation Series](#). It consisted of a marathon (or half marathon) for 5 consecutive days starting with North Dakota on Monday, South Dakota on Tuesday, Wyoming on Wednesday, Montana on Thursday and Nebraska on Friday. These races were timed, but non-competitive. You could walk, run, or both with no time limit, and no one left behind. There were about 150 full marathoners and about 50 half marathoners registered.

We arrived in Rapid City, SD on Friday, September 13, after a delay in Denver because of the flooding. We stayed at a quaint Bed & Breakfast just west of Rapid City called Coyote Blues Village on Friday and Saturday night. Saturday, we toured the Crazy Horse Monument and Mount Rushmore, drove through Custer State Park, and ended the day at the Fort Hays Chuckwagon Dinner Show!

Sunday morning we went to the grocery to stock up on supplies, and then headed up to Bowman, North Dakota, and checked into the Northwinds Hotel. Packet pickup was at the Sweetwater Country Club with an all you can eat buffet. We were given our race bib for the week, race shirt, Center of the Nation starter medal, and directions and course maps for all the races.

Monday morning we were off to run/walk our first of 5 half's at a campground area near the Bowman Haley Dam. Cold and windy but we're

ready to go! The course was an out and back of just over 2 miles (full marathons did this 12 times and half marathoners did this 6 times). It was mostly a packed gravel surface with a little loose gravel at the turnaround. Although we thought we would hate the out and back repeated course, there are so many pros. We had our coolers, water bottles, and backpacks at the start and were able to shed layers, get more water or fuel every couple of miles. Also at this spot is where you get a rubber band on your wrist for each lap completed so you could track how many laps you had left. This was also the most AMAZING aid stop we've ever seen. They had water, Gatorade, chocolate milk, banana smoothies, sandwiches, cookies, chips, olives, fruit, first aid items, sunscreen and so much more. The best part was constantly passing the same participants, cheering for each other and building camaraderie! Ty and I finished the half in 3:06 (Ty's Garmin read 2:56), and got our first state medal! It had clasps to attach to the bottom of the starter medal to create a 'medal chain'!

We loaded up and headed down to Belle Fourche, South Dakota. We checked in to the Kings Inn (which ended up being the low point of the trip – what a dump!). We walked to the setting of the second race (about .8mi), the Center of Nation Monument Park and Museum.

Tuesday morning the weather was perfect with



**NORTH  
DAKOTA  
SOUTH  
DAKOTA  
MONTANA  
WYOMING  
NEBRASKA**

**It's a different state every day!**

Photos left to right: A chill is in the air as another day gets underway; where it all begins—Carol and Ty ; showing their racing bib numbers proudly. Photos below: Can the scenery get any better? From dusk 'til dawn it's an ever-changing landscape that will take your breath away (especially while you're running)

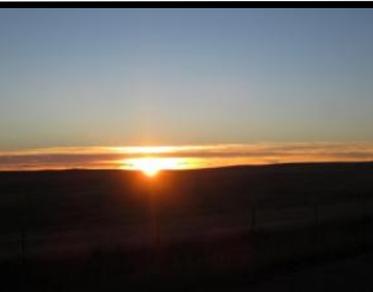
sunshine and comfortably cool. The course was situated right at the Belle Fourche Chamber of Commerce. It was mostly narrow concrete sidewalk with one stretch along a paved street that was also an out and back course with the full marathoners doing 12 laps and half marathoners doing 6. The only difference was that the start was sort of in the middle so you went to the right and back to center and then to the left and back to center. You could walk/run on the grass beside the sidewalk, but it was pretty wet. This is where the realization came that the week would feel way more like a family get together than a week of races. There were runners and walkers of all ages, sizes, and paces which, combined with the course lap repeats left ample opportunity to smile and cheer for others. There were even 2 wheelchair participants who were on a quest to complete 50 marathons in 50 weeks.

This event was not about winners, but about accomplishments and camaraderie. We did 2:54 and got our SD medal! My hip was giving me grief on this second day, and Ty developed a huge blister on his heel. Uh-oh! In the afternoon we travelled down to the Badlands National Park and drove the Badlands Loop Road with lots of beautiful overlooks and scenery.

Wednesday was Wyoming. This course was a

fine gravel road on a prairie farm. The sunrise was breathtaking! The rolling hills and gravel was a bit of a challenge for us Flat Floridians, but we pulled through with a 2:57 that day and got medal #3! After returning to our room and showering, we headed to Devil's Tower National Monument – so cool! We hiked the 1.3 mi. trail around the base of the monument to stretch our legs out. The clouds were rolling in for a late afternoon rain, and as we drove back, it started hailing (elevation ~5,000 ft.)!! We got back to Belle Fourche and found a laundry mat to wash out our cool weather gear (we hadn't brought enough) in preparation for the next day. One of the other runners mentioned that she was taking ice baths each evening and that it would really help with sore muscles, so Ty went over to the local market and got bags of ice. Holy \*\*\*\*, was that hard to get into! But we managed to laugh about it while shivering and drinking wine.

Day 4 – Montana – All I can say is Brrrrr! (Why did I take that ice bath last night?) This course was out on another prairie farm gravel road (no tree wind block). It was EXTREMELY windy with gusts that were easily 30 mph, for a 38 degree wind chill start. People were staying in their cars until right before race start. The wind was at our backs on the way out, but at the turnaround point at the crest of a hill, it turned into a crazy cold







head wind! I had my trusty Space Coast Marathon towel wrapped around me for quite a while! We were running just to keep warm, which in retrospect, was probably a mistake injury wise. Our time was 3:04 for the day! We jumped in the car, turned on the heat, and headed south 3 hours to Chadron, Nebraska. We got there fairly early, but the Bunk House Hotel was very accommodating and got our room ready. We showered and realized how sore we were getting. The front of my left ankle was very painful, and Ty's right ankle was swollen. We decided to get out and stretch, so we visited the beautiful Chadron State Park setting for the final race. There was a group dinner set up at the Country Kitchen and the food was plentiful. Afterwards, we stopped by a store for some more provisions, and then to bed to rest.

Friday – Nebraska – What a difference a day makes! The weather was perfect! The course was a nice loop including some trail and asphalt sections. The temps were in the 40's to start and up to 70 when we finished. I started out very slowly, really feeling that ankle and actually wondering if I was going to have to stop. I could no longer run at all and each step was a stabbing

pain. Was I going to really mess myself up if I continued? Or, would I be really angry that I didn't finish? As I walked along I saw the diversity of the group I was with – everything from competitive runners to handicapped people just doing it. I just kept going and tried to ignore the pain. Each time we came past the start/finish line, the encouragement from the volunteers and spectators was inspiring. Soon, there was only one lap left and I found myself asking Ty if we were going to go under 3:30. We did 3:28 and it was so exhilarating knowing we were going to finish the 5 days! We got our fifth medal, plus a glass etched medal for completing all 5 Days. Yeah! We drove back to the hotel, showered, and headed back to Rapid City for our final night in SD. We stopped on Main Street and walked (gingerly) down the 2 streets, 5 blocks each, of the life size statues of all the US Presidents, window shopped, had a nice lunch at the Dakota Thyme Café, and relaxed in the lovely sunshine.

We flew home Saturday morning, after Ty's luggage was searched for the 'large metal objects' – our medal chains! Unfortunately, for TSA - they were in the "stinky dirty laundry suitcase"! What an incredible trip!

From  
the  
blog...

[Best  
Race  
Signs](#)



# Long Distance Report

by Lisa  
Hamelin



First marathon. It was bound to happen. In this particular case, it started with an agreement. My friend Autumn had to run four miles and eat a dozen donuts in a race and in return I would train and run my first marathon. Autumn held up her end of the deal, so it was my turn to do mine. Wineglass had the requirements I wanted—flat course (in fact, it has a net negative elevation), cool weather (theoretically), nice scenery, small field and it was somewhere 'else'.

The smaller race meant a smaller expo. It was definitely small, but that probably helped me from spending too much money!

This point-to-point race started in Bath and ended in Corning. Both are small, quaint towns.



Pre-race preparation—the Space Coast girls (L to R, Charlotte McClure, Betsy Butler, Lisa Hamelin, Autumn Evans) - 1.5 miles out from the finish was the liquor store. We ran to the finish from here—this landmark helped me gain some mental strength to get 'er done!

Race day weather wasn't the most ideal, but certainly could have been worse. It was drizzly at the start, but that didn't last long. Temperatures at the start were around 65/95% humidity and at the end it was 75/75% humidity. At least it was cooler than Florida, but that is not saying much!

The course immediately starts with a nice downhill stretch and then there were four uphill blips (little less than causeway elevation) along the way. This was a course that I could get used to!



The downtown area of Corning is a beautiful and quaint place. Lots of unique shops and restaurants.

# Long Distance Report,



Above—a beautiful run done! Right—a mix of emotions crossing the finish line.

The rest of the course consisted of passing fields, livestock, small neighborhoods, quaint intersections, colorful hills in the background, through a park and finally finished along the main downtown street in Corning. There was a pretty steep downhill section in the park that was slightly scary; had to concentrate on not falling forward on my face! The spectators were super friendly and supportive—one of the friends in the group even stopped for a swig of beer along the way at an unofficial hydration stop!

I may be biased since it was my first, but I had a great time! I knew right away that this won't be my last.



Space Coast showing, plus a couple of friends. Steve Chin (red shirt) paced the 3:05 group and was dead on the money.

Right—engraved wineglass, a split of Champagne and a handmade glass finisher medal. Nice and unique bling!



# 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 \_\_\_\_\_



# Where in the World are Space Coast Runners Running?

## NOVEMBER 2013



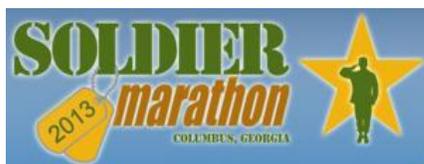
**21st Annual ABC (Awareness Breast Cancer) Walk/Run 11/2—Key West, FL**

Jackie Kellner



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

Barbara Linton, Michelle Smurl, Kristen Tinker



**Soldier Marathon 11/9—Columbus, GA**

Shelly Christian



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

Cristina Engel-Ives, Janet Erlacher, Melissa Joiner, Lori Kruger, David Ramba, Mary Ramba, Rick & Karen Suarez



**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

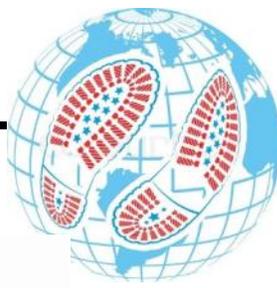


**Jacksonville Bank Marathon & Half Marathon and 5K 12/29— Jacksonville, FL**

Gina Rall, Brittany Streufert, Marie Thomas

*Add Your Race to the Calendar!*

[CLICK HERE TO EMAIL](#)



Where in the World are Space Coast Runners Running?

## JANUARY 2014



**Walt Disney World Half Marathon 1/11—  
Lake Buena Vista, FL**

Betsy Butler



**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, Betsy Butler, Janet Erlacher, Charlotte McClure, Harry Prosser, Kimberly Prosser, Susie Meltzer, Karen Rodriguez, Karen Suarez, Marie Thomas, Nancy Wingo

## FEBRUARY 2014



**Miami Marathon & Half Marathon  
2/2—Miami, FL**

Jerry Brown, Martha Brown



**Spartan Race 2/15—Tampa, FL**

Dave Thomas

## MARCH 2014



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

Cristina Engel-Ives



**Gasparilla Distance Classic 2/22 & 23—  
Tampa, FL**

**Half Marathon**

Rene Dunne, Lisa Hamelin

**Michelob Ultra Challenge (30+ miles, 2 days)**

Betsy Butler, Christine Kennedy, Trisha Lucas, Kelly Semenko

*It takes 2 SECONDS to add your Race!*

[CLICK HERE TO EMAIL](#)



Where in the World are Space Coast Runners Running?

**MARCH 2014**



**Sarasota Half Marathon & Relay 3/17—Sarasota, FL**

Jim Haithcoat, Karen Sanchez



**Georgia Marathon 3/23—Atlanta, GA**

Rachel Redlien

**APRIL 2014**



**Marathon de Paris 4/16—Paris, France**

Mitch Varnes



**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, Kathryn VanArsdall-Varnes



Photo by Doug Carroll

‘Cause this is Thriller! Pre-race Flash Mob spotted at the Pumpkins in the Park 5K in Cocoa Village. Photo by Doug Carroll.



**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!

Super Bowl  
game day  
costume contest  
with prizes!



 A GREEN EVENT

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

---

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

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



# HAPPY BIRTHDAY!

November 2013  
Birthstone: Topaz

Flower: Chrysanthemum

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<p>1</p> <p>Rachael Friedel Sharon Loines Daniel Nunez Angie Preston</p>	<p>2</p> <p>Randy Farner <b>Laszlo Kosa</b></p>
<p>3</p> <p>Colby Enlow Joe Hultgren</p>	<p>4</p> <p><b>Maryn Buchanan</b> Scott Larson Jonathan Quinlan</p>	<p>5</p> <p>Kimberly Badgett Tessa Mitzlaff <b>Ian Sardella</b> Charlotte Varnes</p>	<p>6</p> <p>Carol Ball Alysson Lyons Joan Joesting</p>	<p>7</p> <p>Carmine Lento <b>Lisa Petrillo</b> Anita Vanderwyst</p>	<p>8</p> <p>Gina Rall Trish Piercy Fiona Wright</p>	<p>9</p> <p>Pat McKee</p>
<p>10</p> <p>Steve Hofmeister</p>	<p>11</p> <p>Mike Acosta Robert Bruckart Michael Thomas</p>	<p>12</p> <p>Jorge Abreu Kristen Badgett</p>	<p>13</p> <p>Janet Bainbridge Ray Brown <b>Julie Hannah</b> Theresa Miller Tammy Pierce</p>	<p>14</p> <p>Allen Cowart Steve Joiner Chris Ramsey</p>	<p>15</p> <p>John Davis <b>Janet McKluskey</b></p>	<p>16</p>
<p>17</p>	<p>18</p> <p>Sherri Lorraine</p>	<p>19</p>	<p>20</p> <p>Shaina Anderson</p>	<p>21</p> <p>Stephanie Castner Janet Erlacher</p>	<p>22</p> <p>Ron Abel</p>	<p>23</p> <p>Chenna Cook Daryl Gilbert Alec Reesh</p>
<p>24</p> <p>Keith Dutter Rebecca Healey</p>	<p>25</p> <p><b>Taylor Gannon</b> Howard Kanner JoEllen Kanner Kaylee Kraver</p>	<p>26</p> <p>Kimberly Budnick <b>Samantha Lucas</b></p>	<p>27</p>	<p>28</p> <p>Christine Davis</p>	<p>29</p>	<p>30</p> <p><b>Maryanne McCarthy</b></p>

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.*