

SPACE COAST RUNNERS

DECEMBER NEWSLETTER



RUN A MILE WITH

>> Phil Coe

RACE REPORTS

- >> Space Coast Classic 15K
- >> Local Turkey Trots
- >> SCR Runner of the Year Series

**Where
in the
World?**

**are Space Coast
Runners running?**

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'Tis the Season for Fast Times & Fun Races!

The Starting Line

December 2013

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ON OUR COVER: Photographed by Steve Colella
Susie Meltzer makes her 7:11 pace look relaxing
as she races to her 2nd female overall finish.





WHO WE ARE

SPACE COAST RUNNERS (SCR) is a nonprofit organization incorporated under the laws of the State of Florida. Our purpose is to promote fitness, through running and walking at the community level. SCR is a chapter of the **Road Runners Club of America**.

Visit us online at SpaceCoastRunners.org. We also invite you to attend our Board meetings, which are open to the public and are held at 7pm on the third Monday of each month.

CONNECT WITH SCR

twitter



Visit us on
Facebook

LinkedIn

Are you involved in Social Media? Who isn't these days? Now you can connect with your fellow runners and walkers on Facebook, LinkedIn and Twitter. Stay current on club events, races and fun runs, set up workouts, communicate with other members of the community, share photos and provide feedback to the Board. Come join us and keep the conversation going!

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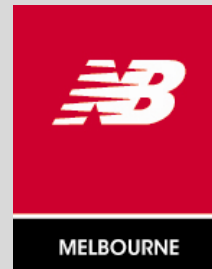
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SCR MEMBER DISCOUNTS!

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FROM THE EDITOR

INJURIES

If you've been a runner or walker for any length of time, you've had to deal with one at some time or another. Some are minor and just nag at you at bit. Some are more serious and keep you from doing what you love to do.

We are in the middle of the racing season. There is a race, or races, almost every weekend. We're also in the midst of marathon and half-marathon season. Between the miles that are put in while training, and the race/event itself, new injuries appear and old injuries are aggravated. I don't know about you, but I have three different friends making a new fashion statement right now with a walking boot.

Athletes generally don't take to injuries very well. They either keep us from doing what we want to do, or they keep us from doing it as well as we want to. If it's a minor injury, we may actually take a couple of days off and return to normal activity rather quickly. But when it's a more serious injury, we try all kinds of different things. Sometimes we just say, I'll work through the pain and it will be ok. But we know that doesn't work very often.

As a runner who can no longer run (at least for now), I know the extremes we will go to in order to return to our sport. I struggled with knee pain for several years before I finally gave in to a partial knee replacement. Before surgery, I tried all of the following in an attempt to return to my sport of choice: ART (active release therapy), Glucosamine/Chondroitin, Pilates, Yoga, Strengthening exercises (particularly for my quads), losing weight, cold baths, aqua running, cortisone shots, and gel injections. I even tried to change my running style, from being a heel-striker to a minimalist/Chi/Pose/Natural runner. Some provided temporary relief, but nothing permanent.

If there is a moral to this story, it is that, when injuries hit, be smart. See a professional and follow their advice. Pushing through it will probably only make it worse. So, for now at least I am one who says "I used to run." My doc says my running days are over, and I have since become a cyclist...like a lot of old runners. But I still hold out hope, that maybe, one day...



See you on the roads!
BOB RALL,
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ADVERTISER INFORMATION

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

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

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2013 2014

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Springer's Spiel

- A Monthly Column from SCR President, Ed Springer



Space Coast Runners,

There have been some changes to the Board of Directors that I want to bring you up to speed on. Back in August, Board member Tristan Webbe moved to Massachusetts with his wife Jess and son Brennan to pursue an exciting new job opportunity. In November, Lisa Petrillo, Les Dunne and Vice President Rene Dunne resigned from the Board. We thank them on behalf of the club for their service and wish them well for the future. Board member Marisa Flint has agreed to take on the acting Vice President role until the annual election in May. Please welcome Marisa to her new role on the Board.

Along the line of changes, our nation recently paid tribute to President John F. Kennedy on the 50th anniversary of his assassination. His ambitious and aggressive vision and commitment to put a man on the moon, and bring him back to Earth, unified the county to stand behind the challenge and achieve the unimaginable. The spirit of America was renewed and there was a

feeling that we could accomplish important things. The lofty goals of the 1960s put Brevard County on the map as the premier launch location for many historic missions... a legacy that continues today. In the words of President Kennedy, "Change is a law of life. And those who look only to the past or present are certain to miss the future."

With the New Year rapidly approaching, it's a great time to evaluate goals and set new ones. While fitness goals are important, setting family, financial, occupation, education, diet and well-being goals are also significant to achieve that elusive balance that everyone keeps talking about. I wish all SCR members health, happiness and good fortune in 2014.

Happy Running,

Ed



JANUARY BOARD MEETING

The next SCR Board Meeting will be held at 7:00 pm, January 20th at the Health First Pro-Health & Fitness in Viera.

MARK YOUR 2014 CALENDARS FOR THESE SPACE COAST RUNNER OF THE YEAR RACES!

1/25/14

**TIGER
DASH 5K**
CROSS COUNTRY
& 1 MILE TRACK

2/8/14

**TOOTH
TROT 5K**
RUN/WALK

2/22/14

**EYE OF THE
DRAGON
10K**
& 2 MILE

3/29/14

**DOWNTOWN
MELBOURNE
5K**
RUN/WALK

4/12/14

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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 & Grill, 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	5 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	Squid Lips	5:30 pm	Running Zone
Thurs	Palm Bay Rec Center	5 pm	Dave Hernandez
Thurs	Eastminster Presbyterian	6 pm	Up & Running Fitness
Thurs	Running Zone, Melbourne	5:30 pm	Running Zone

SCR Central

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



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



IRONgirls

Congratulations to a very tough group of lady Space Coast Runners! Cyndi Bergs, Kelly Hunter, Theresa Miller, Debbie Rescott, and Christy Zieres all completed IRONMAN Florida in Panama City Beach on November 2nd. Their hard training, strong camaraderie and perseverance paid off as they all achieved "Fe" status by besting the 17 hour time limit.

To read about their amazing journey to get there click to read Patti Sponslor's [Space Coast Multisport](#) blog.

OPPORTUNITY

Need part time help. Looking for someone who wants to learn the chip timing business. Please call or email Marty Winkel if you are interested.

(321)269-7247 -or- runsalot@cfl.rr.com

.....



Thank You!

You helped make the Space Coast Marathon an overwhelming success.

Many thanks to the volunteers at the Space Coast Marathon and Post Race Road Clean Up events on December 1st. We couldn't have done it without you!



SCR Central

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



ULTRA REPORT

Wild Sebastian 100 is a Trail Run in the St. Sebastian River Preserve State Park. The fall edition of the race was held on November 16/17. It follows trails that are mostly flat, hard packed dirt with some sandy areas. The course is laid out as a 25 mile loop which allows for race distances of 25, 50, 75 and 100 miles . SCR Runners participating were Ron Roff (25 mi), Matt Mahoney (50 mi), and Jim Schroeder (75 mi).

WAY TO GO LONG GUYS!



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. The list of SCR qualifiers continues to grow. GREAT JOB!

Abe Oros, 60 -- 3:49:53



Fashion Police on the Run!

You might not be aware but the Fashion Police are on the prowl and have been checking out the different running ensembles on the local run scene. Most recently a fellow SCR runner was caught in violation of “Acceptable Running Attire”.

Lisa Farrall reports, “It was pretty chilly on Thanksgiving morning and (husband) Dave could not make up his mind, so here (pictured right) is the result.”

You be the judge! Did Dave Farrall deserve his VIOLATION?

Are you concerned about a certain runner’s fashion? Submit the suspect to the Fashion Police! [Click here](#) to file your complaint.



SCR SURVEY OF THE MONTH



Holiday Gift Trends for the Runner



Do you plan to give a "running" related gift to others this holiday season?

YES 75%

NO 25%

What type of "running" gifts do you typically purchase for others?

Technical or Fun T-shirts

Socks & Shoes

Running Zone or Active Gift Certificate

Ornaments, Car Stickers

GU, Reflective Wear

Water Bottles, Mugs Magazines

Running Clothes & Gear

GPS Watch, Nutrition

Are you hoping to receive a gift this holiday that would be useful for running?

YES 86%

NO 14%

What type of "running" gift would you like to receive?

Anything!

Race Entry

Garmin Forerunner 620

Balega Socks, Hats

Books

Gadgets

Clothing, Shoes, Socks, Shorts

Running Zone Gift Certificate

Yoga Classes

What's the best Christmas stocking stuffer or gift under \$25?

Socks, Blinky

Headlamps

Gatorade or

the complete

Subscription to

Gels, Cliff Bars

Visor Sunscreen

PowerAde

runner's day-by-

Runner's World

Hats Gloves

Hand Held Water

Ornaments

day log by Marty

Gift Card from

Reflective Gear

Bottle Tech Shirt

Gel Packets

Jerome

Running Zone

Headbands

Road ID

Power Bars

TIPS 'N TRICKS

(you can thank us later!)



Have a question you want answered? Need help?

Email me at

lisahamelin@gmail.com

and your question may be featured in an upcoming issue!

Run Like the Wind

Does the thought of going out for a run on a windy day make you want to reconsider or do you embrace the thought? Running in windy conditions are a great way to improve running technique and stamina!

Run Against the Wind— This is an equivalent to weight resistance in a gym workout. Try to head out into the wind on your way out on a run and use the tailwind to

get you home.

Run With the Wind— Training with the wind can help with speed. Focus on cadence and stride length while the wind allows you to go faster with the same energy.

Learn Aerodynamics— Lean slightly into the wind, which will reduce drag and loss of energy.

Most of all have fun with it!!

Holiday Races

A holiday run with the family is a



great way to stay healthy! Santa Suits On the Loose—Dec 5 (Indialantic)

Reindeer Run—Dec 14 (Cape Canaveral)

Jingle Bell 2 Miler—Dec 21 (Satellite Beach)



Beating the Holiday Eating Battle



- Set a goal for the season—stay on track by vowing to run 4x/week or limiting sweets
- Keep track of your weight—daily
- Recruit family and friends—let them know that you want to be healthy
- Portion control—you can eat your favorites, just make those portions smaller!



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THE LEADER BOARD

(after 4 races)

MALE

First place: Steve Hedgepeth

Second place: Joe Hultgren

Third place: Art Anderson

FEMALE

First place: Betsy Butler

Second place: Annie Caza

Third place: Brittany Streufert

Next SCR Race

Reindeer Run 5K

Run to score points in the ROY series

CLASSIC ROAD RACING

The fourth race in the SCR Runner of the Year Series is always a classic but the results led to a few new additions to the leaderboard. On the men's side, Steve Hedgepeth claimed the first place berth all to himself as previous co-leader, Shane Streufert sat out the Space Coast Classic 15K, sidelined by illness. Joe Hultgren moved into the second place slot and Art Anderson took up residence in third.

The women's series race saw quite a shuffle as the three top spots were all vacated to new runners as the previous leaders did not run in the Space Coast Classic. November's points leader Julie Hannah and third place Lisa Petrillo were rumored to be on the high seas celebrating their birthdays on a cruise instead of racing the streets of Melbourne Beach. In their absence, Betsy Butler shot to the top of the women's rankings with Annie Caza following in second place and Brittany Streufert moving into third on the leaderboard.

At press time, the Space Coast Marathon and Half Marathon were just about to take place. Will the results of these two races provide further shifts in the ROY Series? Check back in our January issue to find out!

To see all ROY series, [click here](#).

ROY SERIES CALENDAR

FEATURED SCR RACE OF THE MONTH ►



The 18th Annual Reindeer Run is where you can catch your first Santa Claus sighting as the jolly one is scheduled to make a special appearance. The average starting time temperature for the 5K race is in the mid-50's. It's also the final race in the Holiday Beach Classic Series. Stay for the after party and you could win tickets to Universal Studios or a free night's stay at the Radisson and Residence Inn.

WHERE ► Cherie Down Park—8492 Ridgewood Ave. Cape Canaveral, FL

WHEN ► Saturday, December 14 at 8:00 AM

WHAT TO EXPECT ► Lots of prizes at the post-race festivities along with subs and refreshments! This year's race shirt is a high quality long sleeve tech shirt. The event will be hosted by Mike and Mindy from 99.3 and will feature a Space Coast Runners kid's fun run.

LAST YEAR'S WINNING TIMES ► Shane Streufert—17:06

Cathy Friedel—20:42

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 NEW!	✓	DQ
Space Coast Classic 15K & 2 Mile	✓	Overall Male 15K—John Davis Overall Female 15K—Holly Wooley
Space Coast Marathon & Half Marathon	Sunday, Dec 1—6:00 am (half start), 6:30 am (marathon start) - Cocoa	
Reindeer Run 5K	Saturday, December 14—8:00 am Cape Canaveral	
Tiger Dash 5K	Saturday, January 24—Melbourne	
Tooth Trot 5K	Saturday, February 8—Melbourne	
Eye of the Dragon 10K & 2 Mile	Saturday, February 22—Melbourne	For Complete 2013 -2014 ROY Rules Click Here
Downtown Melbourne 5K	Saturday, March 29—Melbourne	
Space Walk of Fame 8K & 2 Mile	Saturday, April 12—Titusville	



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Eagle Pride 5K And 1 Mile Race

10/5/13 - Ascension Catholic - Melbourne



Ooops!
This article is being
reprinted as the
report in the
November issue
was from 2012.

With over 300 race participants, the Ascension Eagle Pride 5k & 1 Miler celebrated its 4th year of the event. This was the year of CHANGE, and we mean change in NEW and MORE stuff for our participants!! New Location, New Race Course, New Team Awards, New Look, New Challenges, More Food Vendors, WAY More free giveaways!

We can truly say that our race is quite unique when it comes to its location. Each of four years we have hosted the race at a different venue. We have moved from Wickham Park to Windover Farms, to Capron Ridge and finally this year, we settled in on our very own property...Ascension Catholic School and Church. You know the saying "HOME SWEET HOME!" It was a perfect fit with an exciting new course, extremely comfortable facilities and plenty of room for post-race activities. However, with all new things come new challenges. One new challenge this year was the railroad crossing that we had to cross over twice during the 5K. After being told that no trains were scheduled to pass through on race morning, we were quite surprised to see a train come through only 5 minutes before the start of the race. Just making sure the race director was on her toes that morning.

This year we added a bunch of new aspects to our race. The biggest new attraction was the addition of our door prizes and giveaways. Thanks to the extraordinary begging efforts of the race committee and the generosity of many local businesses, we were able to give away over \$1500 in door prizes...it almost felt like we gave out more gift certificates than medals! Additionally, we added the team award category for the 5k, we freshened up our overall race logo and colors, and added Fia's yummy pizza and Sweet Tak Shack's gourmet bakery items to our already delicious Chilly Spoons FROYO post-race foods. We even had coaches from Parisi Speed School come out to warm up the runners before the races.

"Each year, we try to bring more value to our race by adding more stuff for our participants, but the true measure of a successful race is the reaction of the participants after they've completed the event. Every year after our race, I have had participants comment about how they want to start running/walking or exercising more. They want to know what kind of shoes to buy, how to start a training program, recommended upcoming 5k races and so on. This is why we host the race and this is what I consider a successful race." Pamela Gearhart (race director)

We'll See You All Next Year at the Eagle Pride! For complete race results, [CLICK HERE](#).





The Brevard Association for Advancement of the Blind (BAAB) held its third annual Sprint for Sight on a beautiful Sunday morning at Gleason Park.

The 5K saw a turnout of 101 participants who witnessed three of the course records being broken at Gleason Park. Overall winner was Doug Nichols, 50 of Melbourne who set a course record of 19:08 and claimed his very first top male finisher award ever! He was followed by Art Anderson, 54 in 19:33 and Joe Lento, 43 in 19:51.

For the women, Julie Hannah, 39 of Melbourne destroyed the course record of 20:00 with her fast finish in 19:38. Carrie Majeranowski, 37 was second in 20:21 with Brittany Streufert, 41 coming in third in 23:35.

It's quite inspiring to be a part of a running event where the run benefits the blind and visually impaired and those affected are out there running right alongside you. For full race results, [click here](#).



ABOVE: RACE WINNERS

Doug Nichols & Julie Hannah

BOTTOM LEFT: TAG TEAM

Rick Barrett is led by Missy Baldwin on the course

BOTTOM CENTER: PUSH TO THE FINISH

Angelo Lento, 10 of Cocoa Beach goes all out

BOTTOM RIGHT: VICTORY!

Paul Morgan, top visually impaired runner with guide, Shane Streufert

Participants were treated to live music before and after the race. A fabulous spread of bagels, pastries, & drinks was on hand for the finishers.





110 runners participated in the 2nd Annual Run for Love which was held at the Church of Viera on November 16th. November is National Adoption Month and the Run for Love brings awareness to the many children in Brevard looking for a “forever family.” The proceeds from the event benefit Brevard Family Partnership and their adoption program.

The young runners dominated the male side of the leader board. 16-year old Morgan Levine was the Overall Male Champion, crossing the line in 17:37. 15-year old Sam Shaffer was second in 17:49 and 17-year old Mike Groppe finished third in 19:15. Art Anderson was the Male Masters Champion in 19:17.

For the ladies, it was a mixture of youth and slightly-older-than-young on top. Kristina Horn was the Overall Female Champion in 22:17. Molly Bryan finished second in 22:41, and Kimberly Prosser placed third in 24:59. Michelle Henderson was the Female Masters Champion, covering the 5k distance in 25:29.

Race Director Stephanie Stodtman thanked everyone who helped make the second annual event a success with no surprises. Specifically, she mentioned the Church of Viera and the many volunteers who came together to “raise awareness for adoption in our community.” For full results [click here](#).

Strangest Things Seen on a Run

from the SCR Facebook Page

From: Tom Gillespie

“Joe Piscopo!”

(Joseph Charles John "Joe" Piscopo is an American comedian and actor best known for his work on Saturday Night Live where he played a variety of recurring characters .)





The 4th race of the 2013-2014 Space Coast Runners Runner of the Year Series was held on November 9th in Melbourne Beach. The 28th Annual Space Coast Classic 15K and 2-Miler followed a slightly different route this year, winding through many of the beachside neighborhoods. First time Race Director (and Associate SCR Newsletter Editor) accepted the challenge of putting on the only 15K race in Brevard County, and assembled a team of volunteers that lived up to that challenge.

John Davis and Steve Hedgespeth led the pack from the start. Davis shadowed Hedgespeth through the first five miles, but then took the lead and widened that lead as the race went on, eventually building it to a 45-second lead at the finish. John took the award for Overall Male Champion, finishing in 54:44. Hedgespeth finished second in 55:29 and Steve Chin crossed third in 57:39. Male Masters Champion, Brian Lail, finished in 59:21 and Male Grandmasters Champion, Art Anderson, covered the 9.3 miles in 1:02:27. Abe Oros took the award for Male Senior Grandmasters Champion, crossing in 1:10:11.

The award for Overall Female Champion went to Holly Wooley, who finished in 1:01:29. Susie Meltzer placed second in 1:06:53. Dina Viselli crossed the line in third place, with a time of





SPACE COAST CLASSIC 15K & 2 MILE (continued)



Above: The overall and age group awards are all set for the post-race awards presentation. Left: Betsy Butler and Jay Claybaugh are all smiles out on the 15K course.



Above: At the start of the race John Davis (2000) and Steve Hedgepeth (1876) led the pack of runners. They would eventually finish first and second overall.

1:08:10. Annie Caza was the Female Masters Champion, covering the distance in 1:12:03, and Janet Canfield was the Female Grandmasters Champion in 1:12:56. Jo Shin was the Female Senior Grandmasters Champion in 1:27:05.

For complete results of the 15K, [CLICK HERE](#).

The youth contingent dominated the 2-Mile event. 14-year old Jared Hayes was the Overall Male Champion with a time of 12:37. 11-year olds, Derek Fortmayer and Joshua Kraver took second and third respectively, with times of 13:38 and 14:20. Gregg Kraver was the Male Masters Champion with a time of 15:11.

12-year old Tara-Rose Morgan was the Overall Female Champion, covering the distance in 15:11. 15-year old Rachel White was second in 16:07. Maya Windmeyer was third in 17:13. Amanda Mitskevich finished in 17:37 and took the award for Female Masters Champion.

For complete results of the 2-Miler, [CLICK HERE](#).

Photos by Doug Carroll and Steve Colella.

THANKSGIVING TURKEY TROTS AROUND TOWN

November 28, 2013



A lot of calories were burned on a cool morning ahead of the Thanksgiving Day feast that awaited later in the day. More than 2000 runners and walkers braved the cold temps to participate in either the Space Coast Art Festival Turkey Trot 5K or the Suntime Turkey Trot 10K and 5K. And, at Matt Mahoney kept up his Thanksgiving Day tradition of competing in both.

The Space Coast Art Festival Turkey Trot 5K was held in Cocoa Beach and has an unusual format for awards. Participants are grouped by age into one of four groups... Female 39 and Under; Female 40+; Male 39 and Under; Male 40+. Althea Hewitt (20:35), Andi Binney (20:45) and Emily Nelson (21:03) took the top three awards in the Female 39 and Under category. Ceal Muldoon-Walker (20:25), Kristi Choate (21:26) and Sue Matschner (21:43) finished atop of the Female 40+ Division. For the men, Jonathan Campbell (16:13), Jesse Prince (16:46) and Costa Stathis (17:07) led the way for the Male 39 and Under group. In the Male 40+ Division, David Knauf (18:53), Art Anderson (19:32) and Tousten Schenarky (19:42) led the way. (Top Female Team "Angry Birds" is pictured top left.)

For complete results of the Space Coast Art Festival Turkey Trot 5K, [CLICK HERE](#).

Over the river, but not necessarily through the woods, the Suntime Turkey Trot 10K and 5K followed a more traditional award system. In the 10K, 14-year old Luke Blanchard was the Overall Male Champion, covering the two-loop course in 37:32. 15-year old Matthew Robbins was second in 37:41, and Randy Carmean placed third in 38:13. Heather Kitchens was the Overall Female Champion with a time of 40:06. Shari White finished second in 41:34 and Sarah Deibner crossed third in 43:44. For complete 10K results, [CLICK HERE](#).

In the 5K event, Zeke Zauner took the Overall Male Champion award in 16:33. Kyle Butler was second in 16:53, and Shane Streufert finished third in 17:54. (Zauner and Streufert are pictured bottom left.) Ali Cobb was the Overall Female Champion, crossing the line in 18:36. The 13-year old Basford twins were next, with Brianna taking second in 20:35 and Chelsea placing third in 20:36. For complete 5K results, [CLICK HERE](#).

Light the Way for Adoption 5K

The month of November kicked off with the **Light the Way for Adoption 5K** on the first. Joe Castner ran to an overall win in a time of 19:46. Wendy Watson was the overall women's winner in 21:56. In the Master's division, Matt Mahoney won for the men in 21:12 and Kim Philo claimed the women's title in 31:50.

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



Saturday, November 2nd saw two races take place in the **Let's Get Moving 5K/10K** which was held at Wickham Park. In the 10K Art Anderson was the overall winner, running 41:46 while Calla Hess led the ladies in 52:46. For the 5K, Wade Dauberman was first for men in 20:08. Malabar's Renee White took top honor's for the women in 23:56. [Click here](#) for 10K results and [click here](#) to view 5K race results.



The first annual Wildcat 5K Colorful Paint Run/Walk was held on November 15th in honor of Mr. Jim Melia. The race was for the experienced runner as well as the novice, the walkers and everyone in between. Participants enjoyed being showered in paint at the main color blast stations. Austin Camp was the overall winner with a time of 18:24. For full race results [click here](#).

To advertise an upcoming race in the SCR Newsletter, please contact Editor, Bob Rall at bob@rallcapital.com. It's an affordable way to get the word out to the local running community.



RUN A MILE WITH

Phil Coe

Meet the retired F.A.A. air traffic controller who has been running almost 40 years

Name: Phil Coe

Family: Deb Coe, my better half. Erin Coe, takes after her mother but looks more like me.

Ages: Phil 59, Deb 60, Erin 23.

Originally from: Neenah, Wisconsin

Grew up where?: Prospect Heights, Illinois, northwest suburb of Chicago.

Occupation: retired F.A.A. air traffic controller

Dream profession: F.A.A. air traffic controller

Number of Years Running: On and off since 1974 and consistently since 2000.

Began Running Because/To: Lose a few pounds.

I Knew I Was Hooked

When: After I recovered from my first marathon in 2000.

Race PRs (Personal Records): My PRs are ten years behind, but here they are:
5k 18:52. 10k 38:12. 10 mile 1:01:29. Half Marathon 1:25:12. Marathon 2:55:13. 50 mile 8:06:07. 100 mile 23:20:41.



Most Satisfying Race Performance(s): My marathon PR. I knocked an hour off my first marathon time in one year. I attribute it to being mentored by a training partner/good friend that took me under his wing.

Favorite Race(s):


Why? Ice Age 50 mile. Great group of runners, fantastic single track ice age trail run in spring of the year. It's very well run and supported by the Badgerland Striders.



Favorite Race Distance:

Why? I used to like to run marathons for the challenge of trying to find the perfect pace to match my training level. When I did it right it was very rewarding. 50 mile trail races are really a great way to spend the day, see the countryside, and are usually much more low key than road races. They are long enough to require some serious training. I stopped racing five years ago and just like to run for fitness now.

Favorite Place(s) to Run:

Low tide at the beach. In Wisconsin it's the Ice Age Trail, Devil's Lake State Park, and High Cliff State Park/Calumet County Park Trails. 

Running Goals: I would like to run as long as my body will let me. When I run alone running is a moving meditation. When running with a group it's a great way to socialize.

Running Partner(s): I left some fine running friends in Wisconsin but have found a great group of folks here in Brevard County.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: I will have to go for a run and think about this question.



Funniest or Oddest Thing I've Seen

While Running: In Boston Marathon 2006 I guess it was kind of funny/odd to see two guys running near each other juggling three tennis balls each. They passed me just before Wellesley and they both ended up breaking three hours.

Training Philosophies: The time to put "money in the bank" is in training not in the first few miles of a marathon. Run hills, if you can find them. If you want to run fast in a race you have to run fast in training at least a couple of times a week. Be consistent with training. And the hardest thing for me is to not over train. Always feel

like you could do a bit more after you have finished a workout.

One Piece of Advice That I Would Give to a New Runner: Take it slow and have fun. Enjoy the personal records and heady feeling of new goals achieved. They get much fewer and harder to achieve as you age.

Other Sports & Interests: Sailboat racing, music.



When Nobody is Looking I Like to: Cook.

Favorite Meal: Anything hot and spicy. Or anything with hot sauce on it



Dream Vacation: When I was working and living in Wisconsin my favorite vacation was gulf or the Atlantic in Florida for a week and relaxing. I don't really want to go on vacation anymore.

Why did you join SCR? My wife and I were members of the Pacesetters in the Fox Valley area of Wisconsin for twelve years. It is a great club and we think belonging to a club helps give back to the running community. SCR is much like our old club.

I Think That SCR Could Do A Better Job: I can't think of anything.

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
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 18th 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 _____

Reasonable Running

With the Birdwells



Recovery - The Space Coast Marathon is done ... Now what?

Here is another common question we get “hey coach now that I finished my marathon, when can I start running again?”

Well we heard an elite athlete say that after he completed a major event, he would take a day or two off and then run a HARD 10 miler... SAY WHAT???? That doesn't seem reasonable to a reasonable runner.

Why would you run a hard 10 miler? Well we can tell you right now WE DON'T! Here is the elite logic, an athlete that competes at that level already has another “Major” event on their calendar. They run hard in order to find out what is broke, or near broke, so that they don't break it or make it worse. They identify their weak spot and then work on strengthening it with appropriate workouts. This is how the elite prepare for their next event.

But for us reasonable folks, we recommend resting and recovering for at least a couple of weeks. Maybe throw in a couple of super easy runs after a week or so. This easy running will help the marathon blues. After your commitment, your dedication, your perspiration you will surely start to ask yourself what am I going to do this weekend with no long run planned?

One thing we must consider is that recovery takes longer than your emotions and mind will admit. We agree with George Sheehan author of “Running & Being: The Total Experience” that no

more than 2 marathons per year is reasonable for the avid runner. The more conservative you are racing, the longer your marathon career will be.

So...I finished a marathon or ½ marathon now what? Rest and recover and ease back into running, set your sight on another event. Let Reasonability, Rest, & Recovery be your three Rs. We want your step across the finish line to be more than a great accomplishment, we want it to be the first step toward your next event.

Pick-em-up Put-em-down

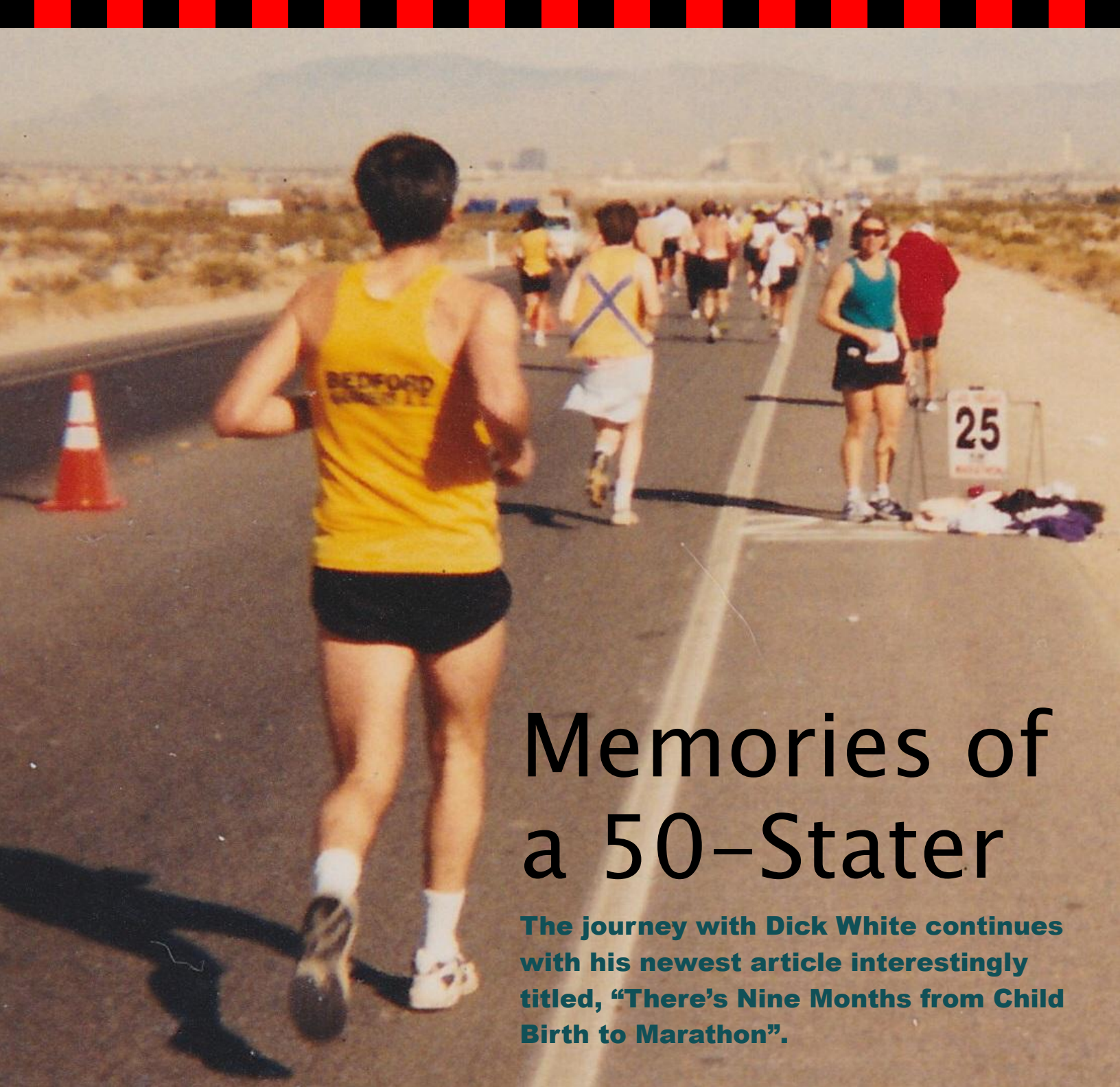
Peace

Coach Barry & Michele Birdwell

For more info follow the Birdwells on Facebook!

www.facebook.com/birdwellsrun





Memories of a 50-Stater

The journey with Dick White continues with his newest article interestingly titled, “There’s Nine Months from Child Birth to Marathon”.

1998 was a “slow year” for marathon-ing. In Dec 1997, Marlene discovered she was pregnant! How did that happen? (just askin’) I had to run Disney #5 alone for the first time. We had already entered the Great Floridian Iron Distance Triathlon for Oct ‘98 so I had plenty of training to do and Fred Sommers graciously rolled Marlene’s entry over to 1999. Baby Rachel was born Sept 1 and I ran my only Space Coast Marathon (old course) that year in (about) 3:30. Ironman Training makes even us mortals **STRONG!!**

No moss grows under Marlene, so Disney #6 had us lining up with Rachel in the Baby Jogger. The Ladies peeled off to finish the 1/2 and I went on to finish my last Disney Marathon.

The old saying is “it takes a whole village to raise a child”. In our case it takes a whole FAMILY to run 50 states of marathons. We chose the Sugarloaf Marathon for May 1999 in my home state of Maine. My brothers and their families came out for support, furnishing a “company condo” at the Ski Mountain for our stay and Hot Tub experience. A glorious day



dawned at 38 degrees, but warmed up to 55 as the rolling course followed the Carrabassett River Valley from Eustis Ridge to Kingfield. Truly stunning rural beauty that I would highly recommend to anyone looking to spring marathon in Maine. We saw a family of moose in the wetlands just off the resort approach road.

We might have considered a summer marathon that year but, don't forget, Marlene had an Ironman to train for. Now, a whole year old, Rachel and Rachel's Daddy (I now have a title) assisted where we could and stayed out of the way as Mommy muscled her way to a 13:29 finish.

Marlene's sister, Nori, was living in the greater Hartford, CT area. In early Oct we visited to run their Marathon in raw and rainy weather that made the rental cars heater the most welcomed event of the day. The course was hilly and challenging, running through two large parks filled with brilliantly colored foliage that would have been great under better conditions. Getting back to the heat and humidity of the "Florida Mountains" was most welcomed.

So, that's 7 states done. It only took 4 years?!? Can we really do this? It's time to find out.

I mapped out 2000 before it began. Las Vegas in Feb, Nashville in April and Vermont in May. When you're young, 3 marathons in 4 months is not that daunting.

Marlene's Mom and Dad came with us to Las Vegas to watch Rachel while we ran the "old course" marathon. They dumped us off in the desert of Jean, NV and said "run that way". A very brown and barren course that followed the old road, parallel the interstate, straight ahead for 22 miles. It got "exciting" about mile 15 when we could see the skyline of the city in the distance. Past the airport and turn right, past the high walls and locked gates of Wayne Newton's house and finished in a park in suburbia. Thank God there was a bus to take us back to the Casino.

The inaugural Country Music Marathon was our

first Rock'n'Roll event. Nori had since moved to Hendersonville, TN so base camp was a no-brainer. CMM has a terrific course that starts at Vanderbilt University and winds through the Very Hilly city past every highlight (Ryman Theater, Country Music Hall of Fame, Capitol Building) and finishes at the Titans football stadium. With a live band playing at every mile along the course, it's very easy to remember that "there are no bad musicians in Nashville". Rock'n'Roll award ceremonies are done at a post race concert. This one featured Kenny Rogers and Colin Young (free of charge to runners).

Back to Maine to gather family for the Vermont City Marathon – the only one my Dad was able to attend. It was a special time for him as we lived there when I was very young. This is a very hilly city. The course does a figure 8 around and through the city and finishes on a long downhill along Lake Champlain, but then you have to walk a 1/2 mile uphill on post-marathon legs to get to the parking lot. Burlington is very scenic and features good seafood restaurants, college town nightlife, home base of Ben and Jerry's Ice Cream, and an excellent pioneer museum.

Well, that worked out well. That's 10 states in 5 years. Respectable enough with all 3 under 4 hours and we still get to enjoy the Triathlon season. We relayed the Great Floridian in 2000 with Marlene dropping her swim time to 1:05 (minus 10 min) and our finishing time was nearly 2 hours faster than either of our individual times. Rachel was an official team member, wearing a wristband and being handed off in the transition area. There was also a new marathon in Tampa (Hops) that Dec to "stay in shape".

OK, time to get serious. Marathoning is now our favorite recreation!!

Run Strong, Run Long

Dick White

Long Distance Relationships

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

Running Wild!

an article by Kurt & Christina Russell

A few brave Brevard County runners participated in the Wildhorse Trail Runs on November 3rd. The Wildhorse Trail Runs consist of four races: 4 MI (The Pony), 10K (The Stallion), 10 MI (The Wildhorse), and the Half Marathon (XTERRA). The races take place on the same day at the Keith Waller Park and the Sydney-Dover Trails in Brandon, Florida. We signed up for the half marathon distance and had quite a wild run. The terrain was more rugged than we expected in Florida, but scenic if you enjoy trail running. The majority of the course was in the Sydney-Dover Trails which are located in a reclaimed phosphate mine. The trails took us along a creek, through trails of sugar sand, mud, rock, off trail and up and down steep inclines, some requiring a rope for assistance. On two occasions, we waded through water up to our waists. We really enjoyed the challenge of off-road running and the unexpected obstacles the trails presented.

Timing was not as advanced as most half marathons. Volunteers handed cards to each finisher to fill out and results were posted on-line two days later. For us, finishing time for trail races is not as important as it is for a street race. At XTERRA, finishing in itself is an accomplishment.

We were not the only Brevard County runners to attempt one of the Wildhorse runs. In fact, Sean Black (Melbourne) was first place overall in the 10 MI race! Other half marathoners included Bill Buonanni, Kate Buonanni, Nancy Buonanni (Merritt Island) and Mary Culbreath Meyer (Melbourne). Ragen Stradtmann from Melbourne Beach ran the 10K.

If you enjoy a rugged adventure, the XTERRA is a challenge worth considering. You can read more about their races at www.tamparaces.com/XTERRA.



Long Distance Relationships

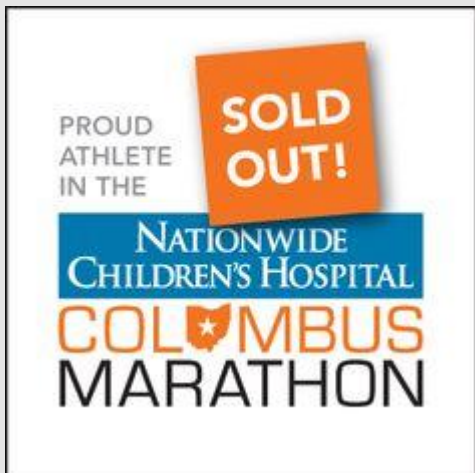
What SCR Members Had to Say About Their Recent Out of Town Races



Cold Race Columbus

an article by Doug Nichols

I recently ran the Columbus Marathon. Between the Half and the Full, there were about 18,000 runners (7,000 for the full and 11,000 for the half). The temperature at the start of the race was about 39 degrees. I was bundled up until right before the start of the race when I ditched the throwaway sweat pants, old long-sleeved tech shirt and fleece jacket. I started the race with shorts, short-sleeved tech shirt, throwaway arm sleeves, cheap Wal-Mart gloves and a knit cap. I threw away the sleeves and gloves by mile 4 and the cap around mile 8.



I had intended to start a little slow the first two miles and then pick up the pace around mile 3. Between the cold weather and the adrenaline, I did start out a little quicker than I wanted but still around my projected pace. In the race I had some stomach issues which I was hoping I could avoid dealing with until after the race but no such luck. I had to make a port a john stop at the water station that was right after mile 12. My mile 12 split was 7:24, the mile 13 split was 8:48 and the mile 14 split was 7:04 so I'm figuring that pit stop cost me about 1:30. That's the real reason I ended up running even splits. It wasn't that I was consistent, it's that I had an unscheduled stop the 1st half of the race. I'm still happy with a 1:36:57 2nd half. Around mile 17, the course runs into Ohio Stadium. You run down a ramp into the horse shoe end of the stadium and run behind the end zone and exit out of a ramp on the other side of the end zone. While I'm in the stadium, a squirrel runs from the field to under the stands, cutting right in front of me. I wasn't expecting that. Around mile 21-22, the wind picked up a little but nothing too major. The temperature was probably in the mid to high 40s as I was finishing. It's a good course, fast and flat. If you run River Road or the causeways, you've done more than enough hill work for this course. The race was well organized and pretty well supported by the community.





Where in the World are Space Coast Runners Running?

DECEMBER 2013



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

Molly Kirk, Gina Rall, Brittany Streufert, Marie Thomas, Micah Vanatta

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



Key West Half Marathon 1/19— Key West, FL

Dick White, Marlene White, Rachel White



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, Brittany Streufert, Karen Suarez, Marie Thomas, Nancy Wingo

Add Your 2014 Race to the Calendar!

[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



Spartan Race 2/15—Tampa, FL

Dave Thomas



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, Harry Prosser, Kimberly Prosser, Micah Vanatta, Nancy Wingo

MARCH 2014



Gate River Run 15K 3/15—

Jacksonville, FL

Christina Russell, Kurt Russell



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



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

Jim Haithcoat, Karen Sanchez



Georgia Marathon 3/23—Atlanta, GA

Rachel Redlien

It takes 2 SECONDS to add your Race!

[CLICK HERE TO EMAIL](#)



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

MAY 2014



Copenhagen Marathon 5/18—

Copenhagen, Denmark

Abe Oros



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 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.*

★ HAPPY ★ BIRTHDAY!

December 2013
Birthstone: Turquoise
Flower: Narcissus

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Rosie Campbell	4 Michael McCluskey	5 Eugene Ramba Jim Caprara Barry Birdwell Jon Poor	6	7 Bob Racine Joseph Werner Bill Buonanni Mary Conaway Jim Frey Sara Griffin
8 Michael Farnsworth Ruth Rodriguez Michael Morrison Walter Catacutan	9 Elizabeth Ring Les Dunne	10 Jacquelyn Kellner Sonia Holmquist	11	12 Jeff Cook Cari Bonds Joshua Ogburn	13 David Grant Brenda Nelson	14 Jo-Anne Boland
15 Rus Scott	16	17 Ken Fortmayer	18 Chris Epler	19 James Croft Max Hofmeister Greg Kraver Alan Myers	20	21
22 Bud Timmons Christopher Gonzalo	23 Sal Farino	24	25 Suzie Biery	26 Linda McKee Nancy Pecor Joshua Crook	27 Karen Sanchez Marie Thomas Jeffery Gahres Patricia McBride	28 Cathy Friedel
29 Erin Wright- Redlien	30 Katie Buonanni	31 Kenneth Rhoden Darlene Hechmeister				

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