

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

AUGUST 2014



RACE REPORTS

>> Suck It Up Buttercup 5K

>> Firecracker 5K

RUN A MILE WITH

>> Nan Pond

Race & Run

in the 2014-2015
SCR ROY Series

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Above: New board members Ron Ritter, Howard Kanner and Harry Prosser mingle about with their wives, Cheryl, Joellen and Kimberly at the SCR July Summer Social.

On Our Cover: Mark Petrillo, Betsy Butler, Doug Nichols and Barbara Holst enjoy hanging out in non-running clothes at the Summer Social.

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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 proud 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.



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!

ED SPRINGER
SCR President

OFFICERS

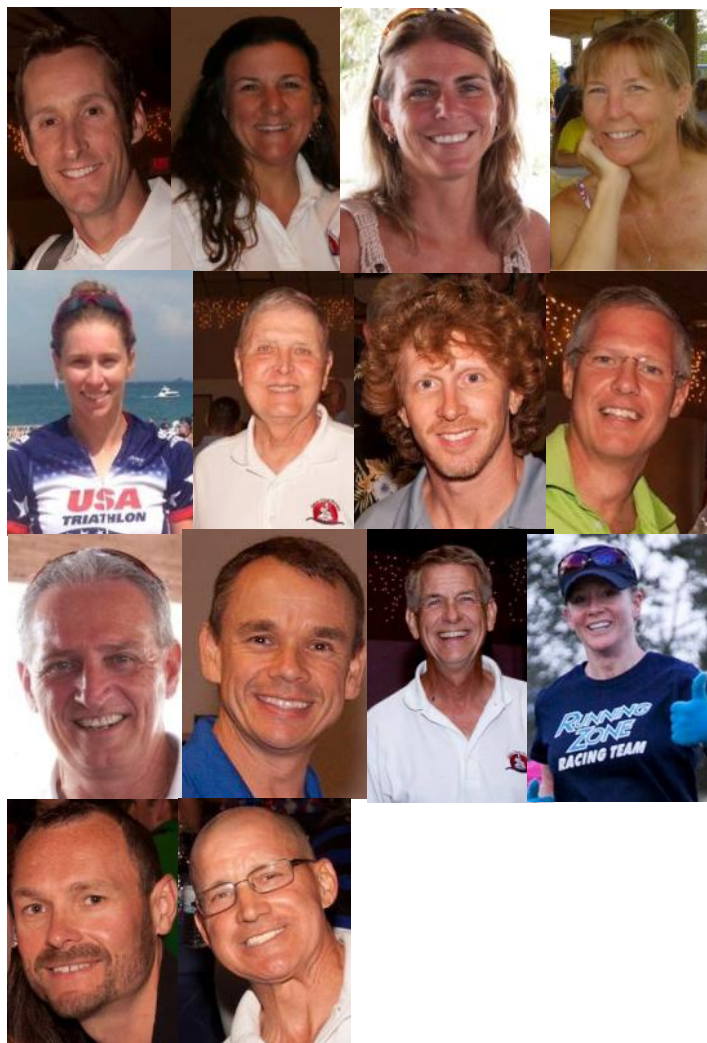
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EDITOR'S LETTER

August 2014

Welcome back!

Your newsletter team has returned after the short summer break that we take when the race calendar is a bit lighter. There are still races during July to keep you busy, but there is a slight break in the various race series.

It's a short break, as evidenced by the fact that the Running Zone series has already started. The traditional Fourth of July race, the Firecracker 5K, marks the start of the RZ Series. The second race of the RZ series is next weekend, with the I Run for Pizza Football Kickoff 5K. Make a note that this event will be held in a new location this year. It will be staged at Viera High School.

The Space Coast Runners' Runner of the Year Series will kick off on August 23rd with the Running on Island Time 5K. We are also rolling out some new awards and recognition programs to highlight the ten races that will make up the ROY Series this year...so make sure to get registered!

So, we have started another season of races and many of you are training hard for some of those upcoming series races. Others are already a couple of weeks into their training for the many fall marathon and half-marathon events around the country. Remember, we want to hear about your out-of-town races. We'll list them in our "Where in The World" section so you can see who else may be doing the same event. Also,

we love to get race reports from around the country and world, so let us know how you liked, or didn't like, a particular event. We'll put those in our "Long Distance Relationship" section of the newsletter.

Your club is growing and is doing well. Note the number of new members listed in this edition. But we need your help! It takes a lot of work to put on a race series, especially when we are all volunteers. Linda Cowart is heading up a program to reward the volunteer work that you can do for the club. More details are on the way, but if you are not participating in a certain event, please step up to help. One of the biggest hurdles Race Directors face is making sure that they have enough volunteers for an event to go off smoothly. Please...Get Involved!

That's it for now. Train hard, but more importantly, train safely.

See you on the roads,

BOB RALL,

Editor-in-Chief

Bob@rallcapital.com



Advertise in this newsletter.

FREE Ad * \$25 Half Page * \$50 Full Page

To advertise your business or race in the SCR newsletter contact Bob Rall, Editor-in-Chief at bob@rallcapital.com. Give our members a discount and we'll give you a free small ad space (see page 34).

9th Annual "Running on Island Time" 5K Race/Walk

Benefiting Divine Mercy Academy

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

Saturday, August 23th, 2014 7:30 AM

1940 North Courtenay Parkway, Merritt Island

2014 - 2015 SCR Runner of the Year (ROY) Kick-off Race

SCR Youth Series featuring ¼ mile and ½ mile distances



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

FEES:

Early Register (postmarked 8/18): \$25
\$2 Discount for SCR Members for Early Registration
After 8/18 or Day of Race Registration: \$30
Students/DMCA Alumni: \$20
SCR Youth Series – Must Register FREE
Kids Fun Run – No Register FREE

TIMES:

Early Packet Pickup: Running Zone on 8/22 10A – 6:30P

RACE DAY 8/23:

6:00AM: Packet Pickup and Day of Registration

7:15AM: Day of Race Registration Ends

7:30AM: 5K Run/Walk Begins

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

*Awards to Follow Kids Run

RUNNER AWARDS:

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

Age Groups (Top 3 M&F)

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

WALKER AWARDS: Top 5 M & F

TEAM AWARDS: Five Fastest Team Members
Top 3 Teams

MAIL: Registration forms and payment to
Divine Mercy Academy c/o 5K Race
1940 N. Courtenay Parkway, Merritt Island, FL 32953

ONLINE REGISTRATION:
<http://secure.runningzone.com>

Running on Island Time Official Entry Form

Name: _____ Walker Runner
Youth Series Team Name _____

Address: _____

City: _____ State: _____

Phone: _____ Email: _____

Date of Birth: _____ Age on Race Day: _____

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

In consideration of my being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Running on Island Time Event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

Signature

Signature of Parent for those under 18

Date

SPRINGER'S SPIEL

A Monthly Column from SCR President, Ed Springer

Space Coast Runners,

We are now in the grasp of summer's heat and humidity, so what better time to turn your training up a notch? I see many people starting to step up their weekly mileage and mix in some speed workouts. There are even a select few who have embarked on rigorous marathon training plans. The dedication, inspiration, and most prevalent perspiration are admirable.

Thomas Alva Edison was an American inventor and businessman. He is credited with coining the expression, "Genius is one percent inspiration, ninety-nine percent perspiration" sometime around 1902. Edison proclaimed none of his inventions came by accident. He is known for conducting trial after trial until the desired result was achieved. This philosophy translates well into running and fitness. Good intentions, inspiration, and mental toughness only go so far. Without putting in the work, results will not be achieved. I have never seen anybody win a competition by will alone. The work must back the will to achieve desired results.

Your next SCR ninety-nine percent perspiration event is the 23 Aug Running on Island Time 5K, which is the kickoff to the 2014-2015 SCR Runner of the Year series. We look forward to another exciting year of running, walking, fitness and most importantly camaraderie.

Happy Running,

Ed Springer, President
springer993@gmail.com



SEPTEMBER BOARD MEETING
The next SCR Board Meeting will be held at 7:00 pm, August 18th at the Pro-Health in Merritt Island.
All members are welcome to attend.



Pro-Health
& FITNESS CENTER

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!

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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	7:00 am	Up & Running Fitness
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone
Mon	LongDoggers, Indialantic	6:00 pm	Steve Chin
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Christy Tagye
Tues	Palm Bay Rec Center	6:30 pm	Dave Hernandez
Tues	LongDoggers Running for Brews, Satellite Beach	7:00 pm	Danielle Pirolo
Wed	Juice 'n Java Café, Cocoa Beach	6:00 pm	Michael Higgins/Christine Ellegood
Wed	Bob's Bicycle Shop, IHB	6:00 pm	Jesse Hall
Wed	Daddy Ultra Runs, Cocoa Village	6:00 pm	Hernan Garcia
Wed	Squid Lips, Melbourne	6:00 pm	Running Zone
Thurs	Palm Bay Rec Center	6:30 pm	Dave Hernandez
Thurs	Running Zone, Melbourne	6:00 pm	Running Zone
Thurs	Chase Bank (Riverside/Melb Cswy)	6:00 pm	Up & Running Fitness
Thurs	LongDoggers Running for Brews, Viera	7:00 pm	Jessica Schecher

SCR Central

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

WANTED: Anyone that has their race shirt from Eye of the Dragon 2004, please contact Barbara Linton at lintonbj@gmail.com



Photo credit: TriHokie Images

Fashion Police: "Running in Red, white and Blue"

Shawn Wilson of Palm Bay took his nationalism to a higher level when he ran the Firecracker 5K on the Fourth of July.

There were many patriotic runners showcasing Independence Day looks but Wilson really stood out in his head to

toe, stars and stripes ensemble. He displayed his fearless fashion sense by rocking the red, white and blue with an American flag shirt along with fun flag accessories on his head and feet.

We think Wilson was "Firecracker Fabulous" and commend him on his American pride.

Are you concerned about a certain runner's fashion? Do you just love someone's running wardrobe style? Submit them to the Fashion Police! [Click here](#) to file your complaint or compliment.



Visit us on
Facebook



@SpaceCstRunners

welcome! Space Coast Runners

WELCOME NEW MEMBERS!

Charlene Anstett

Jeanne Higbie

Cami Waldon

John Austin

Monique Pridgin

Kristen Clark

Susan Baker

Luanne and James Memmott

Donn Sardella

If you are a new member to SCR and have not picked up your Space Coast Runners New Member Welcome Packet, they are available at 2 locations: Running Zone in Melbourne and Daddy Ultra Runs in Cocoa Village. We look forward to meeting you soon!

SPECIAL SCR RACE DISCOUNTS

The Inaugural [Bulow Woods Trail Race and Ultra Marathon](#) scheduled for Saturday, 12/13 in Ormond Beach has extended a discount on their race registration. Use code TOMOKA to save \$5.

March 29th, 2015, will mark the second running of the [Tomoka Marathon](#), Half-Marathon and 5K Races. When registration opens save 10% with code SCR10.

SCR Central

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

SCR's National Running Day Fun Run

Space Coast Runners sponsored a fun run on June 4th to celebrate National Running Day! Daddy UltraRuns in Cocoa Village was gracious to allow us to add some pizza and refreshments to their regularly scheduled Wednesday night run. Over fifty runners and walkers took part in the event and enjoyed Ryan's Pizza afterwards.

SCR also ran a Facebook contest to coincide with #runningday where we gave away a free race entry. The winner was Heide Jaksetic and she chose the Michelob Ultra Fort Lauderdale 13.1 Marathon as her free race.

Thanks to Ed Springer, Linda Cowart, Daddy UltraRuns and everyone who came out to share in the running festivities.



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!



Sandra Gannon, 48 — 3:45:14 — Boston Marathon 2014

Cindy Bishop, 54 — 4:09:15 — Marine Corp Marathon 2013

*To have your name listed as a Boston Qualifier, email your name and qualifying time to us — [click here](#)

SCR Central

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

In Memoriam Keekoh Caza

Space Coast Runners' four legged friend, Keekoh passed away on June 10, 2014. The dashing Dalmatian was frequently spotted out and about on the local running scene with her owner, Annie Caza. Always ready to compete, Keekoh placed second overall in the Bayfront "K9" 5K this past December with her running partner, David Bils.

The sympathy and love of our membership is extended to Annie. Keekoh will be missed but always remembered by the Space Coast Runners.



Look for local company, **RaceJoy** at your next marathon or out-of-town race. We've recently seen them and used their live tracking and results at the Glass City Marathon in Toledo, Ohio and the Gate River Run 15K in Jacksonville, FL.

SCR Runner of the Year Series Registration Open!

Enter into the SCR Runner of the Year series for one low price! But act fast...

registrations must be received by August 16th. Learn more here: goo.gl/qsOR3z

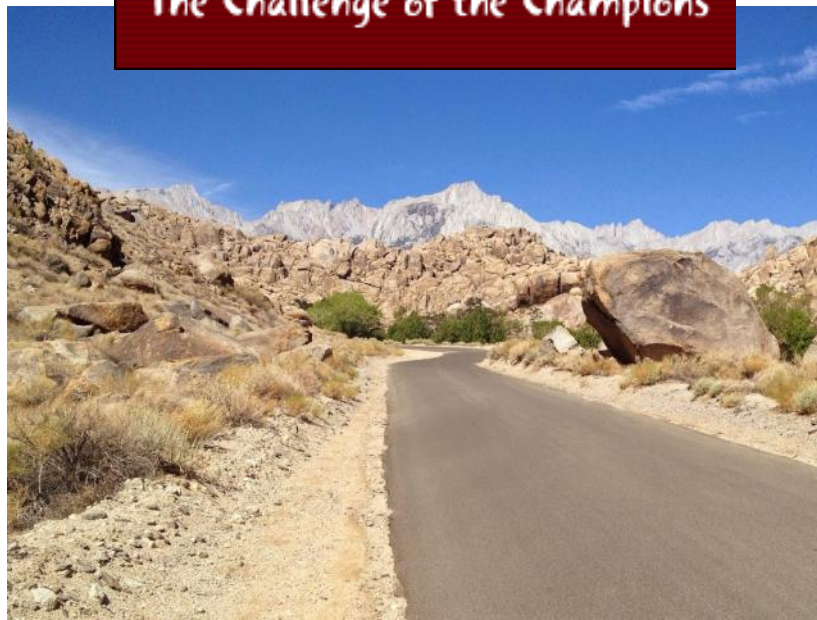


COME JOIN US on the SCR Fun Run Sunday Mornings!

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

SCR Central

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

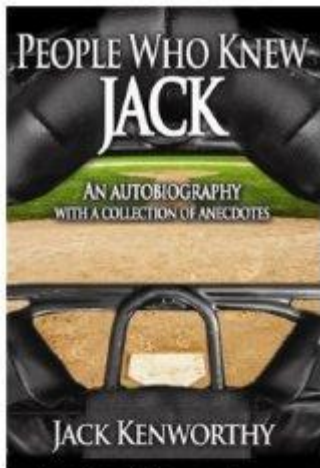


SCR ultrarunner, Jim Schroeder had the privilege to take on the Badwater 135 on Monday, July 21st. If you haven't heard of this ultramarathon, you might like to know that it's a non-stop race through Death Valley. Death Valley's average high in July is 116 degrees Fahrenheit. Runners submit their applications from all around the world hoping to be chosen to try to conquer the baddest of all ultramarathons. The 135-mile course ends near Mt. Whitney which means the race has a cumulative vertical ascent of more than 13,000 feet.



Schroeder is not a novice ultrarunner but Badwater took its toll and claimed him at Mile 60. Yet his post-race Facebook status read, "I am inspired to run, crew or volunteer in 2015." Impressive indeed!

*Badwater statistics are from Buzzfeed.com.



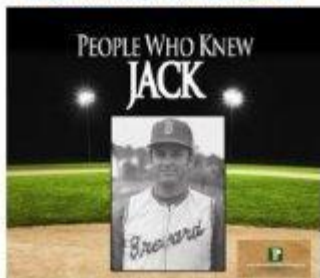
JOIN JACK KENWORTHY ON THIS AMAZING JOURNEY AS HE TRACES HIS LIFE FROM A SMALL TOWN IN MASSACHUSETTS TO A NAVAL BASE IN CUBA TO THE UNIVERSITY OF FLORIDA TO BREVARD COUNTY IN EAST CENTRAL FLORIDA. EXPERIENCE THE MANY SIGNIFICANT, INTERESTING, INFLUENTIAL, AND HUMOROUS PEOPLE HE HAS MET ALONG THE WAY. YOU WON'T BE ABLE TO PUT IT DOWN.

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The Rall Capital
Management Team



If you ever have an interesting idea for an article or would like to contribute to the newsletter with an out-of-town race report, please contact Bob Rall, editor. Bob@rallcapital.com

BIG *Bling*

by Lisa Hamelin

People run for all kinds of reasons. Could one of them be for the medals? Awards? Bling? Oh yes! The bigger, the better. There is definitely a trend toward race medals going bigger and bolder. Race medals have always been a great way to commemorate a special race, a faraway place, a favorite distance, a PR or fun memories with running friends.

Bring on the bling!

RIGHT: The Space Coast Marathon and Half Marathon medal has undergone many changes over the course of many years. The one on the right (unknown year) is an early medal.



Look at the difference now with the Shuttle medals that are the highlight of the Big Bang series.



ABOVE & BELOW: The Little Rock, Arkansas Marathon is one to consider if you are looking for BIG (possibly the BIGGEST) bling. They have been producing increasingly larger finisher medals for their race each year.



Bling—/'bliNG/
Slang. noun

Expensive, flashy, ostentatious clothing and jewelry, or the wearing or flaunting of them.



Join Hope Ministries in “helping hearts heal” at the first Annual Ryan’s Hope 5K Run/Walk. Hope Ministries would like to present the community with a Ryan’s Hope Scholarship that would give someone the opportunity to get the help they need through Addiction Recovery Counseling, Education and Counselor Training.

Event Location

Palm Bay Regional Park
 1951 Malabar Road NW
 Palm Bay, FL 32907

Race Day Schedule

Saturday • September 20, 2014
 6:00 a.m. - Day of Race Registration
 6:00 a.m. - Pre-registered Packet Pick-up
 7:30 a.m. - 5K Race Start
 8:45 a.m. - Kids Fun Run

Early Registration

Before September 5, 2014 - \$20

Registration

September 6 - September 20, 2014 - \$25



Awards

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

Contact Information

Marty Winkel (321) 537-3526 or
 Nancy Rowan (321) 749-4494 (Race Info)
 Peggy Briede (321) 537-7204
 (Hope Ministries/Sponsorship Info)

Make checks payable and send to:

Hope Ministries/Ryan’s Hope 5K
 1805 Canova St. SE Suite 1
 Palm Bay, FL 32909

ONLINE REGISTRATION IS AVAILABLE AT SCEVENTMGT.COM

Last Name _____ First Name _____ M.I. _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____ D.O.B. _____

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

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

Signature (Parent, if under 18) _____



TIPS 'N TRICKS

(you can thank us later!)

HAVE A QUESTION YOU WANT ANSWERED? NEED HELP?

EMAIL lisahamelin@gmail.com & YOUR QUESTION MAY BE FEATURED IN AN UPCOMING ISSUE.

Chafing Aids

It's going to happen. Hot, sweaty, friction = chafing. Here are some items that can be used prior to your run to help prevent chafing.

- Body Glide
- Vaseline
- Corn starch
- Bandages/Band-Aids

Workout Clothes Funk



What to do when your running attire starts to get 'the funk'? You know, when you barely

start working out and the odor is already there. Try these tips (and if they don't end up helping, it might just be time to toss the offending item(s))!.

- Do not throw them in a pile once you remove them. Wet workout clothes will breed bacteria. Hang to dry first if you cannot wash them right away.
- Soak them in a vinegar bath. If you have a lot of items gathered, throw them in your bathtub with water and vinegar (4 to 1) and let soak for an hour prior to washing in the washer.
- Use the hottest setting on your dryer that the fabrics allow.

Space Coast Classic 15k (Nov 1) Contest!

For August's contest, send an email to lisahamelin@gmail.com with your answer to this question—

What is the 15k record (not course-specific) for the Space Coast Classic in the 28 years it has been held?

All correct answers will be put in a random drawing and the winner will be announced in next month's issue! If no one picks the correct answer, the next closest answer will win.

Last Month's Winner Announced

We are giving away a free entry each month! June/July's question was **What was the temperature (in Fahrenheit) of the hottest race on record?**

We didn't receive a correct answer, but the closest answer was 100 degrees at the 1905 Boston Marathon. The winner of this month's contest is:

Brad Thomas

Congratulations Brad—I will be getting in touch with you soon to let you know how to claim your prize! The correct answer is Badwater Ultramarathon at 120 degrees!

RUN A MILE WITH... *NAN POND*

Name: Nan Pond

Family: husband- Travis Pond, who is in the Air Force stationed at Cape Canaveral Air Force Station, and a Boykin spaniel named Tukey.

Ages: 27 and 27. Dog- 2.

Originally from: Kingston, New York – in the beautiful Hudson Valley

Grew up

where?: Kingston. My parents still live in the house I grew up in.

Been in

Brevard County

since: 2012- the Air Force will probably keep us here another 1-2 more years before we're on to the next adventure.

Occupation: biometrician at a forestry/tech startup called SilviaTerra. I have a PhD in Forest Science, and my job involves using satellite data and mathematical models to provide information to forest landowners about the numbers, species, and value of trees in their forests.

Dream profession: my current job!!

Number of Years Running: 7



Began Running Because/To: while serving in the Peace Corps in Zambia, my nearest (American) neighbor would run 15 miles to my house every few weeks.

I thought she was insane, but after a year I figured I had enough free time to train up to that distance, and I loved it.

I Knew I Was Hooked When: I realized I was more relaxed on days that I ran.

Race PRs (Personal Records): 3:54 marathon, 1:44:05 half marathon.

Most Satisfying Race

Performance(s): 1:44:05 at last year's Space Coast Half, and a 6:43 trail 50k that I finished with a smile on my face. Also the Keys 100 relay in 2013.

Favorite Race(s): I've had the most fun in races where I was pacing someone else to help them meet a goal- the Space Coast and OUC half marathons (different years), and the Cologne Marathon in Germany, where I helped a friend finish her first marathon.

Why? I love the freedom of focusing my energies on encouraging someone else instead of being focused on my own effort and experience.

Favorite Race Distance: half marathon Why? It's long enough for some strategy, and justify an indulgent meal afterwards, but training doesn't monopolize my whole life.

Favorite Place(s) to Run: trails-bush paths in Zambia, and in the wild and wonderful Upper Peninsula of Michigan

Running Goals: to bring down my times for the marathon, half marathon, and 5k.



RUN A MILE WITH... NAN POND

Someday, to run the Comrades (ultra) Marathon.

Running Partner(s): Kara Springer, Julia Plumley, Marisa Flint

If I Could Go on a Social Training Run With Any Other Persons, Dead or

Alive: Peter Sagal. I think I'd laugh the whole time, and he'd probably push the pace a bit.

Funniest or Oddest Thing I've Seen

While Running: I saw lots of giant cobras while running in Zambia, but I think the strangest thing was very early one morning in Cocoa Beach. A big pickup truck driven by a huge man drove towards me with a large exotic cat of some sort standing in the passenger seat- its head was sticking out the window, and its body was long enough that it took up the whole front seat and its tail was in the driver's lap.

Training Philosophies: Push harder than the doubting voice in my head. Take days off sometimes. Eat gluten.

One Piece of Advice That I Would Give to a New Runner: You can run as far as you want to be able to. Just try running further!

Other Sports & Interests: cooking, reading, playing with my dog. Travelling whenever possible.

Favorite Reads: My favorite authors are J.R.R. Tolkein, Patrick Rothfuss, and Donald Westlake.

Favorite Movies: Boondock Saints, Star Wars



When Nobody is Looking I Like to: stick my arms out and pretend I'm an airplane when I run around corners.

Favorite Meal: all of them. Paired with good Belgian beers.

Dream Vacation: wine tasting and hiking in Cape Town



Why did you join SCR?

I wanted to connect to runners in the local community. I love SCR because after only a few months of living here, I could go to a local race and know people.

I Think That SCR Could Do A Better Job: I'd love a Saturday morning long run group.



KEEP
CALM
AND
EAT
GLUTEN

Ninth Annual Titusville Racing Series 2014-2015



Presented By



TRS RACES:

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

Saturday, 5K 7:45, 10K 8:15, October 11, 2014
Chain of Lakes, Titusville, FL
The 9th annual partial cross-country course offers a 5K and 10K. These two courses are two of the most scenic courses along the Space Coast. Improved simpler courses. 5K starts at 7:45, 10K starts at 8:15.

PHFC To YMCA/Run to the Gym 5K

Saturday, 8:00am November 8, 2014
YMCA, Titusville, FL
This 6th year race starts at the Parish Health & Fitness Center and finishes at Titusville YMCA. This flat fast course has only 5 turns and could result in a PR. Park at PHFC and get bussed to the Y for the start. Or, Park at the Y and get bussed back to the PH&FC after the race.

Light the Way & Glow 5K

Saturday, 6:00pm, January 31, 2015
Park Avenue Baptist Church
This is a fast, flat course with only 4 turns.

Max Brewer Bridge - Chili Cook Off 5K

Saturday, 5:30pm, February 28, 2015
Downtown Titusville, FL
This 5th year out and back challenging course runs from downtown Titusville, across the award winning A. Max Brewer Bridge and back. Your entry fee includes admission to the Rotary Chili Cook Off located near the finish of the 5K.
This is a \$10 value.

Space Walk of Fame 8K

Saturday, 8:00am, April 11, 2015
Space View Park, Titusville, FL
This two-loop course runs through old residential Titusville and along the Indian River. This race is in it's 37th year.

Blueberry 5K

Saturday, 8:00am, May 16th, 2015
Holland Farms, Mims, FL
This diverse course is in its 5th year. The first 1.75 miles runs on very well maintained roads, then approximately 0.1 mile wooded trail, approximately 0.5 miles of rails to trails and a 0.75 loop around the Blueberry Farm. All participants can pick a pint of blueberry's after their run.

FEES

Due to the rising costs of permits & TPD now charging for their services, we find it necessary to increase all TRS races to \$25. Entry for all 6 TRS races is now \$120 (this is a 20% discount)
*TRS.....\$120.00

*Receive a 20% discount when signing up for the series.

PRIZE MONEY

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

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

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

New For 2014/2015

A sixth race (Light the Way & Glow 5K) has been added to the 2014/2015 T.R.S. Go to lighththeway5kfl.weebly.com

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

Ninth Annual Titusville Racing Series 2014-2015 • REGISTRATION FORM

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

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

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound and hereby for myself, my heirs and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers and supporters of this race (series) and my representatives, successors or my association with an entry or participation in a Titusville Racing Series event(s). If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race (series). I have read the above release and understand it presents a risk of physical injury. Knowing this, I am entering this event (series) at my own risk.

Signature (Parent, if under 18)

Date

Walt Disney World® Marathon Florida's Finest Team search

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

The Walt Disney World® Marathon Weekend takes place January 7-11, 2015.

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

- Walt Disney World® Marathon entry - race application must be submitted by October 1, 2014
- Florida's Finest goody bag
- VIP bus transportation to start
- Seeded number
- A front starting position
- One-room hotel accommodations for two (2) nights
- One (1) one-day Park Hopper for Magic Kingdom® Park, Epcot®, Disney's Hollywood Studios®, or Disney's Animal Kingdom® Theme Park
- \$125 Gift Card
- Invitation to the VIP Reception
- Access to the Hospitality Suite

- Access to the finish line VIP Tent
- One guest of the Florida's Finest Team Member will receive:
- \$125 Gift Card
 - One (1) one-day Park Hopper for Magic Kingdom® Park, Epcot®, Disney's Hollywood Studios®, or Disney's Animal Kingdom® Theme Park
 - Invitation to the VIP Reception
 - Access to the Hospitality Suite
 - Access to the finish line VIP Tent
 - Entry into the Marathon, Half Marathon or Family Fun Run 5K (fee is not waived) during the Walt Disney World® Marathon Weekend. Guest race application must be submitted by October 1, 2014.

The race committee is currently in the process of selecting this year's Florida's Finest Team. Final selection will be made by September 15, 2014. The Team, with a brief biography on each, will be announced in the November/December 2014 edition of this magazine.

To be considered, athletes must be Florida residents and submit the following by September 1, 2014:

1. Running resume, which includes applicant's contacts: home address, work, cell and home phone numbers, and e-mail address;
2. Date of birth and age on January 11, 2015, race day;
3. Running career highlights;
4. Marathon(s) completed 2008 thru 2014 (include race name, date and time);
5. Lifetime PRs at various distances (include race name, date and time);
6. PRs from 2008 thru 2014 if different from lifetime PRs at various distances (include race name, date and time of each PR);
7. If applicable, master PRs (include race name, date and time of each PR);
8. If applicable, grandmaster / senior grandmasters PRs (include race name, date and time).

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

This magical opportunity is open to all Florida residents. To participate in the 2015 Walt Disney World® Marathon as a Florida's Finest, submit the information today. *fr&t*

SCR WOULD LIKE TO THANK OUR ROY SERIES SPONSORS!





Runner of the Year Series

GET READY TO RACE 2014/2015



The **SCR Runner of the Year Series** celebrates its 32nd year of competition with a revamped, ten race schedule for the 2014-2015 season. New to the ROY series is the addition of the **Eat My Crust 5K** in Viera. The series kicks off on Saturday, August 23rd with the [Running on Island Time 5K](#) at the Divine Mercy Catholic Academy in Merritt Island. The series showcases races of differing distances all over Brevard County, fostering friendly rivalries and plain old, good-spirited competition.

Run at least five (four for the youth) qualifying races on our schedule and you could win. The open division male and female series winners receive an award of \$200. Series is open to all eligible members of Space Coast Runners. Visit our website for the complete [official series](#) info.

Members can take advantage of our **All-In-One ROY Series registration**. Register once for all the races and you'll **SAVE** time and over \$30. But wait there's more! You will also receive the **NEW SCR** tech shirt. Your registration must be received by Saturday, August 16th. [Click here](#) to view the series registration form.


**2014 - 2015 SPACE COAST RUNNERS
RUNNER OF THE YEAR RACE SERIES**


(Events, race, register for SCR Marathon/ Half Marathon, FUNNIER CHILDREN'S DISTANCE AND SHORT 5K/10K)

<p>Running on Island Time 5K Sat, Aug 23, 2014</p> <p>Entry Fee: \$15.00 (1st time)</p> <p>Age: 18 & up</p> <p>Start: 7:00 AM</p> <p>Location: Divine Mercy Catholic Academy, Merritt Island, FL 32952</p>	<p>Tooth Trot 5K Sat, Feb 7, 2015</p> <p>Entry Fee: \$15.00 (1st time)</p> <p>Age: 18 & up</p> <p>Start: 8:00 AM</p> <p>Location: St. Ignace Catholic Church, Titusville, FL 32781</p>
<p>Turtle Krawl 5K Sat, Sep 13, 2014</p> <p>Entry Fee: \$15.00 (1st time)</p> <p>Age: 18 & up</p> <p>Start: 7:00 AM</p> <p>Location: Merritt Island High School, Merritt Island, FL 32952</p>	<p>Space Walk of Fame 5K Sat, April 11, 2015</p> <p>Entry Fee: \$15.00 (1st time)</p> <p>Age: 18 & up</p> <p>Start: 8:00 AM</p> <p>Location: Merritt Island High School, Merritt Island, FL 32952</p>
<p>Space Coast Classic 15K/2M Sat, Nov 1, 2014</p> <p>Entry Fee: \$25.00 (1st time)</p> <p>Age: 18 & up</p> <p>Start: 7:00 AM</p> <p>Location: Merritt Island High School, Merritt Island, FL 32952</p>	<p>Eye of the Dragon 10K/2M Sat, Feb 28, 2015</p> <p>Entry Fee: \$15.00 (1st time)</p> <p>Age: 18 & up</p> <p>Start: 8:00 AM</p> <p>Location: St. Ignace Catholic Church, Titusville, FL 32781</p>
<p>Space Coast Marathon & Half Sat, Nov 30, 2014</p> <p>Entry Fee: \$50.00 (1st time)</p> <p>Age: 18 & up</p> <p>Start: 7:00 AM</p> <p>Location: Merritt Island High School, Merritt Island, FL 32952</p>	<p>Downtown Melbourne 5K Sat, Mar 28, 2015</p> <p>Entry Fee: \$15.00 (1st time)</p> <p>Age: 18 & up</p> <p>Start: 8:00 AM</p> <p>Location: Downtown Melbourne, FL 32901</p>
<p>Reindeer Run 5K Sat, Dec 13, 2014</p> <p>Entry Fee: \$15.00 (1st time)</p> <p>Age: 18 & up</p> <p>Start: 7:00 AM</p> <p>Location: Merritt Island High School, Merritt Island, FL 32952</p>	<p>Eat My Crust 5K Sat, May 3, 2015</p> <p>Entry Fee: \$15.00 (1st time)</p> <p>Age: 18 & up</p> <p>Start: 8:00 AM</p> <p>Location: Viera, FL 32980</p>

ROY Series Entry: \$100 (includes NEW SCR Tech \$60!!!) Member-classic price for SCR
Mail to: Space Coast Runners, PO Box 341882, Merritt Island, FL 32954
Must be received by Sat, Aug 16, 2014

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone (optional): _____ Email: _____
 Male _____ Female _____ Date of Birth: _____ Age at Series Start (M/F): _____

The Space Coast Runners of the Year Series is a non-profit organization. All proceeds from the Space Coast Runners of the Year Series are used to support the organization's operations. The Space Coast Runners of the Year Series is a non-profit organization. All proceeds from the Space Coast Runners of the Year Series are used to support the organization's operations.

2014—2015 SERIES SCHEDULE

- Aug 23 Running On Island Time 5K
- Sep 13 Turtle Krawl 5K
- Nov 1 Space Coast Classic 15K/2M
- Nov 30 Space Coast Marathon & Half
- Dec 13 Reindeer Run 5K

- Feb 7 Tooth Trot 5K
- Feb 28 Eye of the Dragon 10K/2M
- Mar 28 Downtown Melbourne 5K
- Apr 11 Space Walk of Fame 8K/2M
- May 3 Eat My Crust 5K

Photo credits: Doug Carroll

Runner of the Year Series

THERE ARE SEVERAL WAYS TO PLACE IN THE ROY SERIES

Space Coast Runners

Youth Series

SCR Youth Series consists of 8 non-competitive FUN RUNS for youth ages 12 and under. The purpose is to include youth in organized runs and encourage participation and an interest in running and fitness.

There will be NO Charge for these runs, but parents will be required to sign a waiver on the day of the run for their children to participate. If they wish, parents may run along with their children. Runs are after the associated adult race is completed.

Distances: ¼ mile, 1/2 mile, and 1 mile (some run all three!)

Children will receive “little feet” participation awards at each run. All children who complete 4 of the 8 runs will be recognized and receive an award at end of year banquet.

For more information please contact Rachel White at (321)292-2999 or [click here](#) to email.



FEATURED SCR RACE OF THE MONTH



Last year over 350 runners and walkers ran the first race in the SCR Runner of the Year series. Tech shirts are guaranteed to the first 350 entrants. Listen to steel drums playing as part of the

pre-race festivities. There are Team Awards, so be sure to sign up as part of the **"Space Coast Runners"** team if you are not already committed to another group.

WHERE ► Divine Mercy Catholic Academy, Merritt Island

WHEN ► 7:30 AM Saturday, August 23

COST ► Early registration for SCR members is \$23 thru 8/18/14

WHAT TO EXPECT ► Florida summer heat at its finest BUT a nice out and back course with no hairpin turns. Plus, the special Oreo peanut butter banana treats are always awesome. Word has it that the cupcakes will be back this year as well.

COURSE RECORDS ►

Male: John Davis - 16:22 (2012)

Female: Jessica Crate – 17:28 (2010)

Reigning Team Competition Champs — Stangs Gold

SCR YOUTH SERIES ► Featuring 1/4 mile and 1/2 mile distances for the little runners.

8:45 am start time

ONLINE RACE REGISTRATION ►

<http://goo.gl/OUPVQ5>



Runner of the Year Series

THERE ARE SEVERAL WAYS TO PLACE IN THE ROY SERIES

ROY OVERALL



Space Coast Runners awards the top three overall male and female runners of the prestigious series. The open division winner will be presented an award and will receive a **\$200** check. The second and third place finishers will also be presented an award.

2013-2014 SCR ROY Overall Winners

Male—John Davis

Female—Mary Hofmeister

AGE GRADED COMPETITION



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

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

2013-2014 SCR ROY Age Graded Overall

Male—Shane Streufert

Female—Annie Caza

AGE GROUP AWARDS



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

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

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

MASTER DIVISION AWARDS



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



Peak When It Counts



Designed for **ALL** fitness levels whether you are new to running or have miles under your belt and want to be more competitive in the sport; obtain a new personal best; add strength and flexibility.

What makes Up & Running Fitness unique?

We train the entire body focusing on cardiovascular endurance, muscle-specific training and yoga postures to keep the body flexible and injury-free.

Choose from **beginners, intermediate or advanced training levels**. Your coaches Elizabeth Ring and Karen Hughes will also assess your fitness level after camp begins.

We offer:

- ☑ Personalized 12-week running schedule based on your goals
- ☑ Track, causeway and beach workouts
- ☑ Challenging and fun group workouts to motivate and inspire you!
- ☑ Circuit training to strengthen your body
- ☑ Yoga specifically for athletes to increase strength and flexibility
- ☑ Finisher shirt when you complete the program
- ☑ Training with athletes who have similar goals and aspirations



**Information Session
Followed by First Workout**
will be held at

Hoover Middle School
2000 Hawk Haven Drive, Indialantic on
August 26th 6:00pm

\$140 New Participants
\$110 Returning Participants
Discounts for Referring Friends

For full details visit us online:
www.uprunningfitness.com
Email: **info@uprunningfitness.com**

REGISTER NOW!

www.imATHLETE.com/events/PWICAUG2014



"Suck It Up Buttercup"

This mantra with the meaning of “keep going and stop complaining” was put to use on a hot, humid June morning for the Suck it Up Buttercup 5K. At 7:30 am on June 21st, 179 runners participated in this event where they were required to run three times around the Fay Lake Wilderness Park. From Matt Mahoney striving to get first in the race to families pushing their children in strollers, the race had a variety of runners and runner abilities with the proceeds benefiting Pete and Barbara Arroyos who are battling cancer.

William Kemmler led the males with 18:18. Following in second was Bret Halliday (19:09) and third was Art Anderson (19:31). Matt Mahoney accrued another victory as Male Master Winner at 19:42. Skye Zeller was the female winner with 22:24. Second was Marie Thomas (22:47) and third was Molly Kirk (22:47). Brittany Streufert (23:34) ran another outstanding 5K, not succumbing to fatigue, finish-



Top: Top overall finisher, William Kemmler crosses the finish line in a time of 18:18.

Bottom: The race is off and running with 185 participants pounding the pavement at Fay Lake Wilderness Park.

Suck it Up Buttercup 5K—6/21/14 — Port St John, FL continued



ing as our Female Master Winner. Participants did a wonderful job pushing the limit and “sucking it up” to cross the finish line in record times.

Racers were awarded a little treat at the finish line when they finished. They had the choice of choosing from a vanilla or chocolate scrumptious buttercup cupcake after completing the race. Also, whimsical awards, which were Suck it Up Buttercup coasters, were awarded to the top three male and female winners overall and in the master category. Top three in the age categories received the coasters as well. The race went smoothly with no challenges with weather or injuries. It was a great opportunity to wake the children on their summer vacation and bring the whole family out to the lake for some run, sun and a special sweet treat after.

For complete race results, [click here](#).

Race report by Michelle Au. Photos by Michelle Au and Brittany Streufert.



Top: Who said volunteers don't have fun at a 5K? Clearly these two cuties are enjoying the day.

Middle: Brittany Streufert, Marie Thomas, Molly Kirk and Michael Thomas pose with their race awards.

Bottom Right: Runners were all smiles as they dashed across the finish line.





Course Description

5K - 3 Loops around the campus lake and trail. This Race will have several wave starts. Approximately 20 Seconds Between Waves. **1- Miler** – One loop course.

Early Registration

Before September 7th - \$20

Registration

September 8th – September 20th - \$25
Day of Race - \$30

Awards

1st, 2nd and 3rd Overall Male/Female, 1st Masters Male/Female, 1st, 2nd 3rd in the following Male/Female age groups 8 & Under, 9-11, 12-14, 15-19 and 5 year age groups thru 75+
Shirts guaranteed to pre-registered runners only.

Early Packet Pick-Up (encouraged)

September 19, 2013 • 2:00 p.m. -6:00 p.m.

Daddy Ultra Runs

602 Brevard Ave.
Cocoa, FL 32922

Contact Information

Rachael Brekenridge 321-536-2376,
r_breck405@yahoo.com
Marty Winkel 321-537-3526, runsalot@cfl.rr.com

Make checks payable and send to:

Endeavour Elementary School/
Panthers on the Prowl
905 Pineda St.
Cocoa, FL 32922

Event Location

Eastern Florida State College (Amphitheater)
1519 Clearlake Road
Cocoa, FL 32922

Day of Race Activities

6:30 a.m. - Registration / Packet Pickup
8:00 a.m. - 5K Start
8:05 a.m. - 1 Mile Walk / Run Start
8:30 a.m. - Post Race Refreshments
9:15 a.m. - Awards

ONLINE REGISTRATION IS AVAILABLE AT SCEVENTMGT.COM
PANTHER'S ON THE PROWL 5K

Last Name _____ First Name _____ M.I. _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____ D.O.B. _____ Age on race Day _____

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

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

Waiver: In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against Endeavour Magnet Elementary School, Space Coast Event Management, the sponsors, officers, volunteers and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

Signature (Parent, if under 18) _____

Race report by Michelle Smurl



The Firecracker 5K was held at 7:00am on Friday, July 4th at the Liberty Bell Museum in Melbourne and served to kick off Running Zone’s 10th annual race series.

Hot and humid conditions did not deter the 1181 runners and walkers from participating in the Firecracker 5K. Chris Cacciapaglia of Melbourne ran a blistering 5:12/ mi pace to capture the Male Champion Title with a finishing time of 16:06. Close behind was Andrew Cacciatore (16:35) of Indialantic and Zeke Zuaner (17:00) of Melbourne to round out the male podium. Viera resident, Shane Streufert, ran the 5K in 18:00 and captured the Male Master’s Champion Title.

Kaitlin Donner, professional triathlete and Running Zone team member, ran a 5:57/mi pace and finished with a time of 18:28 to seize the Female Champion Title. Completing the trifecta was Vanessa Valentine of Melbourne (19:00) and Kim Hunger of Palm Bay (19:12). The Female Master Champion Title was awarded to Tracy Dutra who ran a time of 20:31.

Twenty nine teams participated with Running Zone, Health First and Set Goals Not Limits taking the top three spots. Awards were also given to the top three local heroes (military, fire and police) with Mike Jerue of Indian Harbor Beach taking the top spot with a time of 18:46. Joel Fenlason of Patrick Air Force Base hit the line in 20:04 to grab second place and Sophie Lockerby of Indialantic placed third, finishing in a time of 20:50.

Recognition and celebration of our great Nation's Independence was front and center throughout the race. Many race participants showed their patriotic colors with festive costumes. The ringing of a replica of Americas Liberty Bell signaled the race start, while American flags and red, white and blue popsicles were handed out to all finishers. The Honor America Parade took place after the race. Race proceeds benefit Honor America, a nonprofit organization dedicated to increasing the knowledge of our citizens about America’s heritage and responsible for managing the Liberty Bell Memorial Museum.

The Firecracker 5K needs to be on everyone’s July 4th to do list – truly a great way to kick off the holiday!

Top: Third place finisher, Austin Camps makes a strong statement as he crosses the finish line in 17:31.

Bottom: The race is off to a fast start with 653 participants streaking across the starting line.



Firecracker 5K—7/4/14— Melbourne, FL continued



ASCENSION CATHOLIC



5th Annual Eagle Pride 5K & 1 Miler

Saturday, September 20, 2014 @ 7:30 am

Ascension Catholic School

(Corner of Parkway & US1, 2950 N. Harbor City Blvd., Melb., FL 32935)

- *THE Coolest Tees
- *New! Over \$1000 Gifts/Prizes
- *Free Kid's Run
- *New! Team Awards Category
- *Best Eats of Any Other 5K Race

Timetable

Friday, September 19: 10am – 6:30pm

Packet Pick-up & Registration at **Running Zone**

Across from Brevard Community College on Wickham Rd.

Saturday, September 20: Ascension Catholic School

6:00 am Packet Pickup & Race Day Registration

7:15 am Late Registration ends

7:30 am 5K Start

8:45 am 1 Mile Starts

9:00 am Kid's Run(7yrs/under) FREE



Awards & \$1000 Prizes immediately following all races

Awards: 5K

M&F: Top 3 Overall, Top Masters (40+)
Age Groups (Top 3 M&F): 8 & U, 9-11, 12-14, 15-19, etc. ...standard age groups

*Team: Top 3 Co-ed Teams (5K race ONLY)

Awards: 1 Mile

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

Registration Fees

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

SORRY, NO REFUNDS

EAGLE PRIDE 5K & 1 Miler – Official Entry Form

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

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

Name _____

5K 1 Mile

Address _____

*Team Name _____

City _____ State _____ Zip _____

*Team Awards **ONLY** for 5K race, not 1 Mile race. *Each Team must have minimum of 5 runners w/ at least one member of opp. sex

Phone (daytime) _____ Male Female

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

Ascension Students only:
Grade & Teacher: _____

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

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Ascension Catholic Eagle Pride event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE

U.S.A. BEACH RUNNING CHAMPIONSHIPS

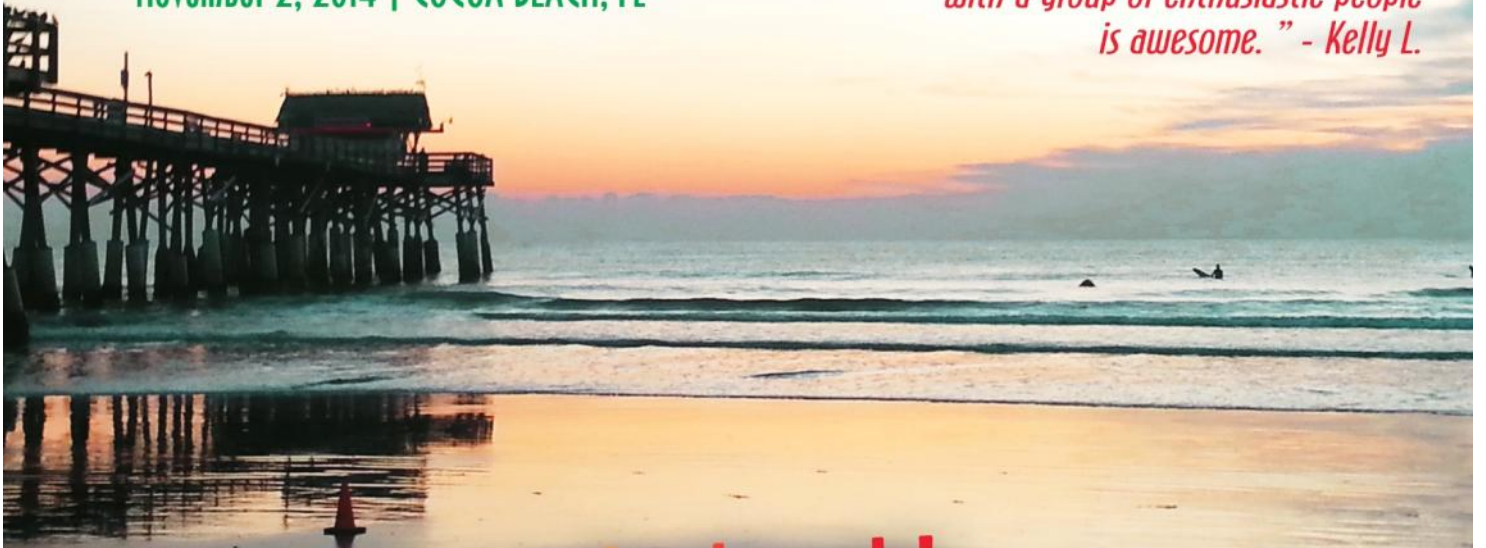
10K • HALF MARATHON

November 2, 2014 | COCOA BEACH, FL

Feel irie...

“Love running on the beach, it's so peaceful, the sound of the birds, surf, and the first hints of sunlight! And it's a great race venue!” - Sharon S.

“Being outside on the beach at sunrise with a group of enthusiastic people is awesome.” - Kelly L.



Live reggae on the beach!

Medals to all finishers • Tech shirts to all pre-registered
Low-tide, out and back runs on hard packed sand
Open to all runners/walkers (No qualifying) • Barefoot division

REGISTER NOW!
RunOnTheBeach.com





2014 RRCA Convention Report

Spokane, Washington — May 1—4, 2014 — Article by Carol Ball



Above: View of Spokane. **Top Right:** SCR attendees Lisa Hamelin, Barbara Linton and Carol Ball. **Right:** RRCA Convention session.

Spokane, Washington was the site of the Road Runners Club of America 56th Annual National Convention held May 1-4. Barbara Linton, Lisa Hamelin, and Carol Ball represented Space Coast Runners this year.

We arrived in Spokane on Thursday afternoon and checked in at the host hotel, the Historic Davenport, also headquarters for the convention. From 4-5pm we attended Round Table Discussions - a great way to share information with leaders from other clubs around the country on various topics. The one I sat in on was "Smooth Leadership Transitions for Club Boards". Then, 5:30 – 7:00pm was the Welcome Reception with drinks and snacks sponsored by Expert Performance (Apparel) and Virtual Race Bags.

Friday Morning we were up early to join either a group run or a yoga class, followed by a great Continental breakfast sponsored by RRCA insurance providers K & K and Star insurance. The host Club, the Bloomsday Road Runners, presented a Convention Kick Off and entertainment by native Northwest Native American dancers.

A General Session on Insurance & Risk Management followed providing us with up to date information on our RRCA Insurance. A portion of your

membership dues each year pays for your coverage at SCR races, either as a participant or volunteer. It was emphasized that RRCA Insurance does not cover races that include obstacles, mud, or overnight relays. Race Directors should discourage headphones, strollers, and dogs in races. Also not covered are fireworks, bounce houses, babysitters, and triathlons. Some suggestions for Race Directors for race safety were: set up a closed start line area, consider security officers with dogs, and require all race vendors and their employees to show ID.

Next were the Regional Meetings, of which we are in the South Region, including Texas, Arkansas, Louisiana, Mississippi, Alabama, Tennessee, Kentucky, North Carolina, South Carolina, Georgia, and Florida. Our section of the US was well represented, with 10 State Reps and over 50 club leaders attending.

Friday's luncheon was sponsored by Leslie Jordan and the speaker was Bernard Lagat, twelve-time track and field medalist in World Championships and Olympics including 5 Gold Medals. Bernard spoke of his experiences running in four Olympic Games to date (Sydney 2000, Athens 2004, Beijing 2008, and London 2012).

In the afternoon I attended a Breakout Session enti-



tled “Successful Networking with Run Specialty” presented by Cari Setzler DVM, RRCA Coaching Certification Instructor and manager of The Running Depot in Illinois. The message was how to have a good working relationship and create a win-win situation between your running club and local running stores. Lisa and Barbara attended “Keeping Events Safe for All Budgets”.

Next, we walked over to the Spokane Convention Center for the Lilac Bloomsday 12K Run Expo. The race boasts over 50,000 runners, including many nationally recognized elites. The expo was huge, with vendors from near and far. One interesting aspect of this race is the very affordable entry fee of \$18, which includes a cotton T-shirt. Registrants can choose and add on such items as a technical finish shirt, medal, hat, etc. There was only Propel offered at the finish, with a food truck event for purchase.

Friday evening we were bussed to Arbor Crest Winery for a lovely dinner setting on a cliff, accompanied by Arbor Crest wine, of course! After dinner there was time to wander the beautiful grounds with tulips in bloom.

Saturday morning started with another group run or yoga class, and breakfast served at Madeleine’s Café, just a few blocks from our hotel. We were not going to lose weight at this convention!

The annual Silent Auction ran from noon Friday until 7:15 Saturday evening. Member Clubs donate items to raise money for the RRCA State Reps Program. SCR donated an entry to the nearly sold out 2014 Space Coast Marathon, along with 2013 goodies (towel, shirts, etc.). It is always a fun part of the convention, looking at all the merchandise and deciding how much and when to bid!

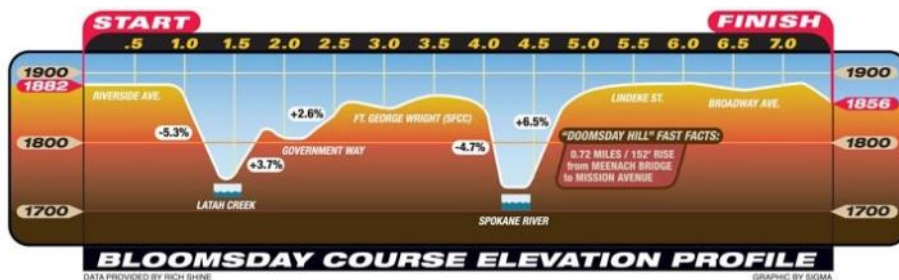
The first Saturday morning breakout session I attended was “Best Practices in Creating and Sustaining Adult Training Programs”, presented by Dwight Mikulis, current Maryland State Rep. I had attended his sessions before and he always has a lot to share, and even follows up with post-convention emailing of his materials.

Next I attended “Club Governance: Implementing Best Practices in your Organization” presented by Jean Knaack, Executive Director of the RRCA. Highlighted were best practices the RRCA Board has adopted to govern the RRCA and how they can be applied in member clubs and events.

Lunch on Saturday featured a lovely piece of salmon. The speaker was Don Kardong, a former President of RRCA and a local Washington runner whose claim to fame is finishing fourth (by 3 seconds) in the Olympic Marathon in Montreal in 1976. He presented a comical approach to life and running.

The last educational session was “Developing and Inclusive Youth Running Program”, presented by Angelo and Sherry Celesia, successful Tidewater Striders (Virginia Beach) youth running program directors. They head up a network of 25 coaches for ~250 children from all walks of life.

Finally, Saturday evening festivities included the completion of the silent auction, the exciting live auction, and the RRCA National Awards Banquet featuring Deena Kastor. Deena is an amazing athlete with a long string of running accomplishments, most notably winning the Bronze Medal in the marathon at the 2004 Olympics. A recipient of a RRCA Roads Scholar Grant in 1997, Deena is a role model for aspiring American runners.



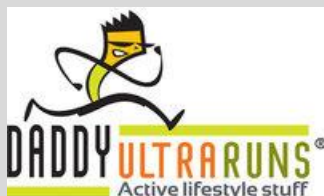
Sunday morning was the 37th Running of the Lilac Bloomsday Road Race, RRCA National 12K Championship. Because we were with the RRCA, we were able to start in the 2nd corral, which was nice considering there were some 50,000 people behind us! Of course, the cool weather came as predicted and it was windy, too! Standing in the corral for an hour did not help. But, once we got going it was a festive race with spectators and 22 bands! The course was a bit hilly, with a hill at mile 5 aptly named "Doomsday Hill" (we walked it). All three of us finished in the neighborhood of 1:11, with enough time to scoot back to the hotel, shower, and catch a shuttle back to the Spokane Airport. I have attended a number of RRCA Conventions,

and I have to say that this was one of the best! It was well planned out and executed and a nice setting. I would like to see more Board Members attend in the future, as it puts in perspective the RRCA role in our Club. It is great to network with so many club leaders and share ideas for improving our Club.



SCR MEMBER DISCOUNTS!

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



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Jan 31 & Feb 1, 2015

5K • 8K 

1/2 Marathon

1/2 Relay & Marathon

+ Dunkin Dash Kids Run  & Mascot Marathon

NEW FINISH AREA AT FRONT STREET PARK!

- 26+ bands • Post race concerts
- Tech tees & hats • Medals to Sunday finishers
- Costume contest
- Live webcast of the finish on Sunday
- Among the nation's greenest races!



REGISTER NOW!
TheMelbourneMarathon.com

Parkrun

by Anne Dockery

In this week's Parkrun.uk newsletter it was announced that over 72,000 people in the UK ran a Parkrun on Saturday. **WOW!**

(continued next page)





I participated in my first Parkrun in October 2013 when I had an extended stay in the UK due to my 93 year old mum breaking a bone in her hip (all healed now, thank heaven). Needless to say I missed our wonderful running community and all the races (not to mention the sunshine!) and I was in need of a little stress relief. A friend suggested I go to the local Parkrun as all the charity races were fully booked. I thought they were just a group of friends getting together each Saturday for a run in their local park. I was sort of right, but a Parkrun is so much more as I was soon to discover.



I looked up Parkrun on the internet and followed the easy instructions. I had to choose a 'home' Parkrun (Bradford), enter my details and then print off the bar code that was emailed to me. (I had this laminated as I have a suspicion it will be used quite a bit during the next few years and I can use it all over the world.)

On Saturday morning, 26th October, I headed to Bradford's Lister Park. I spotted a runner and introduced myself. On hearing that this was my first Parkrun Jim Middleton kindly took me under his wing and showed me the ropes. I was introduced to the very cheerful and lovely Linda who seems to be the main organizer and volunteer coordinator. She is obviously greatly appreciated by all Bradford Parkrunners and quite right too.



As we warmed up, I noticed happy groups gathering, a few speedsters and several volunteers getting to their positions. Lots of folk said hello to me and made me feel so very much at home. Jim kindly warned me about the notorious "teeny, tiny hill". It didn't look too daunting on the warm-up lap. Runners gradually congregated at the starting point. Much chatting and laughter all around. Announcements were made. Welcome to those tackling their first Parkrun (YAY!) ; Congrats to those who had earned their 50/100 Parkrun shirts. Happy Birthday to someone else and then ready, steady, run! A prompt 9am start.

The autumnal air was perfect for running and the park was full of trees bedecked in golden colours. The course was on smooth, wide paths, littered in some sections with fallen leaves. Volunteers cheered us on as they made sure we went the right way. Children cheered on parents and vice versa. I heaved up that teeny, tiny hill 3 times and then up an equally challenging 'little hill' to the finish line. (mental note to self that I need to run the bridge more often).As I puffed over the finish line Linda handed me my token and, once I had got my breath back, I took it with my bar-code to a volunteer who carefully scanned them.



Then off to Nick, the frothy coffee man's van, parked nearby and for chats with lots of local runners. I met a wonderful lady in my age group, Sylvia Ross, and we now check out each other's running events on FB. We cheered the last few folk home and I heard uplifting stories about some of the people who had had their lives transformed by this local gathering of runners. (You can read lots of stories at parkrun.com.)

Later that day I received an email which gave me my time (23.05) and my age graded percentage. I was then able to go online and see how other runners in my age group throughout the UK had fared that day. Brilliant! You can compete with people you have never met! At runbritainrankings.com you can view a regularly updated list of times and rankings for all runners in age groups at different events, not just park runs. I have suggested Athlink try and set up something similar over here). Mind you, you have to keep in mind the fact that each park will have a different course and some are considerably more demanding than others.

The following weekend I returned, of course, to see my new found friends and try to master the teeny, tiny hill a little better.... It was as if I had been there many times. Jim introduced me to several runners who asked about my mum's progress and generously congratulated me on my age graded time from the previous week. We chatted about the joys of running and I heard more amazing stories about the way this Parkrun has helped local people from all walks of life to gain in fitness and confidence. As Linda said, that is the best part of Parkrun. You can

go every Saturday and run the same course and see how you improve. You see the same people each week and the family just keeps on growing. Faster runners will often turn out as pacers to help newer people reach their goals as do so many local speedsters in Brevard County.

The main thing is that this run is totally free! Anyone can join in and, as long as they have their barcode, they will get an accurate time each week. There is no chip but, judging by my Garmin, both the distance and timing were accurate. Sponsors help finance the basic equipment. It seems that there are a few people who kindly volunteer most weeks and runners volunteer on a regular basis.

As I drove away I passed lots of family groups and friends walking home for their well-earned cup of tea and late breakfast. I check out Bradford Park run news most weekends and a couple of months ago they celebrated their 4 year anniversary. They had an attendance of well over 400 runners including pacers from the Saltaire Strider running club. I believe several people managed to gain PR's!

So how did all this start? It appears that a group of 13 runners used to run in Bushy Park, Teddington, UK. This is where it all began. Now it has spread all over the world. Our nearest Parkrun is in CLERMONT! I intend to get there one day this year for my 3rd park run. I shall be surprised if they start at 9am!

Find out more about how Parkruns began and how



they are organized at Parkrun.com or park run.uk

We are so lucky here in Brevard with all our wonderful weekly training runs organized all over the county and Running Zones free weekly fun runs but I do think this is a very exciting idea for a community event. Some people I spoke to started off walking when friends dragged them along and are

now competitive runners who will be eternally grateful to have found the Bradford Park run.

I cannot think of a large enough park in Melbourne Beach.....I look forward to my next visit to UK. I will be ready for the teeny, tiny hill but, most of all it will be grand to see Jim, Sylvia and all the other Bradford Parkrunners. I cannot thank them enough



How Parkrun Works...

- ◆ *A non-commercial, free, feel-good, community based event but with a family stretching across the world.*
- ◆ *Runners sign up on the website once in their life... then just turn up and run at any event in the world.*
- ◆ *Results are emailed the same day and posted on the website with historical results and stats including age group records and age-graded performances (for those getting older!)*
- ◆ *There are clubs to encourage participation. A 50 Club for runners who've reached 50 runs, a 100 Club, a 250 Club, and a Junior under-19 10 Club.*
- ◆ *We offer an annual points competition at each event to encourage attendance.*
- ◆ *We keep in touch with runners through an emailed weekly newsletter and the website and social media.*



DIXIE CROSSROADS

WILD

SHRIMP SHUFFLE

CHAIN OF LAKES

**Titusville, Florida
October 11, 2014**

**7:45 A.M. • 5K RACE START
8:15 A.M. • 10K RACE START**

Benefiting  of Brevard

LOCATION:

Chain of Lakes
2300 Truman Scarborough Way
Titusville, Florida 32796

COURSES (NEW & IMPROVED)

The race will start and finish at the new pavilion near the newest entrance (on US1 north of Parrish Medical Center) of Chain of Lakes. The course is a combination of asphalt & cross-country trails encompassing the newest lake.

EARLY REGISTRATION

Before September 28, 2014 - \$23

REGISTRATION

September 29 through October 11, 2014 - \$28

EARLY PACKET PICK UP

Friday, October 10th from 4:00 p.m. - 7:00 p.m.
Parrish Health & Fitness, 2210 Cheney Hwy., Titusville, FL

RACE DAY SCHEDULE

6:15 AM Day of Race Registration/Package Pickup
7:45 AM 5K Race Start
8:15 AM 10K Race Start
9:15 AM Kids Fun Run

AWARDS 10K & 5K

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

AGE GROUPS

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

DOOR PRIZES

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

TITUSVILLE RACING SERIES

The Wild Shrimp Shuffle 10K & 5K is the first race of six in the Titusville Racing Series.

CONTACT: Marty Winkel 321-537-3526

MAKE CHECK PAYABLE & MAIL TO:

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

SPONSORS:

Dixie Crossroads, Parrish Medical Center,
LivingWell Chiropractic



ONLINE REGISTRATION IS AVAILABLE AT SCEVENTMGT.COM

WILD SHRIMP SHUFFLE

Last Name _____ First Name _____ M.I. _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____ D.O.B. _____

5K OR 10K Male Female T-shirt: XS S M L XL XXL

WAIVER

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

Signature (Parent, if under 18) _____

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



AUGUST 2014



Lake Logan Half Ironman 8/2—
Canton, NC

Daryl Gilbert



The Kaua'i Marathon & Half Marathon 8/31—
Kaua'i, HI

Carol Ball, Donna Neill

Oregon Wine Country Half Marathon 8/31—
Yamill County, OR

Christine Ellegood



Rock n Roll Virginia Beach Half Marathon 8/31—
Virginia Beach, VA

Lori Kruger



SEPTEMBER 2014



World Championship 70.3 9/7—
Mont-Tremblant, Quebec

Cathy Friedel



11th Annual Fire-fighter's 5K 9/7—
Hollywood, FL

Debbie Molina

Michelob Ultra Boston 13.1 Marathon 9/14—
Boston, MA

Pat Kiesselbach



Air Force & Half Marathon 9/20—
Dayton, OH

Pat Mister, Doug Nichols

Beat the Blerch Half Marathon 9/21—
Carnation, WA

Barbara Linton

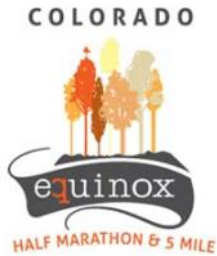


Where in the World are You Running Next? [CLICK HERE TO TELL US](#)



Where in the World are Space Coast Runners Running?

SEPTEMBER 2014



Equinox Half Marathon
9/21—Fort Collins, CO
Brett White, Dick White

OCTOBER 2014



The Twilight Zone Tower of Terror 10-Miler 10/4—Lake Buena Vista, FL

Beverly Glenn



Wineglass Marathon 10/5— Corning, NY

Deb Molina, Cheryl Ritter, Ron Ritter, Brittany Streufert, Marie Thomas, Micah Vanatta



John Holmes 50K
10/11—Croom Park/
Withlacoochee State
Forest, FL

Jim Schroeder

TOWPATH MARATHON



Towpath Marathon 10/12— Cuyahoga
Valley National Park, OH

Molly Kirk

OCTOBER 2014



Beachside Half Marathon 10/11—
Vero Beach, FL

Brittany Streufert, Shane Streufert



Mohawk Hudson River Marathon
10/12— Schenectady, New York

Howard Kanner, Steve Oliver, Kristin Tinker



Chicago Marathon
10/12—Chicago, IL

Mary Collins, Marisa
Flint, Amy Sequeira,
Christy Zieres

Jack's 50K Trail Race
10/25—Palm Coast, FL

Jim Schroeder



Marine Corp Marathon 10/26—
Washington, DC

Betsy Butler, Abe Oros

Add your Next Race to the SCR Calendar! [CLICK HERE TO EMAIL US](#)



Where in the World are Space Coast Runners Running?

NOVEMBER 2014

New York City Marathon 11/2—New York City, NY

Steve Chin, Stephanie Kutteroff, Shane Streufert



Michelob Ultra Ft Lauderdale 13.1 Marathon 11/9—Ft Lauderdale, FL

Pat Kiesselbach



St. Augustine Half Marathon 11/14—St. Augustine, FL

Beverly Glenn



Wild Sebastian 100 11/15 & 16—Sebastian, FL

Jim Schroeder



Rock 'n Roll Savannah Marathon & Half Marathon 11/8— Savannah, GA

Mike Acosta, Les Dunne, Rene Dunne, Lisa Hamelin, Kira Juranek, Susie Meltzer, Gina Rall

DECEMBER 2014



XTERRA

TRAIL RUN
WORLD CHAMPIONSHIP

XTerra World Championship Trail Run 12/7—Oahu, HI

Bill Buonanni, Nancy Buonanni

Jacksonville Bank Marathon 12/28— Jacksonville, FL

Debbie Molina



FEBRUARY 2015



Gasparilla Half Marathon 2/22— Tampa, FL

Dick White, Rachel White

*"Triathlete's Choice Best of 2013" Finalist:
"Best Race" , "Most Scenic Race" , "Bucketlist Race"*



RocketMan Florida Triathlon

OCTOBER 12. 2014.

KENNEDY
SPACE
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COMPLEX

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**New
course!**

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Race Calendar—August



Date	Race	Start Time	Location	Contact
Aug 2	Homes of Hope Beach Run 5k	8:00 am	Paradise Beach, Melbourne	carrie2170@yahoo.com
Aug 2	Workman Warriors 5k	7:30 am	Wickham Park, Melbourne	ritch@ritchworkman.com
Aug 9	I Run for Pizza Football Kickoff 5k	7:00 am	Viera High School, Viera	dpiercy@runningzone.com
Aug 16	Jim, Matt and Rene's Birthday Runs 67k/59k,34k	7:30 am	Wickham Park, Melbourne	matmahoney@yahoo.com
Aug 16	MCC Champions Club 5k	7:30 am	Melbourne Central Catholic High School, Melbourne	dmcltiger@aol.com
Aug 17	Mustang Trot 5k	7:30 am	Jefferson Middle School, Merritt Island	donahue1010@gmail.com
Aug 23	Running on Island Time 5k	7:30 am	Divine Mercy Academy, Merritt Island	debwells@cfl.rr.com
Aug 30	Sister Run 5k	7:30 am	Ryckman Park, Melbourne Beach	tlinp@yahoo.com
Sept 9	Labor of Love 5k	7:30 am	Harmony Square, Harmony	cathy@gemsevents.com



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The Rall Capital
Management Team



Marty Winkel


321-537-3526

sceventmgt@gmail.com



HAPPY BIRTHDAY!

August 2014
 Birthstone: Peridot
 Flower: Gladiolus

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Stephanie Bird Cathy Chapman Kaitlin Donner Bill Floyd John Hannah Christine Kennedy Beth Timmons
3 Bob Pecor	4 Ty Bowen Sally Deabenderfer Lelia Holmquist Candy Smith	5 Steven Tagye	6 Audrey Kirk	7 Kristin Apotsos Richard Davis Dudley Ojeda Luanne Memmott	8 Kathryn Gonzalez Matt Mahoney Donald Piercy Nan Pond	9 Tanner Mitzlaff Cathie Poor
10 Kaia Holmquist	11 Christina Burns Joel Fenlason Raymond Fleeman Riley Smith	12 Deborah Buono	13 Brittany Streufert	14 Cherie Cook Ruby Vanderwyst	15 Piyam Brown Greg Maxwell Jaime Ruiz	16 Jack Kenworthy Lauren Suarez
17 Tonya George	18 Mark Conant Rene Dunne Mary Hofmeister	19 Kenneth Kelly Roberta Osterling	20 David Harr Hank Serafini Sherry Thorpe	21 Stephanie Deen Mitchell Hait Jim Schroeder Charlene Anstett Denise Unrue	22 Mark Vanderwyst	23 Catie Stewart
24/31 Don Dore Morgan Kirk Joshua Maitlen Karen Mitzlaff Sophia Sardella Marisa Flint Jared Hayes	25 Donald Dyke John Robson	26	27 Nikolas Harvan	28	29 Kaitlin Badgett Austin Joiner	30 Bob Ghormley Nicholas Mrdjenovich

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.*