

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

# SPACE COAST RUNNERS

JUNE/JULY 2015



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**Left:** These six speedy kids were awarded some big bling for placing in the 8 & under age group category at Eat My Crust.

**On Our Cover:** Melbourne's Chris Cacciapaglia races next to Orlando's Bill Vanos at the Eat My Crust 5K in Viera. (Photo credit: Doug Carroll )

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# SPACE COAST RUNNERS

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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](http://SpaceCoastRunners.org). We also invite you to attend our Board meetings, which are open to the public and are held at 7pm on the third Monday of each month.



**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*

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**SPACE COAST  
RUNNERS**

P.O. Box 541837  
Merritt Island, FL 32954





Letter to the Editor

Our mailbox is always open. If

you have an opinion, compliment or complaint feel free to communicate it to the newsletter staff. Tell us what running topics matter to you most. Email us by [clicking here](#).

I was fortunate enough to attend the RRCA Annual Convention last year in Spokane and during the awards when they announced the winner of the Outstanding E-Newsletter, my interest was piqued. I went back to Bob (our Editor-in-Chief at that time) and the rest of our newsletter team and said that we needed to try to win this award. There is nothing us runners like better than a challenge to conquer. So, we brainstormed and came up with some fresh ideas to enhance the newsletter and take it to the next level.

Fast forward to this year's RRCA Convention in Des Moines and lo and behold, we WON! I was very excited to be able to accept the award for Bob, as he was unable to attend. Here is his speech:

The fact that we are accepting this award is a testament to what can be done when a team sets a goal and then works together towards that goal. We've always known that our newsletter was pretty good, and that's because we put a lot of time and effort into it. We were proud of our product, and our membership let us know that they liked what we were doing. But last year, we decided to reach a little farther, well...a lot farther. We set out to win this award.

Our team got together shortly after last year's conference and talked about what we had learned and decided to go for it. We tweaked a few things and added a few things and kept working hard at improving what we sent out each month.

We are proud to accept this award and hope that we've set the bar a little higher for next year's award winner. It's great to have your hard work and hours of effort recognized, and it's great to be a part of a team that set their sights on something and then worked together to make it happen.

Make sure you attend the SCR ROY Awards Night—June 6th at 6:00pm. Looking forward to seeing everyone there.

We will be taking July off for the summer and will see you back here in August with fresh ideas and new content for the newsletter!

Keep Moving Forward!

Lisa Hamelin  
Editor-in-Chief

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



## EDITOR'S CORRECTION

Because of an editing error, a caption with the Kraver family photo on page 2 of the May newsletter misidentified one of the individuals. It was Gregg Kraver, not Richard Kraver with his family.



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**ACROSS FROM BREVARD COMMUNITY COLLEGE**



# Springer's Spiel

A Monthly Column from SCR President, Ed Springer

## Space Coast Runners,

The 2014-2015 SCR Runner of the Year (ROY) series may have concluded but the club remains full speed ahead. The 2015-2016 ROY series committee put forth a proposal which retained the races from the 2014-2015 season. The proposal was accepted by the Board and we anticipate the selected races will continue to evolve and enhancement the events for participants.

The annual election for the SCR Board of Directors was held in May and all of the candidates were confirmed for duty beginning in July. I would like to thank all of the members who took the time to complete the online voting ballot and I want to especially thank all of the candidates who stepped forward to volunteer for another year of service to the club and community.

The SCR Awards Night is just around the corner and I can assure you this year's event is not to be missed. In addition to some format changes there will be some new awards and entertaining surprises. Our SCR creative mind team has really outdone themselves with planning a high caliber event.

Lastly, I wanted to report SCR had an overwhelming response from applicants interested in joining the club's race team. The selection committee has completed the application review process and the team will be announced at the SCR Summer Social on July 18th.

Happy Running,

Ed Springer

SCR President

[springer993@gmail.com](mailto:springer993@gmail.com)



## JUNE/JULY BOARD MEETINGS

June 15 — 7pm, Pro-Health Merritt Island

July 20 — 7pm, Pro-Health Viera.

All members are welcome to attend.

## Advertise in this newsletter.

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

To advertise your business or race in the SCR newsletter contact Lisa Hamelin, Editor-in-Chief at [lisahamelin@gmail.com](mailto:lisahamelin@gmail.com).

## MOTIVATED INDIVIDUAL(S) NEEDED!

Space Coast Runners is looking for a **Sponsorship Chair** for the upcoming 2015-2016 race season. Space Coast Runners owns three races - Space Coast Classic 15K, Eye of the Dragon 10K and Space Walk of Fame 8K. Each of these races rely on sponsor dollars to help offset costs to put on these great events for the community.

### Responsibilities include:

- Solicit sponsors from local businesses for the three main SCR-owned races
- Ensure the sponsors are receiving the benefits that are outlined in the agreement
- Organize the sponsor baskets/thank you gifts for the end-of-season Awards Banquet

The current Sponsorship Chair is available to assist the new candidate to help ease the transition! Please email Lisa Hamelin [lisahamelin@gmail.com](mailto:lisahamelin@gmail.com) if interested and/or for more information.



# Local Fun Runs & Walks



Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (triathlontrainingstore@gmail.com)
Sun	Oars & Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars & Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Sun	Murrell Road Running Group (MRRG) Spyglass parking lot, Viera	7:00 am	<a href="http://www.meetup.com/Murrell-Road-Running-Group/">http://www.meetup.com/Murrell-Road-Running-Group/</a>
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	Long Doggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Christy Tagye (christytagye@yahoo.com)
Tues (1st/3rd of each month)	Playalinda Fun Club Runs, Playalinda Brewing Company	6:30 pm	Donna Scott (225-8978)
Tues	Long Doggers Running for Brews, Satellite Beach	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Open Water Swim & Causeway Run, Squid Lips Beach/Eau Gallie Library	6:00 pm	Running Zone (erin@runningzone.com)
Wed	Cocoa Beach Fun Runs Long Doggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:00 pm	Michael Higgins/Christine Ellegood (michaeldhiggins@gmail.com) (cellegood@gmail.com)
Wed	Daddy Ultra Runs, Cocoa Village	6:00 pm	Hernan Garcia (info@daddyultraruns.com)
Wed	Fia's Ristorante & Pizzeria Running for Brews, Melbourne	7:00 pm	<a href="http://www.meetup.com/Running-for-Brews-Melbourne/">http://www.meetup.com/Running-for-Brews-Melbourne/</a>
Thurs	Running Zone, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	Hoover Middle School, Indialantic	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	Long Doggers Running for Brews, Viera	7:00 pm	Sean & Sandra Christian (IDLifeteamChristian@gmail.com)

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 that meet regularly. If you are aware of any other groups that aren't listed, please contact [lisahamelin@gmail.com](mailto:lisahamelin@gmail.com) and we will add them!





**Cocoa Beach Runners, Cocoa Beach**



**Running Zone, Melbourne**



**Up & Running Fitness, Indian Harbour Beach**



**Palm Bay Rec Runners, Palm Bay**



**Running for Brews, Satellite Beach**



**Running for Brews, Viera**



**Long Doggers, Indialantic**



**Daddy Ultra Runs, Cocoa Village**



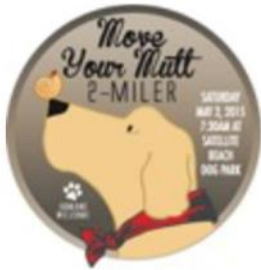
Join us for the inaugural year of this unique race series!  
 Striving for the betterment of the community, the Up & Running Race Series partners with local non-profit organizations to make everyone's life...a little better.



More Info: [UpRunningRaceManagement.com](http://UpRunningRaceManagement.com)

## Move Your Mutt 2-Miler

Saturday, May 2, 2015 7:30 a.m.  
 Satellite Beach Dog Park, Satellite Beach



Join other dog-lovers to run or walk 2 miles in the surrounding neighborhood. Begins and ends at our own Satellite Beach Dog Park. The Paw-fect start to your day! Water bowls and treats provided at the finish line. You and your four-legged friend will be supporting [Brevard ASAP](#) (Aiding Shelter Animals Project) - Humans must eat to survive and so must our pets. A portion of funds will go towards food resources for dogs and cats abandoned or surrendered due to financial crisis.

## Lost in the Bay Duathlon

Sunday, May 24, 2015 7:30 a.m.  
 Bayside High School, Palm Bay



Train for your next triathlon! Event-friendly for the beginner and seasoned duathlete alike. You begin by running a marked 5k course, followed by a 10-mile bike, followed by a 2-mile course. You'll be running and biking for [Children's Home Society](#) who protect and heal children & strengthen families. Their services have impacted more than 2500 children and families in Brevard.

## Run the Tide Beach 5k

Saturday, July 25, 2015 8:00 a.m.  
 Longdoggers, Indialantic



Run, walk or stroll as you appreciate and support our unique coastline at low tide. After party at Longdoggers! A free beer with race bib & free hot dogs for the kids! Proceeds benefit [Hubbs Sea World Research Institute](#) (Melbourne Beach facility). In addition to being the first responders to stranded whales and dolphins on the East Central Florida beaches, the Institute has wide-ranging studies that include global research on bioacoustics, animal physiology

## Up & Running Adult Track Meet

Date & Time To Be Determined  
 Merritt Island High School



Relive your glory days of track meets with this one of a kind local event...A track meet for adults! Come and run a 200, 400 and 800 meter event and participate in a 1600 meter relay! We'll even have a ball toss and a standing long jump for the field athletes. Proceeds benefit [Children's Home Society](#) who protect and heal children & strengthen families. Their services have impacted more than 2500 children and families in Brevard.



# SCR Central

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



## CELEBRATE RUNNING ON WEDNESDAY, JUNE 3

Join us for a SCR sponsored fun run starting at Daddy Ultra Runs in Cocoa Village at 6:00 pm on Wednesday, June 3rd to celebrate National Running Day!

Be a part of this coast-to-coast celebration of running. All paces are invited to join the fun.

Water and Gatorade will be provided on River Road at mile 1.5. Pizza from Ryan's next door will be ready for you post-run along with a beer special from the Village Idiot. Enter the raffle to win an exciting prize. Drawing will be held at 7:15pm.

Can't make it? That's ok simply enter our giveaway on the SCR Facebook page on 6/3 and you could be winner.



JOIN US on the SCR Fun Run  
Sunday Mornings | 6:30AM Cocoa Village

(Photo credit: Steve Colella)

## welcome! NEW MEMBERS!

<i>Doug Carroll</i>	<i>Kurt Peterson</i>
<i>Hernan Garcia</i>	<i>Roger Pringle</i>
<i>Tadzia Harvey</i>	<i>Robyn Pringle</i>
<i>Riley Higgins</i>	<i>Makena Rose</i>
<i>Lacey Higgins</i>	<i>Scott Rose</i>
<i>Michelle Higgins</i>	<i>Lisa Rose</i>
<i>Sandra Holz</i>	<i>Harrison Runyon</i>
<i>Jessica Levi</i>	<i>Caroline Runyon</i>
<i>Charles Levi</i>	<i>Shawn Saunders</i>
<i>Isaac Marren</i>	<i>Michelle Saunders</i>
<i>Maria Marren</i>	<i>Marcus Smith</i>
<i>Tom Marren</i>	<i>Tim Speed</i>
<i>Helen Marren</i>	<i>Karen Speed</i>
<i>Veronica Marren</i>	<i>Judd Spitzer</i>
<i>Michael Martin</i>	<i>Joshua Thompson</i>
<i>Jeff Martin</i>	<i>Jara Tomana</i>
<i>Joli Martin</i>	<i>Dean Worm</i>

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 two locations:

Running Zone in Melbourne  
Daddy Ultra Runs in Cocoa



**We look forward to running  
with you!**

# SCR Central

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



Space Coast Runners

## Summer Social

### Save the date!

**Saturday, July 18 from 2:00pm - 4:00pm**

Cocoa Beach Pool Pavilion  
4800 Tom Warriner Blvd, Cocoa Beach

Join Space Coast Runners at our annual Summer Social. It's an afternoon of fun, food and drink. And, we'll be announcing the new 2015-2016 SCR Racing Team.

Take advantage of the discount and register for the "Runner of the Year" Race Series.

Bring a friend to become a new Space Coast Runner. They'll save \$5 off the annual membership fee.

Need to renew your SCR membership? You can save \$5 at the social.

Spin the SCR Prize Wheel to win great prizes! Bring your bathing suit and towel if you like. All attendees are welcome to use the pool for a \$2 fee.

Refreshments by A NY Pizza, Cocoa Beach. Alcoholic beverages allowed - no GLASS please!

## SPECIAL SCR MEMBER RACE DISCOUNTS

- ◆ Last chance to save \$10 on the [Echo Half Marathon](#). The 2nd annual point-to-point race will be held on June 7th. Runners race along 13.1 oak canopied miles on the beautiful paved trail from Osteen to DeBary, FL. The code to use for online registration is **Brittany10**.
- ◆ Receive a 20% discount on all [Virtual Strides](#) events by entering discount code **SCR** during registration. Up next is June's "Aloha Run" virtual 5k/10k/Half Marathon.
- ◆ [Best Damn Race](#) which offers 5K, 10K, Challenge, and Half Marathon distances is offering \$5 off registration to any of their events. Use code **RUNFAST**. Cape Coral is 12/13/15, Jacksonville is 1/16/16, Safety Harbor is 2/6/16, and Orlando is 3/5/16.
- ◆ Save \$10 on the [Town of Celebration Marathon & Half Marathon!](#) This year's event will take place on January 31st, 2016. Register by the end of June to receive the lowest pricing and to guarantee your spot in the race. Use code **SCR**.
- ◆ Registration is now open for the 3rd annual [Tomoka Marathon, Half Marathon & 5K](#) in Ormond Beach on Saturday, March 26, 2015. Save 10% with code **SCR10**.





# SCR Central

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



## SCR MEMBERS STORM THROUGH THE KEYS 100



Running to regain the overall Keys 100 title and their course record that was broken in 2014, team Space Coast Runners was on a mission. On May 16th Chris Cacciapaglia, Woody Burnett, Steve Chin, Shane Streufert, John Davis and Bill Vanos ran an average pace of 5:28 for the 100 miles from Key Largo to Key West. Not only did they place first in the relay division, but they ran it faster than ever before. They once again hold the course record with their awesome finishing time of 9:07:27.2.

The ladies were represented by the Viera Girls Fight Club who finished third in the All-Female division in 13:04:26.9. Team members were Betsy Butler, Marie Thomas, Doina Tanase, Molly Kirk, Susie Meltzer and Brittany Streufert.



And the taters were back running this year as Wonder Taters Unite. The fun co-ed team ran the relay in 13:38:42.2. Team members included Rick Foresteire, Danny Barrett, Tammy Foster, Tracie Donnelly, Veronica Sims and John Ouweleen.

Not everyone does the relay, new SCR member Hernan Garcia and Steve Colella set out to tackle the 100 miles solo. If you can believe it, Hernan ran the race in 23:27:41.5 with very little training. Steve struggled in the last stages of his race. He ended up calling it a day at mile 87 when his body



decided it was no longer going to cooperate with his intentions of moving in a forward direction.

Congrats to everyone!

# SCR Central

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

## Young Runners Awarded Scholarships

Space Coast Runners awarded two local high school 2015 graduates with \$1000 scholarships. The recipients were Mackenzie LaCourse from Cocoa Beach High School (pictured left) and Reed Nicholas (pictured right) from Viera High School.

Board members Marisa Flint and Shane Streufert presented the recipients their scholarship at their respective Senior Awards Night ceremonies.

SCR selects the winners from essays submitted on how running has impacted their relationships with family, friends, and community.



## Fashion Police: "Rainbow Brite runs Boston"

Well at least Harry Prosser covered up for the cold as he set out to run his first Boston Marathon in April. However he might have gotten dressed in the dark as that's the only logical explanation we can gather from the look of his marathon running attire.

Harry somehow made the choice to don arm sleeves sporting bands of bright colors with a neon pink tech shirt that reminds us of a highlighter. The runner finished off his racing attire with a pair of cherry red Brooks and a Space Coast Runners hat that coordinated with each other but definitely not with the explosion of color going on in the middle.

In action we can only imagine the spectators in Boston thinking a fast, glowing Fruit Stripe pack of gum had just passed them by. Harry may be speedy but he should really dress with the lights on next time.

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.





# SCR Central

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



*Pictured above: The virtual runners gathered at Cocoa Village at 8:30 am to receive their medals which is an extra perk given Mark Petrillo, Virtual Stride's founder and SCR member lives locally and can make that extra special delivery to the Space Coast Runners event.*

## Remembering the Fallen

**5/24/15—Cocoa Village** The Remember the Fall virtual run took place last Sunday morning in Cocoa Village, timed to coincide with Memorial Day weekend and the SCR Sunday fun run. More than thirty people participated in total at this month's event which is coordinated by Kimberly Prosser and Virtual Stride's Mark Petrillo.

Worldwide, Virtual Strides had over 2,300 participants from all 50 states and a handful of other countries. This month's donation was going to the Special Operations Warrior Foundation and at press time the amount was over \$12,000.

For more information on how you can participate in June's "Aloha Run" virtual 5k/10k/Half Marathon visit [VirtualStrides.com](http://VirtualStrides.com).

## Sunday SCR Run Hydration Crew Members Needed

Every Sunday SCR provides water & Gatorade on River Road.

The SCR Hydration Crew is looking for new volunteers to assist each week, once a month or whenever you might be available.

If you think you have what it takes (a vehicle and muscles) to be a part of this very important crew, send us an email. We'd love to hear from you.

**VOLUNTEER NOW:**

Email Cyndi Bergs at [mcbergs@att.net](mailto:mcbergs@att.net).

**REGISTER  
NOW!**

**UpRunningRaceManagement.com**



## **Saturday, July 25, 2015 - 8:00 a.m. Longdoggers, Indialantic**

**Run or walk our awesome coastline in this inaugural event and support the rescue of dolphins and whales from our own local coastline. Hubbs Sea World Research Institute's mission:**

***"to return to the sea some measure of benefits derived from it"***

- Awards and after party at Longdoggers; a free beer to all runners showing race bib! Free hot dogs for the kids! Live music!
- Vintage Postage Stamp Logo T-shirt guaranteed to the first 100 registered
- Chip Timing by Up & Running Race Management

**Beneficiary:** Hubbs Sea World Research Institute, first responders of stranded whales & dolphins. The institute has wide-ranging studies that include global research on bioacoustics, animal physiology and aquaculture.



**Registration Till 7/11: \$20**

**Registration 7/12: \$25**





**2015-2016**

# **SPACE COAST RUNNERS** **RUNNER OF THE YEAR SERIES**

**Running on Island Time 5K — 8/22/15**

**Turtle Krawl 5K — 9/12/15**

**Space Coast Classic 15K & 2 Mile—11/7/15**

**Space Coast Marathon & Half Marathon — 11/29/15**

**Reindeer Run 5K—12/12/15**

**Tooth Trot 5K—1/30/16**

**Eye of the Dragon 10K & 2 Mile—2/27/16**

**Downtown Melbourne 5K—3/26/16**

**Space Walk of Fame 8K—4/9/16**

**Eat My Crust 5K—5/1/16**



**Save \$ at the  
Summer Social  
when you  
register for the  
upcoming  
ROY series  
all-at-once!**



**[www.spacecoastrunners.org](http://www.spacecoastrunners.org)**

# SCR Central

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

2014 - 2015

## SPACE COAST RUNNERS

# AWARDS NIGHT

**SATURDAY, June 6th at 6PM — TICKETS ON SALE NOW — \$10 adults \$5 kids**

Location — The Indian Harbour Beach Community Services Center—1233 Yacht Club Blvd, Indian Harbour Beach  
Reserve your spot today by emailing Carol Ball at [cball@cfl.rr.com](mailto:cball@cfl.rr.com) — Checks made payable to Space Coast Runners.



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# Sponsor Spotlight



Whether you are looking for a group run camp with Peak When It Counts, a company fitness program to enhance your corporate wellness program, a smaller more customized group workout to bond with your friends and have fun, or a one-on-one personal training program, Up & Running Fitness fits the bill.

URF coaches engage participants from beginners to seasoned athletes to get fit, get fast and get strong! Each program is designed with YOU in mind. URF's goal is to help you reach YOUR goal and finish each program feeling accomplished.

Up & Running Fitness has experienced coaches utilizing their experience with running, strength workouts and yoga. Certifications range from RRCA, USATF, CrossFit Cert 1 and Yoga RYT with Yoga Alliance. The sheer variety of targeted workouts is a complete package of what any athlete needs to be competitive in their sport, be it running, triathlon, biking, CrossFit and more.

Up & Running Fitness also partners with CrossFit Rise Above to offer additional Strength For Runners classes where athletes benefit from the drive and determination of great coaches! SFR

provides the important strength building aspect that a number of endurance athletes don't receive with their typical training programs.

With the various fitness and running camps URF offers, a race series has been added that is unique offering a variety of events from running with your furry friend, a fun duathlon of a Run Bike Run, a beach 5k and ending with an Adult Track Meet. Each race benefits an organization in our own community helping feed animals, child abuse, domestic violence and helping save dolphins & whales in our local waters.

Most recently Up & Running Fitness has expanded to include race management services through Up & Running Race Management. URRM uses state-of-the-art timing systems to bring a new level of convenience, fun, affordability and performance to race events on the Space Coast.



For more info visit [www.uprunningfitness.com](http://www.uprunningfitness.com).



# Runner of the Year Series

TOP PERFORMING ATHLETES ARE ANNOUNCED.

## SERIES FINALE



The 2014-2015 ROY Series & Age Group winners will receive their awards at the SCR Awards Night on June 6, 2015.

Competing in the Space Coast Runners **“Runner of the Year”** series is no easy task. The series consists of ten different races that range from the 5K distance all the way up to your choice of a half or full marathon. Points are awarded to individuals based on their finishing times and their age groups. In addition to the overall series, runners can place in the age-graded division.

Check out the newly crowned winners of the 2014/2015 series. You'll see a few new faces and some you have definitely seen before. Each gave it all they had and we congratulate them on their stellar performances and a series well run. (All photos in this section by Doug Carroll)





## First place Male Overall

# John Davis

37, Orlando

Is a six-time winner of the men's overall ROY series title whose goal is to win eight which is the current record.

### What SCR series race was your "gold star" race this year?

Probably the Space Coast Classic 15K. I was running the New York Marathon the next day, so I was hoping to take it a bit easy, but Shane Streufert was having none of that. We ran the race fast and both set big 15K PR's. We also got chased by a dog along the way, which kept things interesting. After the 15K, Steve Chin and I raced to the airport to catch a plane and ran a windy but fun marathon in NYC the next day. Mission accomplished!

### Which series race was the toughest?

The Space Coast Half Marathon—although I set about a 2 minute PR to run 1:15:35, I got outkicked by my good friend and training partner, Shane Streufert. We ran side by side and intentionally traded off leading throughout the entire race, but when we to the final 0.1 miles, I just didn't have a kick left and he took the win. A well-deserved congrats to Shane, but it was a tough loss for me.

### How many miles a week do you typically run?

My absolute minimum per week is 70 miles. If I'm training for a longer distance race, I will typically bump that up to try to average 80-90 miles per week.

**I almost always eat...** pizza after a run.

### Describe one of your "go-to" workouts that you run during your training.

My current coach is Nathan Adams from Orlando's Track Shack store, and I run what he tells me. I seem to respond best to his marathon workouts, which are typically long repeats such as 4 x 2.5 miles, 3 x 3 miles, 10 miles @ marathon goal pace, etc.

**My favorite piece of running equipment is...** My GPS watch. I love the statistics.



RUNNING ON ISLAND TIME 5K

**First place Female Overall**

**Lisa Petrillo**

41, Melbourne

First time series overall winner. Is finding her groove again after a three year battle with plantar fasciitis.

**Did you set a "Runner of the Year" series goal this year?**

I did not set a goal at the beginning of the series, but after a few races, I set the goal of completing all the races in the series. I have never accomplished that and for the last 2 years, I tried to, but ended up missing races due to being sick or injured. I did not put any pressure on myself to do well in any of the races and instead just ran however I felt once I started. The one thing I learned from being injured was that it was not worth it to be stressed before races and put pressure on myself to excel. I enjoy races more now and because I am not anxious and stressed, I actually run better races.

**What SCR series race was your "gold star" race this year?**

I would say Eat My Crust 5K because I ran my best time since I developed plantar fasciitis in both feet, which was a little over 3 years ago.

**How many miles a week do you typically run?**

This past season I ran anywhere from 10-33 miles per week, but on average probably about 25 per week.

**Feels strong when she's...**

healthy, well-rested and fast!

**Describe one of your "go-to" workouts that you run during your training?** I don't really have a "go-to" workout, but my favorite workout is half mile repeats because it gives me the most confidence when I run 5Ks and seems to be a good indicator of what kind of 5K race times I can expect.

**What's your favorite piece of running equipment, apparel or shoes?** My favorite running equipment is definitely my Garmin. I love data and stats, so I always keep an eye on my cadence, pace, heart rate, etc. and I love looking at and analyzing the data from my runs.



**2nd Place Male Overall**  
**Shane Streufert**

43, Viera

Can't live without his GARMIN and always has a chocolate, peanut butter and banana smoothie after a run.

**What SCR series race was your "gold star" race this year?**

The Space Coast Half Marathon. I consider this the premier Brevard county race and always try and run well at it. This year I was fortunate enough to set a two and a half minute PR and win the race.

**Which series race was the toughest for you this year?**

I would have to say Running on Island Time 5K. It's the start of the new season and it's always really hot.

**What's your "go-to" workout that you run during your training?** I would probably say the workout I do the most is repeat miles. You can do 3-4 at goal 5K pace with a 3 minute recovery for shorter race training or 6-8 a little slower with 1:30 recovery for half or full marathon training.

**Feels strong when he...** Runs negative splits.



TURTLE KRAWL 5K

**3rd Place Male Overall**

**Steve Hedgespeth**

36, West Melbourne

Spent most of the year dealing with a hurt knee and Achilles issues. When healthy he likes doing long runs and tempo runs.

**Did you set a "Runner of the Year" series goal this year?** I try to focus on my own races and let the series take care of itself. But it's always nice to get top 3 overall.

**Which series race was the toughest for you this year?** The Space Coast Half was pretty tough. I've been hurt and haven't been able to put in the miles needed for that distance, and I ran most of the race alone. The last few miles were pretty brutal.

**When you're in a race and things aren't going well, what do you tell yourself?** I try to just concentrate on the moment during races. It's much easier mentally than thinking about how much further I have to go. Sometimes this works, sometimes it doesn't. Bad races happen. When they do, it's best just to move on and get ready for the next race.

**Any cross-training?** I started doing elliptical a few years ago. It's basically no-impact, so it's good to do while injured.



TOOTH TROT 5K

**2nd Place Female Overall**  
**Marie Thomas**

50, Rockledge

Does a core workout every day and loves her Asics Gel Nimbus running shoes.

**Describe your "go-to" workout during training.** I have a love/hate relationship with the tempo run. I normally shoot for 4-6 miles in the main set.

**Did you set a "Runner of the Year" series goal this year?** My only real goal for the ROY series was to participate in every race this year (my running partner who shall remain nameless felt *very strongly* about it).

**Which SCR series race was your "gold star" race this year?** Space Coast Half Marathon — I stuck to my goal paces and came away from the race feeling good about my run. It was over a 2 minute PR.

**When you're in a race and things aren't going well, what do you tell yourself?** I've trained hard for this race and I know that I can do this!

**I feel strong when...** I've finished a hard multi-paced long run.



**3rd Place Female Overall**  
**Cheryl Ritter**

46, Viera

Likes to eat a banana after a run and cross trains by doing yoga. Had a breakout year and was nominated as one of the SCR "Most Improved Runners" of the year.

**Did you set a "Runner of the Year" series goal this year?**

No, I didn't have a goal set because I didn't sign up for the series. I just took one race at a time and tried to run each race the best I could.

**What SCR series race was your "gold star" race this year?**

Downtown Melbourne 5K because it is my PR—22:00.09

**Which series race was the toughest for you this year?**

Space Coast Classic 15K. I went out too fast and didn't pace myself.

**How many miles a week do you typically run?**

About 45 miles

**What's your "go-to" workout that you run during your training?** 1/2 mile repeats

**What's your favorite piece of running equipment?**

Brooks Pure Cadence running shoes



## Male Masters

# Joel Fenlason

41, Patrick Air Force Base

Feels best when he finishes his morning run. Is not afraid to mix a little Crossfit or swimming into his daily routine.

**Which series race was your “gold star” race this year?** The Space Coast Classic 15K. Ran a 1 minute personal best.

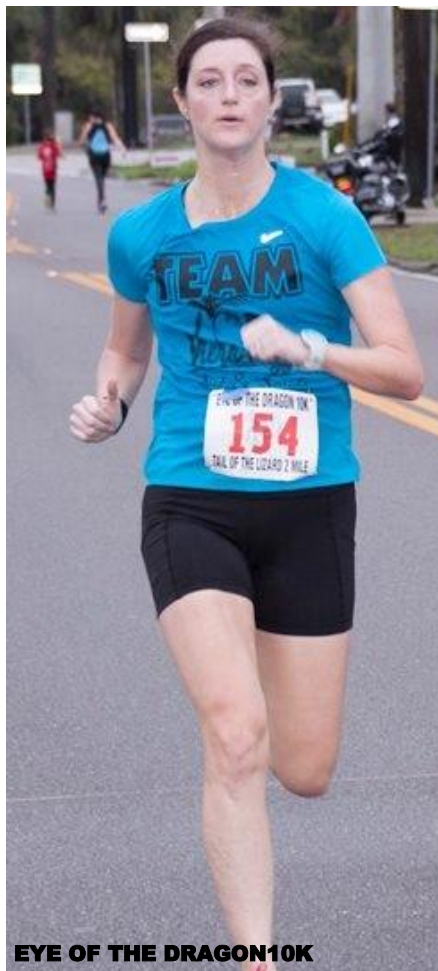
**What race did you consider to be the toughest?** The Eye of the Dragon 10K. The headwind over the bridge was very challenging.

**Describe one of your “go-to” workouts.** Long progression run with a fast finish at goal race pace.

**How many miles a week do you typically run?** 50–60 miles

**If things aren’t going your way in a race, what do you tell yourself?** Think back to previous races and the satisfaction of pushing through the rough patches.

**What’s your favorite piece of running equipment or apparel?** My GPS watch



## Female Masters

# Brittany Streufert

42, Viera

Likes to compete in the series to stay fit and strong. It also makes for great discussions with her running partners on their weekend long run.

**Did you set a “Runner of the Year” series goal this year?** Yes, it was to get Marie Thomas to run every single ROY race. Mission accomplished.

**Which series race was your “gold star” race this year?** It was the Turtle Krawl 5K which was unexpected. I ran very well that day and was only seconds off my PR. I wish I had paid closer attention to my watch.

**How many miles a week do you typically run?** 50 miles is about the average if I’m not training for a marathon.

**If things aren’t going your way in a race, what do you tell yourself?** “Try not to die” goes through my head a lot. I think I should change it to something more positive. I will also concentrate on catching at least one person in front of me by the end of the race.

EYE OF THE DRAGON 10K

**Male Grand Masters**  
**Art Anderson**

55, Melbourne

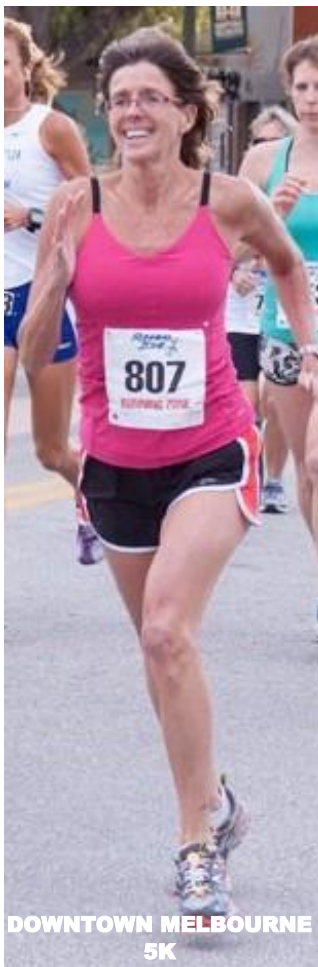
Tries to surf as much as he can and during the summer swims and bikes.

**What SCR series race was your "gold star" race this year?** I try to look at all of the series races as if they're all important.

**How many miles a week do you typically run?** My body can handle about 25-30 training miles/week plus one or two races per week.

**What's your "go-to" run?** It's my 10-mile home course from my house to Post/Croton/Parkway/Wickham roads "outside" Wickham Park double-loop.

**If things aren't going your way in a race, what do you tell yourself?** Ok, this race isn't going your way, so just relax, embrace the challenge, and focus on finishing the best you can under the circumstances.



**Female Grand Masters**  
**Lori Kruger**

52, Indialantic

Runs 9 miles per week and almost always eats the free stuff after a race.

**What SCR series race was your "gold star" race this year?** Eye of the Dragon 10K because I haven't done it in years and I did as well a time this year as I had back in 2004, 2005, and 2008.

**Which SCR series race was the toughest for you this year?** Definitely the Turtle Krawl. I was having a bad back and I decided to walk. That was the longest 54 minutes of my life. Seeing all my friends running by, it is a different perspective from the walkers view. I give the walkers kudos.

**What's your "go-to" workout?** I don't use the word "Training" it all makes it too serious for me. I just run. I run early in the dark morning, three days a week before work. Just three miles on three days. Everything in moderation.

**What's your favorite piece of running equipment, apparel or shoes?** I am so basic. I don't even use a Garmin, GPS, running watch, earphones or anything. But I do treasure New Balance Trail Running Shoes (believe it or not, I like the support).



## Male Senior Grand Masters

# Jerry Bird

60, Rockledge

Loves his Brooks Cadence trainers and feels best when he's rested after a short taper.

### Did you set a "Runner of the Year" series goal this year?

Winning Grand Masters was my goal...a 60th birthday present so to speak. I wanted to try to win the series during my 60th year. I also used it as a means to win my age group in all the local triathlon events.

### Which series race was the toughest for you this year?

Space Coast Classic 15K. It was hot and very windy and I was not in the mood to race. You know, one of those days you wonder why the heck you are racing.

### How many miles a week do you typically run?

25—30

### If things aren't going your way in a race, what do you tell yourself?

Hopefully find a faster friend and draft as long as possible.

### After every run...

I usually drink a protein shake.



## Female Senior Grand Masters

# Jacquelyn Kellner

66, Melbourne

Always keeps a positive attitude. Used a training program from Runners World Magazine to successfully place in two marathons in 2014.

### What SCR series race was your "gold star" race this year?

The Space Coast Marathon. I placed first in my age group (65-69) and qualified for Boston. My goal was to qualify. This had never been a goal since I ran my first marathon in 1984. After the bombings I changed my mind. Also, my marathon times had been coming back down.

### Which series race was the toughest for you this year?

I did not think any of the races were "hard". I train well for all races. I really enjoyed the Space Coast Marathon. I was well trained and the time seemed to go by very quickly. My husband organizes the southern most water stop with the Space Coast Parrothead Club and that gives me something to look forward to.

### How many miles a week do you typically run?

I run 25-30 miles per week except when training for a marathon or half marathon. I run 6 days per week.

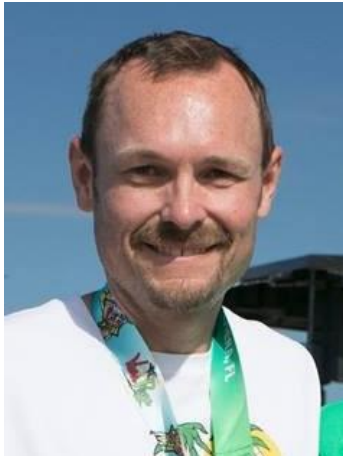
TOOTH TROT 5K

**1st Male Age-Graded**

**Shane Streufert**

43, Viera

“Winning the age-graded division was a goal of mine. It’s fun to compete on an adjusted basis against guys in all the other age divisions.”



**2nd Male Age-Graded**

**John Davis**

37, Orlando

“Many people say it’s smarter to sit and kick, but from a mental perspective I usually do better leading a race.”

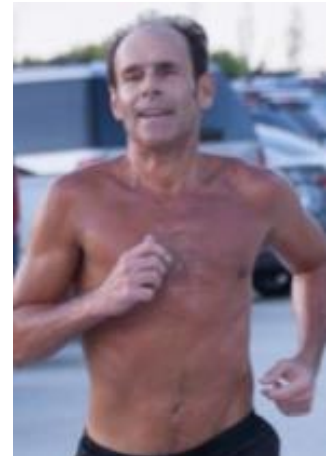


**3rd Male Age-Graded**

**Art Anderson**

55, Melbourne

“My goal every year is to compete in the age-graded competition. And, my Brooks T-7 race shoes are my favorite and most important racing gear.”



**1st Female Age-Graded**

**Jacquelyn Kellner**

66, Melbourne

“I have been running and racing for over 30 years and each year seems to be better than the last. If I did not enjoy this I would give it up.”



**2nd Female Age-Graded**

**Lori Kruger**

52, Indialantic

“My motto for every year is just to get through the series healthy and not injured.”



**3rd Female Age-Graded**

**Marie Thomas**

50, Rockledge

“Running helps at every age. I am in better shape now than I was when I was 30.”





CONGRATULATIONS TO THE 21 MEMBERS WHO HAD  
100% PARTICIPATION IN THIS YEAR'S ROY SERIES  
**RAN ALL RACES AWARD**

Space Coast Runners would like to recognize these dedicated individuals who participated in all ten of the Runner of the Year Series events during the 2014/2015 season.

100%

Beverly Glenn  
Jacquelyn Kellner  
Pat Kiesselbach  
Joan Meadows  
Lisa Petrillo  
Cheryl Ritter  
Marie Thomas  
Cami Waldon

Art Anderson  
Ray Brown  
Gary Castner  
James Chiravelle  
Joel Fenlason  
Michael Higgins  
Joe Hultgren  
Morris Johnson  
Joe Lento  
Ron Ritter  
Cameron Shagena  
Shane Streufert  
Maxwell Walker

**THANK  
YOU**

to all of the 2014—2015  
**RUNNER OF THE  
YEAR SERIES  
sponsors!**



**Bill & Liz Harris  
Smooth Running  
Coast Air &  
Heat**

**Atlantis Urgent  
Care**

**Daddy Ultra Runs**

**Millennium  
Engineering &  
Integration Co.**

**New Balance  
Melbourne**

**Paddling Paradise**

**Up & Running  
Fitness**

**Viera Pizza**

**Chik-Fil-A**

**Space Coast Runners**

*Youth Series*



*Special thanks to Rachel White (far right) for being our Youth Series coordinator this season.*

Participation awards are given to children who complete 4 of the 7 races in the 2014-2015 Youth Series. The distances range from 1/4 mile to 1 mile at the various races. All children ages 12 and under are eligible to participate.

This year we saw 135 kids run in the different Youth Series' races.

The Participation Award winners are:

Abigail Tastad, age 5  
Lillian Robertson, age 10  
Grace Shagena, age 4

# Go Girls!

GIRLS ON THE RUN SPACE COAST CHAPTER



Girls on the Run Space Coast chapter is gearing up for the second year in Brevard County. This inspirational and transformational program is targeted to benefit girls aged 8-13. This year the program will be expanding and found at Florida Air Academy, Madison Middle School, Quest Elementary, Challenger Elementary, Ocean Breeze Elementary, Discovery Elementary, Emma Jewel Charter, PAFB Youth Center, and at the Cocoa, Titusville, and Suntree YMCA. The program teaches the girls all about the importance of healthy eating, exercise, building self-esteem, teamwork, giving back to the community and much more! It is a 12 week program which is comprised of curriculum but also training time as at the end of the course the girls run a 5k. It is geared for all shapes and sizes and gives the girls a sense of pride and accomplishment at a young age so as they are faced with tougher decisions down the road they are enabled with tools which will help them choose the right path. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and wellness.

The link for the site is [www.girlsontherunspacecoast.org](http://www.girlsontherunspacecoast.org) . If you are interested in learning more or participating in any way reach out to Theresa Mouton at [theresa.mouton@girlsontherun.org](mailto:theresa.mouton@girlsontherun.org) or (210) 414-6848.



Join us for the new season of the Running Zone Foundation Race Series!



Presented by: **Health First Health Plans**

NEW! Finish all 7 events and earn an awesome Finisher medal!



[www.runningzone.com/series](http://www.runningzone.com/series)  
 Or stop by Running Zone  
 3696 North Wickham Road Melbourne, FL 32935  
 (321) 751-8890

**Highlights:**

- \$45 in savings when signing up for the whole series!
- NEW! No shirt option!
- Save when signing up as a team

All races provide participants with:

- awesome gender specific cotton blend tee shirts\*
- Chronotrack D-tag timing
- personalized result receipts
- a festive post-race party
- Guest appearance by Zippy, our Gecko mascot, to start each of the free kids' runs
- Our standard overall and age group awards will be presented for each race along and giveaways.

\*Jingle Bell 2 Miler is a long sleeve unisex shirt

Join us for the 1st race of the Running Zone Foundation Race Series!



REGISTER TODAY! **Health First Health Plans**

[www.runningzone.com/series](http://www.runningzone.com/series)  
 Or stop by Running Zone  
 3696 North Wickham Road Melbourne, FL 32935  
 (321) 751-8890

**Race Highlights**

This is the 1st race of the series that starts with the ringing of a replica of America's Liberty Bell. After the race, celebrate the 4th of July by watching the Honor America Parade.

- Start the race with the ringing of a replica of the Liberty Bell
- American Flags and popsicles to all Finishers
- Most Patriotic Costume Contest
- Free Firecracker Kids' Run
- Great Breakfast Party after the race by Einstein Bros Bagel!
- Special awards to top 3 Local Heroes (Military/Fire/Police)!
- Honor America Parade starts after the race.
- Benefits Honor America
- Random giveaway of one Apple iPad!



NEW! Finish all 7 events and earn an Awesome Finisher medal!



**4<sup>th</sup> of July, 2015 Start 7:00am Liberty Bell Museum**

Saturday  
May 2nd 2015



SPACE COAST MILITARY  
APPRECIATION DAY

## ***Runners Support JROTC Programs***



**S**pace Coast Military Appreciation Day kicked off with a 5K. The event was held on May 2 at the Searstown Mall in Titusville to all show all members of the military how much they are valued.

Active and retired members came to run the 5K as well as members of the north area JROTC programs. The overall winner of the race was Orlando resident Marc Moseley, 42, with a winning time of 18:46. Visiting from Narragansett, RI, the second place winner Lee Stover, 50, crossed the finish line with a time of 19:43, and Frank Kapr, Titusville, 46, finished up in third place for the males with a time of 21:14. David Miller ran 22:26 to secure the male Master's title.

For the ladies, the overall female champion was Danielle Hustoles, 36, with a time of 21:05. Chiqui Behymer, 50, came in second with a finishing time of 23:01. Following just eight seconds behind Behymer, was Jessica Vance, 34, with a time of 23:09. Patricia Ely was the female Master's winner with a time of 25:33.

This is the second year for the Space Coast Military Appreciation 5k, and there are plans for it to continue to be an annual event. Proceeds help benefit the JROTC programs at Titusville, Astronaut, and Space Coast High Schools.

The race was organized by Space Coast Event Management. For complete race results [click here](#).

Race report by Angela Leeds. All race photos courtesy of Space Coast Event Management.

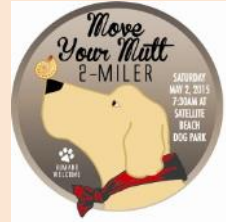


Members of the Fighting Terriers JROTC program cross the finish line in the Space Coast Military Appreciation 5K.





## A Pawfectly Pupular Race



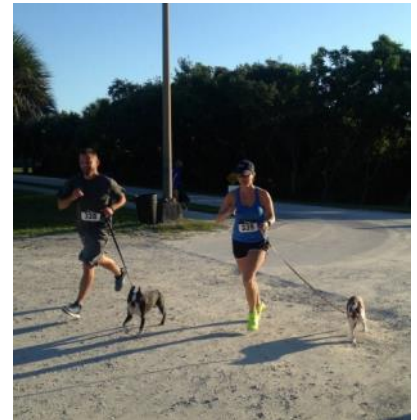
It was a warm morning, but over 90 dogs and owners made their way around the Satellite Beach neighborhood bordering the library on May 2nd. The Move Your Mutt 2 Miler started off the inaugural race with dogs of all sizes and colors participating and we're happy to report that they all got along—no doggie disagreements!

The furry finishers were treated to a fashionable bandana, plus there were pools to cool off their hot paws and plenty of water and snacks to go around. The human finishers made out with plenty of water and snacks as well, along with opportunities for cool raffle giveaways.

The overall winner is no stranger to winning races—Ruby with owner Shane Streufert barreled toward the finish with a time of 12:48. This got Ruby first place in her small dog category as well. The top overall female was Sophia Lockerby with her dog Blue with a time of 15:02. Blue was top dog in the large dogs. Olive Caza took first place in the medium dog category with a time of 14:40, running with David Bills. David was winner of the Male Masters category and for the Female Masters category, Robin Moran came in at 16:11.

The Move Your Mutt 2 Mile raised money for Brevard ASAP (Aiding Shelter Animals Project (ASAP) and Space Coast Kibble Kitchen—a portion of the funds go towards food resources for dogs and cats abandoned or surrendered due to financial crisis.

For complete race results, [click here](#). Race report by Lisa Hamelin and photos by Up & Running Fitness photographers.



**L:** Shane Streufert and dog Ruby Tuesday coming in for the top finish. **Middle:** Runners getting the race started. **Top R:** Jeremy Wall and Dana Maughn making their way to the finish. **Middle R:** Post-race dog party. **Bottom R:** Paw-cooling stations.



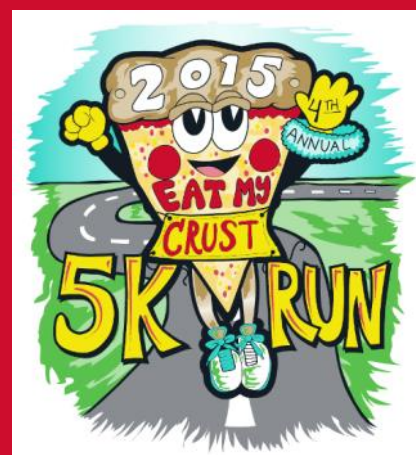
Pizza Delivery Challenge winners with their boxes.

## Eat My Crust Delivers

The new race in the SCR “Runner of the Year” series was fast and fun from start to finish.

When Chris Cacciapaglia got in position at the starting line of this year’s 4th annual Eat My Crust 5K, he knew he had his work cut out for him with the defending champion, Bill Vanos not far away on his right. Having raced the Boston Marathon in a time of 2:40 two weeks prior, Cacciapaglia hoped he had what it took to win the \$500 prize purse.

Whether money was the motivator or not, the twenty-five year old emerged victorious in the final half mile of the 5K . The forty-three



### OVERALL MEN

Chris Cacciapaglia, 15:38  
 Bill Vanos, 15:43  
 Jonathan Campbell, 16:13

### OVERALL WOMEN

Holly Wooley, 17:31  
 Erica Weitz, 17:39  
 Natasha Yaremczuk, 17:57

### MASTERS

Shane Streufert, 16:49\*  
 Julie Hannah, 20:03

### GRAND MASTERS

Doug Butler, 18:18  
 Marie Thomas, 22:23

### SENIOR GRAND MASTERS

Jerry Bird, 22:17  
 Susie O’Connell , 27:12

### PIZZA DELIVERY CHALLENGE MALE

Harry Prosser, 19:29  
 Howard Kanner, 19:59  
 Joel Remigio, 20:02

### PIZZA DELIVERY CHALLENGE FEMALE

Kristy Taro, 24:42  
 Ashley Nunan, 27:50  
 Katherine Rodriguez, 28:50

### CO-ED TEAM DIVISION

Sandbaggers  
 Team Omega  
 Team Awesome

### MALE TEAM DIVISION

Sandbaggers Men  
 Team Black Sheep Guys  
 Team Takedown VHS Wrestler

### FEMALE TEAM DIVISION

Team Black Sheep Girls  
 Team Fast-abulous!  
 V-I-woo woo-E-R-woo woo-A Hawk





year old Vanos finished five seconds behind but held on to his 15:36 course record set in 2014. Two-time EMC champion, Jonathan Campbell took third in 16:13. Shane Streufert broke his own Masters course record with his fast time of 16:49.

In the women's division the top three spots were all claimed by out-of-towners who ran sub-18:00. Orlando's Holly Wooley (17:31) and Erica Weitze (17:39) finished one and two. Natasha Yaremczuk from Montverde crossed the line for third in 17:57. Melbourne's Julie Hannah was the Female Masters Champion in 20:03.

New this year at Eat My Crust was the "Pizza Delivery Challenge" which saw twenty-four runners race the course carrying a 16" pizza box. Participants were not allowed to modify the box in any way to assist them on their run. Harry Prosser completed the challenge first in 19:29. For the ladies, Kristy Taro reigned victorious with her 24:42 finish.

Runners enjoyed the 65° starting temperature and those who ran fast enough to score a top three age group win were rewarded with the "Biggest 5K Medal" in Brevard County. Participants and spectators alike indulged in Viera Pizza's monster post-race spread of pizza, hot dogs, Dunkin Donuts and more as the Corkcicle truck spun hits to keep the atmosphere rocking.

Cacciapaglia said, "I thought the whole event was really well done, huge medals!" Eat My Crust raised over \$21,000 which benefited the Viera High Athletic Department, Special Olympics of Brevard Co. and the Early Steps infants and toddlers' program.

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

Race report by race director, Brittany Streufert. Photos by Doug Carroll.







The first in a collectable medal series: genie bottle!

Sunday, October 25, 2015

REGISTER NOW

[CocoaBeachHalfMarathon.com](http://CocoaBeachHalfMarathon.com)

### FINISH ON THE BEACH!

Run up scenic coastal Hwy A1A past the Atlantic Ocean, Banana River, Port Canaveral, by the channel, cruise ships & more!

- Tech Shirts & Hats to all Pre-Registered Runners
- Just 45 Minutes from Orlando on Floria's Space Coast
- Live Music and Party at the Finish!







## Cacciapaglia wins third straight Running Zone race

**E**ncompassing the Hawaiian spirit, the Run for the Gecko Hawaiian Luau 5K kicked off its 12th annual 5K on Saturday, May 9th. The 5K started promptly at 7:30am and the course led racers around Eastern Florida State College and through Wickham Park. Similar to Hawaii, the weather was warm and sunny and Brevard Hawaiian Dancers Team did a spectacular performance and brought true “aloha spirit” through their dancing. Everyone was sporting bright colors and coconut tops, plus receiving leis as they crossed the finish line. Proceeds of this fun, tropical race went to a wonderful cause: Leukemia Lymphoma Society Team in Training.

Chris Cacciapaglia scored a remarkable finish of 16:21, which is a 5:16 pace per mile! Shortly after was Garrett Camps at 16:26, which was only 2 seconds slower than Chris for each mile. Jonathan Campbell showed his stuff by finishing with 16:47 at a 5:25 pace per mile. Sara Trane from Satellite Beach ran a speedy 18:53 and was first of the females! Samantha Folio was only 24 seconds behind her in each mile finishing with a 19:50. Julie Hannah, a true running legend, finished third with 19:55. The fast were in attendance on May 9th and it was an exciting spectacle to watch these runners cross the finish line in such short amount of time!

The Hawaiian after-party was no party to miss between the music, company and breakfast treats. Plus, if you stayed, a Stand up Paddleboard from Paddleboard House was being auctioned off to one lucky winner! The scrumptious Pizza Gallery and Grill catered breakfast, while kids frolicked in the kid’s run led by the infamous Zippy the Gecko. For those who were top three in their age category or won top three overall, colorful gecko awards were awarded to them. It was perfect day between the weather, course selection, yummy snacks, vibrant gecko awards and of course, mingling with your fellow community runners. Save the date: Saturday, May 7th, 2016. Aloha!

For a complete 5K race results, [click here](#).

Race report by Michele Au. Race photos courtesy of Trihokie Images.





**Top Left:** Members of the Brevard Hawaiian Dancers team demonstrate the art of hula dancing.

**Middle:** Overall and age group winners took home a bright and colorful “Zippy Gecko” of their very own as a reward for their fast efforts.

**Bottom:** And they’re off! The young runners race towards the finish line during the kid’s dash.

**Right:** Melbourne’s Chris Cacciapaglia crosses the finish line unchallenged to win the race.





And they're off! The half marathon began at 6:30am.



Rickie Alcime takes first in the 10K.

## Kilgore and Viselli capture Beach Championship wins on Mother's Day

How do runners celebrate their Mother's Day? They head down to the U.S.A. Beach Running Championships 10K and Half Marathon! Held at Sheppard's Park in Cocoa Beach for the second year in a row, the race featured plenty of mom time as well as mimosas and calypso music. Last year, the race was held on Sunday, November 2nd, but the decision was made to move it to Mother's Day. It turned out to be a good move. According to race director, Mitch Varnes over 1,200 registered from 23 states and 4 countries with 77% of the field being female.

The air was cool and crisp, but nothing compared to last year's 40-degree weather (although some may think that enjoyable). The sun peeked above the horizon, which made for a breath-taking view and a perfect way to start your morning.

The half marathon started promptly at 6:30am while the 10k started shortly after at 6:45am. It was low tide, which allowed for the runners to have plenty of room to run along the beach. The race fea-

# RACE REPORT

## USA Beach Running Championships — Continued

tured a barefoot division for those that wanted to take on the sand sans shoes. The course was primarily flat with the sun looming above the crashing waves which made for a Mother's Day people soon wouldn't forget.

Every runner/walker that finished received a sand dollar medal sure to stand out in anyone's running trophy wall. Also, top three received a plaque that they could proudly display.

Mothers, daughters, husbands and friends all played on the beach with their mimosas and danced to the chords of the calypso music. Plus, the fun didn't even stop there as the event even had a limbo contest. And to continue the fun beach theme, they didn't offer just your typical breakfast items, but whimsical light brunch snack foods such as corn dogs.

The gregarious people, the warm sun rays and the picturesque course made this one of the favorites among runners/walkers. Don't miss next year's Mother's Day fun run!

Top finishers at the USA Beach Running Championships for the half marathon and 10k were:

### Half Marathon

Male Overall Winner – David Kilgore – 1:19:22

Female Overall Winner – Dina Viselli – 1:40:19

### 10K

Male Overall Winner – Rickie Alcime – 36:47

Female Overall Winner – Alicia Weber – 44:04

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

Race report by Michele Au.

Race photos courtesy of Doug Carroll.

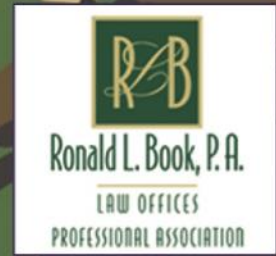
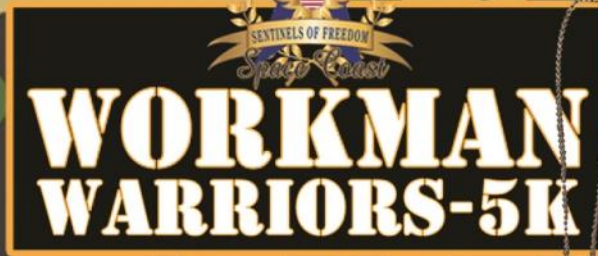
**Top:** Lori Kruger, Janet Erlacher, Robin Moran, Karon Pittman and Christine Kennedy celebrate with their sand dollar award medals.

**Center:** Jennifer Katz and Alexis Lombard enjoy their run during the morning's 10K.

**Bottom:** Live calypso music and a limbo contest kept the festivities going after the races..







Supporting the Sentinels Of Freedom Space Coast  
and HorsePlay of Brevard, Inc.



**WHAT: WORKMAN WARRIORS 5-K RACE BENEFITTING THE SENTINELS OF FREEDOM**

**DATE: AUGUST 1ST**

**COST: \$25.00 PER RUNNER**

**TIME: REGISTRATION AT 6:30,  
RACE BEGINS AT 7:30**

**(PRE-REGISTERED)  
\$30 DAY OF**

**LOCATION: WICKHAM PARK- FAR EAST PAVILION BY THE LAKE**

**Entry Form**

**SEND APPLICATION TO:** Ritch Workman, 6450 Anderson Way, Melbourne, FL 32940  
Make Checks Payable to The Sentinels Of Freedom Space Coast, \$25 for Pre-registration, \$30 Day-of. No refunds; part of your fee may be tax deductible.

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age on Race day \_\_\_\_\_

Includes donation of \$ \_\_\_\_\_ to Sentinels Of Freedom. Total Payment enclosed \$ \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

Shirt Size: (circle one) YL S M L XL Team Name (If Applicable) \_\_\_\_\_

**WAIVER:** I know that running in a road race is a potentially hazardous activity. 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 weather, including heat and/or humidity, traffic and the conditions of the road, all 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, waiver and release the Sentinels of Freedom and sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

**Signature (Parent if under 18 years old)** \_\_\_\_\_

The Sentinels Of Freedom Space Coast is a non-profit 501(c)3 organization – [www.SentinelsOfFreedomFL.org](http://www.SentinelsOfFreedomFL.org) – TIN 26-2041849 – phone: (321) 266-8810  
A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 800-435-7352 WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE. REGISTRATION NUMBER CH28903



Promise walkers make their way around The Avenue Viera on Saturday, May 16.

## Making Strides, Delivering Hope

On May 16, the Avenues in Viera was the scene of the inaugural Space Coast Promise Walk for Preeclampsia. Walkers from the Space Coast joined thousands of others nationwide that are holding walks in May and June to support research and raise awareness of preeclampsia, a dangerous disorder that can occur during pregnancy, resulting in maternal and infant illness and death.

More than 100 walkers participated, and this inaugural Space Coast event has so far raised more than \$9,000. Community support included the Viera High School cheerleaders, who encouraged the walkers; the event was sponsored by BIMDA, Health First, and Hibiscus Women's Care. "The Space Coast Promise Walk has made great strides in raising awareness and fundraising for this cause," said Preeclampsia Foundation Executive Director Eleni Tsigas. "We are very excited to continue the momentum in Brevard County for years to come under Laney Poye's extremely capable guidance."

The "promise" in Promise Walk is that of finding a cure, supporting families, and ensuring education and awareness for all women who are pregnant. The Promise Walk's national goal is to raise \$500,000; the fundraising season continues through August 31st. If you would like more information about the Space Coast walk, visit [www.promisewalk.org/SpaceCoast](http://www.promisewalk.org/SpaceCoast).

Race report by Marisa Flint. All photos courtesy of Doug Carroll.



## A Berry Fun Run



5TH ANNUAL  
Blueberry 5K Run / Walk  
MAY 16, 2015

**B**ananas, bagels, and berries! Runners love to find bananas and bagels waiting for them at the finish line, but the 5th Annual Blueberry 5k Run/Walk offered an extra special healthy treat: fresh blueberries.

About 250 people signed up for Blueberry 5K in Mims, which was the final race in the Titusville Racing Series. The race began on the Holland Family Blueberry Farm, turned onto paved roads, and then looped back to the farm. Once runners crossed the finish line, they were invited to pick a pint of blueberries.

The overall winner of the race was Mason Jones of Titusville with a winning time of 16:23. David Li, Merritt Island, sprinted into second place with a time of 18:42. Joe Lento, Cocoa Beach, claimed the third place men's spot with a time of 18:56. Lee Stover, Rhode Island, ran 19:50 securing the male Master's title.

For the ladies, the overall female champion was Cocoa Beach's Ceal Muldoon Walker who dashed into a 20:58 first place finish. Titusville's Haley Higginbotham was right behind her with a time of 21:02. Erin McCarthy from Merritt Island came in third with a 21:46 finish. Stacy Ferner of New Smyrna Beach was the female Master's winner as she ran 22:39.

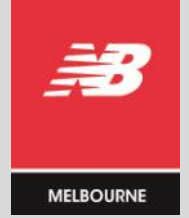
The Blueberry 5K raised money for Hidden Acres Rescue for Thoroughbreds (HART), a non-profit committed to helping thoroughbreds that retire from racing. For complete race results, [click here](#). Race report by Angela Leeds and photos by Space Coast Event Management.



**Middle:** Ceal Muldoon Walker and Haley Higginbotham come in one and two for the ladies. **Top:** Mason Jones crosses the finish line first. **Center:** David Li comes in second. **Bottom:** Stacy Ferner earns the female Master's title.

# SCR MEMBER DISCOUNTS!

Receive a **10% discount**  
from these local businesses when you mention you're a Space Coast Runner.



Marty Winkel

321-537-3526

sceventmgt@gmail.com





DUKE'S SMOKEHOUSE BBQ  
RESCUE WARRIOR  
5K



## Running for the Rescue Warriors

**S**ummer is just about here and if you've run outside lately you know the heat is definitely rising. However no one seemed to notice as the 150+ participants of the Rescue Warrior 5K lined up to start the race in 81° weather on the Saturday of Memorial Day Weekend.

The course wound its way from Duke's Smokehouse BBQ into the nearby neighborhoods in Satellite Beach and back. The event featured a post race party and awards and excellent barbeque pork sandwiches.

Joe Lento, 45, won the race in 19:14 after placing as the top Masters in 2014. He was 28 seconds faster than runner up, Christian Hayes, 16, who finished second. Placing third overall was Keith Moon, 47, in 19:58. Art Anderson, 55, topped the men's Masters division with a winning time of 20:24.

Placing first for the women and fourth overall in the race was Dina Viselli in 20:00 flat. Maggie Polard, 32, who was visiting from Charlotte, NC came in second with a time of 21:43. Third place went to Michele Longstreet, 43, who ran 22:46. Elaine Ferriola, 45, finished first amongst female Masters in 24:08.

The run benefits Rescue Warriors Events which supports Rescue personnel and alumni at Patrick Air Force Base. For complete 5K race results, [click here](#).



**Top:** Overall winner, Joe Lento (right) alongside the women's overall winner Dina Viselli and men's Masters champ, Art Anderson display their hard earned awards.

**Left:** Team RWB (Red, White & Blue) was well represented and out in full force at the 5K.

Race report by Brittany Streufert. Race photos courtesy of Streufert and Rescue Warrior Events.



# Just “Du” It!

**M**aybe you’re a runner who has wanted to give triathlons a try, but aren’t quite ready for that swim leg. Up & Running Race Management recently hosted the perfect introduction to multisports with their Lost in the Bay Duathlon, one of the events in their unique new race series. The race featured a three-mile run, followed by a 10-mile bike course, and then a two-mile run to finish the event. Lost in the Bay’s course included Palm Bay’s “the compound”, which will be part of the Tough Mudder event coming to Palm Bay this fall.

Seventy participants were a part of this inaugural event, and \$5 of each registration fee was donated to Children’s Home Society, of which Hacienda Girls’ Ranch is a part. As well, U&R donated another \$5 in the name of each overall and master’s winner. Participants received the popular soft cotton Lost in the Bay shirt and post-race refreshments. Top finishers received custom awards, and lucky raffle winners scored Broken Barrel gift cards.

The overall winner of this inaugural duathlon was Julio Castillo, who finished in 58:38. Hot on his heels was Alex Colon in 58:45. Third overall and first female was Kim Hunger, who finished in 1:04:19. Third place male was Quincy Collins (1:04:32), and second and third place females were Kelsey Turner (1:05:16) and Lisa Saturday (1:10:42). Master’s winners were Michael Simms (1:11:29) and Gayna Hansen (1:15:14). In the fat tire bike division, Timothy McGee (1:14:42) was first place male, followed by Jeff Hizer (1:20:38) and Tom Riggle (1:30:40). On the ladies side in the fat tire division, Robin Moran was first (1:19:14), Sondi Ryerse second (1:25:09), and Lana Riggle (1:27:16) was third.

What’s next in the [Up & Running Race series](#)? On July 25th runners can enjoy a summer morning on the beach at the Run the Tide Beach 5k in Indialantic, and coming soon there will be Adult Track Meets in Merritt Island, where runners can relive their track glory days in the 200-, 400-, and 800-meter runs; there will also be a 1600-meter relay event. For complete race results, [click here](#).

Race report by Marisa Flint. Race photos courtesy of CrossFit Rise Above.







# 2015 F.A.R.M. Food Allergy Resources & Mentoring 5K Run / Walk Nature vs. Nurture August 15, 2015

**J**oin Food Allergy Resources & Mentoring (F.A.R.M.) for their second annual 5K “Nature vs. Nurture”. Run among natural, Floridian wildlife including 25 species of birds, and YES, alligators! Located at the Ritch Grissam Memorial Wetlands in Viera, this hard-packed dirt, off-road course will entice all of your 5 senses! This gorgeous morning run will be a scenic beginning to your day, for a truly good cause!

**O**ne in 13 children have a potentially life threatening food allergy today. That’s roughly 2 in every classroom! FARM is the states first 501C-3 addressing the fastest growing epidemic in the civilized world. Sponsored by Health-First, be apart of our “knowledge is power campaign” and sign up today!

[https://runsignup.com/Race/FL/Melbourne/  
FoodAllergyResourcesMentoringFARM5K](https://runsignup.com/Race/FL/Melbourne/FoodAllergyResourcesMentoringFARM5K)



2015  
**RRCA**  
**National Convention**  
DES MOINES, IA

Article by Carol Ball



**S**pace Coast Runners was well represented this year at the 57<sup>th</sup> Annual Road Runners Club of America National Convention held in Des Moines, Iowa. I was accompanied by Barbara Linton, Lisa Hamelin, and Shane and Brittany Streufert.

We arrived on Thursday, April 23<sup>rd</sup>, checked in to our hotel and convention headquarters, the Downtown Marriott. At 4pm we went to the Round Table Sessions, with several topics to choose from set up for small discussion and brainstorming with other club representatives from around the country; always very informative

and interesting. I sat in on the Club Finances one.

We picked up our registration package which included our attendee lanyards filled with free drink tickets for the various weekend events, a really nice Leslie Jordan Palermo hoody jacket (worn all weekend), and a bunch of other snacks and vendor goodies. Next was a Welcome reception with food and drinks, after which you could walk around town and eat dinner wherever you like.

Fri morning started with a chilly morning, 3+ mile group run down along the river, followed by a continental breakfast. Ashworth awards de-



## 2015 RRCA National Convention DES MOINES, IA — continued

signed and gave away fun run finisher medals, and Leslie Jordan gave us beanies and gloves (which came in handy for the cooler Sat morning temperatures)!

The Convention was kicked off with an appearance by Terry Branstad, the Governor of Iowa. He told us of his goal to make Iowa the healthiest state in the nation. Next was a general session on Club Insurance & Risk Management – quite riveting! Next we attended our Southern Region meeting, where we learned that our Regional Rep for the last 6 year, Lena Holman from North Carolina, is retiring to be replaced by Ron Macksoud of Alabama. Florida has 2 State Reps, Bryan Graydon for North Florida and Don Nelson of Key West for the South. Don has come up to many of our local RRCA State Championship events such as Space Coast Marathon, Eye of the Dragon, and Excalibur.

Friday's Luncheon featured Brian Brown, Director of the famous Drake Relays, in its 106<sup>th</sup> year running! Also featured were elite athletes Heather Kampf and Leo Manzano. Kampf was the 2014 USA 1 Mile Road Champion and Manzano had won Silver in the 2012 London Olympics. It was interesting to hear firsthand about competing from these two aspiring athletes.

In the afternoon, we split up to get the benefit of attending several different Education Sessions offered. I enjoyed "Informing Runners Starts



with a Great Website" presented by Sarah Lefeber and Jacob Heflin of Mittera Group. Other seminars the group attended were "Marketing through Earned Media Exposure", "Implementing a Successful State Wide Grand Prix", and "Engaging Younger Members in Clubs & Events."

At 3pm we represented SCR at the Annual Meeting of the RRCA Membership – a voting business meeting. Some interesting statistics reported: RRCA has 1,095 running clubs nationwide with a membership of 275,000 runners. RRCA has certified over 4,000 coaches from 1995- 2014. In 2014 there were over 4,215,000 runners in RRCA member hosted events! RRCA's Kids Run the Nation Program has provided \$115,000 in small grants since 2007 to youth running programs around the country – some of which has been won by several local Brevard County youth running groups at schools. RRCA also supports a Roads Scholar Program to assist American post-collegiate runners who show great promise to develop into national and world-class athletes.

Friday Night was a social at the hotel's River Rock Grill with tiny burgers, veggies, egg rolls, and get this – chocolate covered bacon! Busses then took us to Drake Stadium to view the Friday night "Under the Lights" session of the Drake Relays. We got to watch elite college athletes compete in such events as high jump, pole vaulting, hurdles, 4x 800, etc., all vying for a piece of the

## 2015 RRCA National Convention DES MOINES, IA — continued

total \$50,000 prize purse. Pretty exciting!

Saturday morning's group run was challenging, with temps dropped down to the low 40's and rain, but we persevered because, after all, there were Ashworth medals at the end and a yummy breakfast at the local YMCA! The only problem was we had only brought one (1) pair of running shoes – and had the half marathon the following morning! Great trick – we went to the desk and got a newspaper, took the sock liners out and stuffed the shoes. We changed the paper out later on and the shoes miraculously dried within 24 hours!

Saturday was filled with more education sessions that we again divided and conquered. I personally attended “Branding you Event/Club with Online Registration, presented by Bob Bickel of RunSignUp and Pete Jacobs of The Driven, and also Strategic Planning for Clubs presented by Stephan Wright of the Oregon Road Runners Club. Lunch on Saturday featured John Dunham, director of the Spirit of the Marathon films, and currently working on a new project titled BOSTON, about the legendary marathon. Next was “Crisis Management” by Joe Moreno, director of the Quad Cities Marathon, and finally “Leave No Trace Program”, presented by Bret Schmidt, Operations Manager for the Marine Corps Marathon, and a totally Hoo-rah type guy! Probably the most education derived from these sessions is the Q & A at the end, so you can learn from other Clubs circumstances.

A fun part of the convention is the Silent Auction with the ability for convention attendees to paper bid on items donated by different clubs such as upcoming race entries and running clothing to food and wine packages. It can get quite cut throat near the 7:15pm deadline! I got an entry to next year's convention race for less than face value. Shane scored a signed Leo Manzano poster and t-shirt and Brittany walked away with

an entry into the Heartland Marathon for \$25. There is also a rousing live auction with lots of sought after items like autographed posters and even run vacations! Proceeds from these auctions support the all-volunteer State Reps Program, and the other RRCA programs.

Saturday night was the culmination of the convention with the RRCA National Awards and Banquet, featuring inspiring RRCA Hall of Fame Inductees, Road Runners of the Year Meb Keflezighi and Sarah Hall, and Masters Lloyd Hansen and Deena Kastor. Outstanding Club President of the Year, State Representative of the Year, and Volunteer of the Year and many more were presented. Most important to us was the National E-Newsletter Award, won by Bob Rall, Lisa Hamelin, and Brittany Streufert. SO exciting!

Sunday morning was the Hy-Vee Road Races – see my report in the Long Distance Relationships section of the newsletter.

Next year's convention will be held March 17-19, 2016, in Dallas, Texas.



**ROAD RUNNERS CLUB OF AMERICA**  
WE RUN THE NATION : GROWING THE SPORT OF RUNNING SINCE 1958



Lisa Hamelin, Brittany Streufert and Carol Ball are happy to be out of the cold wet weather they experienced on the Saturday morning fun run.



# the **FINAL** COUNTDOWN

*& last running of Florida's Iconic Race Venue*

NOVEMBER 15, 2015



[WWW.ROCKETMANFLORIDA.COM](http://WWW.ROCKETMANFLORIDA.COM)

## RocketMan Florida Triathlon

KENNEDY  
SPACE  
CENTER  
VISITOR  
COMPLEX

Classic +, International + & 70.3 Distances + A Duathlon

- Limited to 1,200 Total Entrants -

# Long Distance Relationships

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



## RUNNING IN DES MOINES

By Carol Ball

**T**he Hy-Vee Road Races at the Drake Relays Half Marathon, 10K & 5K was held on Sunday, April 26, in Iowa's capital city. This was the 47th annual running of this half marathon. Space Coast Runners members Shane and Brittany Streufert, Lisa Hamelin, Barbara Linton, and Carol Ball finished their RRCA Convention weekend by running the 13.1 mile course.

The course features a challenging mix of flat and hilly stretches, easing runners into the race for the first couple of miles with a long downhill. There is then a tough uphill between miles 5 and 6 around the Des Moines capital buildings. The race then somewhat flattens out for several miles before hitting its next significant hills between miles 11 and 13, and then finishes up back at the Drake University campus on the famed blue track. This second uphill section includes an approximately 60' half mile climb on 28th Street known as Bulldog Hill. There are timing mats at the top and at the bottom and medals are given to the fastest male and female to conquer the hill in each age group!

There was live music on the course, plentiful water stations, and places to see the elite runners coming back. The weather was a cool 40 degrees at the start and rose to about 52 by the end under clear skies; perfect running conditions. The results showed 1,037 finishers (494 women and 543 men), with an average finish time of 2:01:12.

The half marathon had a total prize purse of \$70,000 — \$12,000 each to the first-place male and female finishers in the elite division, and \$2,000 each to the top male and female runners in the Masters division. Our own Shane Streufert managed a 1:17:06 (5:53 pace), good enough for 4th Master and a \$600 check!

For me, Iowa was my 28th state in my quest to do a half in all 50, and I ran 1:57:18 for the dreaded 4th age group! Next up – Grandma's Half in April.



**Above:** Beautiful, cool weather greeted half marathoners Barbara Linton (front), Brittany Streufert, Shane Streufert, Lisa Hamelin, Carol Ball, Jen Fish, and her husband, Ben who was a spectator that morning.





# RUN A MILE WITH... *Jessica Barone*

**Name:** Jessica Barone

**Family:** husband (Richard), daughter (Michelle)

**Ages:** 70 (hubby this June), 27 (daughter)

**Originally from:** Singapore

**Grew up where?:** Singapore

**Occupation:** Billing/Cost Analyst at Harris Corporation (Palm Bay)

**Dream profession:** Be my own boss

**Number of Years Running:** 4 years now

**Began Running Because/To:** When I joined Harris bootcamp (May 2011), and got introduced to running 5K races after the session is over. We would get a free 5K.

**I Knew I Was Hooked**

**When:** My closet for running shirts/shorts is beginning to take up more space than my working clothes.



**Race PRs (personal records):**

5K 27:43

**Most Satisfying Race Performance(s):** Melbourne Music Half Marathon

**Why?** Was able to finish the race despite the pain on my right foot due to Morton's Neuroma, and being my 1<sup>st</sup> half marathon, I was able to finish the race at 2:20 (my goal was to finish under 2 ½ hr)



**Favorite Race Distance:**

**Why?** 10K – Just right distance, not too long

**Favorite Place(s) to Run:** Murrell Road and Rockledge Rd where the Space Coast Marathon is held.

**Running Goals:** Run as many half marathons (signed up for 3 half 2015). Perhaps do a full marathon someday.

**Running Partner(s):** My running group – MRRG (Murrell Road Running Group)

(CONTINUED NEXT PAGE)





# RUN A MILE WITH... *Jessica Barone*

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

I haven't thought about that.

## **Funniest or Oddest Thing I've Seen**

**While Running:** I haven't seen anything odd yet on my regular run. Though it was amusing to see 3 guys wearing pink bras in support for the Cancer Strikes 5K Walk at the Space Coast Stadium last October.

**Training Philosophies:** Alternate various training for balance to avoid injury.

## **One Piece of Advice That I Would Give to a New Runner:**

Start slow, join a running group or a running buddy for support, and never give up.

## **Other Sports & Interests:**

Yoga, traveling, and reading

## **Favorite Reads:**

Mysteries (James Patterson and other mystery writers)

## **Favorite Movies:**

TCM Classic & Italian movies (Marcello Mastroianni & Sophia Loren) two of my favorite Italian movie stars

## **When Nobody is Looking I Like to:**

Catch up with my reading (I go to the library every 3 weeks and borrow 3 books each trip so I have deadlines to finish them)

**Favorite Meal:** Chinese banquet in Singapore

**Dream Vacation:** Italy (went there with my husband and daughter in Sept. 2014)

**Why did you join SCR?** One of the reasons is to get in for the Space Coast Half Marathon because I was not able to register last year. And this year, I was able to pre-register for the half. Other reasons are the benefits for being able to use all their facilities and discount. And I met new friends/runners.

**I Think That SCR Could Do A Better Job:** Continue to do the good work. Perhaps add more races for discount outside the series as SCR membership.



*Jessica's running group MRRG at Excabibur 10 Miler*



# Where in the World?

ARE SPACE COAST RUNNERS RUNNING



## JUNE 2015



**Grand Teton Half Marathon 6/6—**  
**Jackson Hole, WY**  
Dick, Marlene & Rachel White



**Echo Half Marathon 6/7— Osteen, FL**  
Mike Acosta, Naweed Akram, Jonathan Howse, Molly Kirk, Susie Meltzer, Harry Prosser, Kimberly Prosser, Brittany Streufert, Shane Streufert, Dave & Marie Thomas

**Yellowstone Half Marathon 6/13—West Yellowstone, MT**

Cathie, Jeff & John Poor, Loran Serwin, Christy Zieres, Dick, Marlene & Rachel White



**Grandma's Marathon & Garry Bjorkland Half Marathon 6/20— Duluth, MN**

Carol Ball, Steve Chin, Keith & Marisa Flint, Kelley Lake, Harry & Kimberly Prosser, Cheryl & Ron Ritter, Brittany & Shane Streufert, Micah Vanatta

## JULY 2015



**Peachtree Road Race 7/4—Atlanta, GA**  
Daryl Gilbert, Beverly Glenn

**The Scream Half Marathon 7/18—Asheville, NC**

Daryl Gilbert, Beverly Glenn



## AUGUST 2015

**Lake Logan Half Ironman 8/8—Canton, NC**

Daryl Gilbert



## SEPTEMBER 2015



**ARX Half Marathon 9/5—Asheville, NC**

Daryl Gilbert, Beverly Glenn

**Heartland Marathon 9/6—Omaha, NE**

Brittany Streufert



**Berlin Marathon 9/27—Berlin, Germany**

Shane Streufert

Get your race listed in the next newsletter! [Click here.](#)



## Where in the World are Space Coast Runners Running?

### OCTOBER 2015

#### Ironman Maryland

10/3— Cambridge, MD

Cyndi Bergs , Linda Cowart,  
Suzie Enlow, Kelly Miller,  
Theresa Miller, Christy  
Tagye, Christy Zieres



#### Chicago Marathon

10/11/15 — Chicago, IL

Mike Acosta, Naweed Akram, Susie Meltzer

#### Baltimore Running Festival

10/17—Baltimore, MD

Cristina & Ed Engel



#### Detroit Free Press/ Talmer Bank Marathon

10/18 — Detroit, MI

Ron Abel

### NOVEMBER 2015



#### TCS New York City Marathon 11/1— NYC, NY

Suzie Biery, Jay Claybaugh,  
Lisa Hamelin, Christine Kenne-  
dy, Dana Maughn, Karen Stout

#### Savannah Marathon & Half Marathon

11/8 — Savannah, GA

Molly Kirk, Marie Thomas



### SPACE COAST RUNNERS WOULD LIKE TO THANK

### HEALTH FIRST PRO-HEALTH & 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!



Submit Your Out-of-Town Race by [Clicking Here.](#)



# Race Calendar



6/7	<b>Pineapple Man Triathlon</b>	7:00 am	Ryckman Park, Melbourne Beach	<a href="#">Website</a>
6/13	<b>Health First for Your Heart 5K</b>	7:00 am	Space Coast Stadium, Melbourne	shelley.szafraniec@health-first.org
6/13	<b>Bottoms Up Beer Run 4K</b>	6:00 pm	Wickham Park, Melbourne	bottomsup@saaz.org
6/21	<b>Indialantic Boardwalk Triathlon</b>	7:00 am	Nance Park, Indialantic	<a href="#">Registration link</a>
6/27	<b>Shark in the Park 5K</b>	7:30 am	Gleason Park, Indian Harbour Beach	<a href="#">Registration link</a>
7/4	<b>Firecracker 5K</b>	7:00 am	Liberty Bell Museum, Melbourne	info@runningzone.com
7/25	<b>Run the Tide Beach 5K</b>	8:00 am	Paradise Beach, Indialantic	info@uprunningfitness.com
8/1	<b>Workman Warriors 5K Trail Run</b>	7:30 am	Wickham Park, Melbourne	ritch@ritchworkman.com



# 3 Summer Essentials for Outdoor Running



By Brittany Streufert

**When the temperatures outside begin to soar, be prepared before you run or walk in the Florida sun.**

**1 Dress Smart**—We all think less is better for summertime workouts but in reality you need to protect yourself against the sun's harmful UV rays. Wear a light-weight, moisture-wicking shirt and hat. Regular cotton shirts provide low UPF protection. More and more sports apparel now carry a UPF rating. Look for it.

**2 Protect your eyes**—A good pair of sunglasses can help protect your eyes from sun-related damage. Wear them religiously. Long-term exposure to UV rays from the sun is associated with a number of eye conditions, including cataracts, skin cancer on the eyelid and around the eyes, melanoma of the eye, and benign growths on the surface of the eye, according to researchers at the University of California, Berkeley.

**3 Don't forget your feet**—Wear non-cotton, moisture-wicking socks. They'll help reduce friction inside your shoes and keep your feet dry when they start to sweat which will probably be within five minutes during the summer.

**It goes without saying, the most important thing to remember before you head outside is sunscreen. It's recommended to put on sunscreen with at least SPF 30. Don't forget!**





# 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.*



# June 2015

Birthstone: Pearl

Flower: Rose

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> Alyssa Anderson Edward Armitage Tae Schroeder Benjamin Hausman Kimberley Flynn Nathaniel Jaksetic	<b>2</b> Nancy Buonanni Ricky McDonald Rodney Walker <b>Lourdes Cox</b> James Mankowski <b>Lisa Rose</b>	<b>3</b> Sabrina Smith	<b>4</b> Finn Sinclair <b>Deborah Herman</b>	<b>5</b> Jo Shim <b>Dean Worm</b>	<b>6</b> Philip Robles Maggie Starr
<b>7</b> Kathy Ojeda <b>Wendy Armbruster</b> Mario Ronda Doug Carroll	<b>8</b> Susan Goodchild	<b>9</b> Jeffrey Hathaway Mary Carney	<b>10</b> <b>Gavin Thomas</b>	<b>11</b> Geoffrey Mitskevich	<b>12</b> Beth Hagerty	<b>13</b> Lois Mrdjenovich
<b>14</b> Roger Ogburn Ruben Darancou <b>Melodie Esposito</b> Max Schneider	<b>15</b> Shannon O'Boyle	<b>16</b> Karen Richardson	<b>17</b> Lynn Starr	<b>18</b> John Buchanan	<b>19</b> Pascale Colquhoun Cristie Sinclair Douglas Wendel	<b>20</b> Cathy Norris Ed Harrison <b>Tadzia Harvey</b>
<b>21</b> Joanna Beckes	<b>22</b> Rebecca Skillen <b>Erica Schneider</b>	<b>23</b> Jeff Gleacher Mark Petrillo <b>Steve Trigwell</b>	<b>24</b> Moe Desrosiers Debbie Knight	<b>25</b>	<b>26</b> Marielise Jacobs Amanda Reynolds	<b>27</b>
<b>28</b> <b>Brandon Holst</b>	<b>29</b> Kathy Gay George Then Leslie Faetra Patricia Savage Dave Conley Lara Darancou Sarah Darancou	<b>30</b> Lori Kruger Lexi Deese <b>Cami Waldon</b> Chris Bennett				

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





# July 2015

Birthstone: Ruby

Flower: Larkspur

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Pat Deabenderfer Suzie Philbeck Danielle Joseph	2	3 Jay Claybaugh Michael Dolan	4 Tom Wright Kim Anselmo Drea Hanan
5 Marty Winkel Robert Meadows Stephen Bernstein	6	7 Braden Krupp Chris Slusher Kate Schindler	8 Christy Zieres Clay Tezel	9 Stephanie Miller Cris Zecman	10 Megan Paxton	11
12 Roger Travis Rosanne Bessenaire Michelle Lamb Jennifer Schneider	13 Andrea Bastien Jonathan Howse	14 Peter McBride Wilma Fisk John Ouweleen	15 Jennifer Ogburn Michele Duester Keith Snodgrass	16 Barbara Holst Robert Gabordi	17 LeAnn Castner	18 Sarah Lowe Ed Engel John Buchanan
19 Daniel Molodkin Joshua Kraver	20 Anita Travis	21 Joseph Faletra	22 Shelia Walker James Memmott	23 Michael Zeitfuss Greg Griffin	24 Jeff Martin Robyn Pringle	25 Dennis Testa Bruce Snyder
26 Kirk Baird Amanda Watson	27 Annie Caza Breanna Hausman Tina Theobald	28 Art Anderson Thomas Chapman Alison Volgebacher	29 Maureen Morley Ashley Raymond Tom Marren	30 Shelby Kirk Priscilla Dolan Gary Tumlinson	31 Jerry Bird Suzie Martin Tony Mazza	

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