

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

MARCH 2016



IN THIS ISSUE

- Race Reports!
- Runner of the Year Series Update
- Run a Mile with Kris Hansen



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. 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, Twitter and now Instagram. Stay current on club events, races and fun runs, set up workouts, communicate with other members of the community, share photos and provide feedback to the Board. Come join us and keep the conversation going!

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SCR President

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SPACE COAST RUNNERS
P.O. Box 541837
Merritt Island, FL 32954

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Top: Gary Castner, Dave Farrall, Michael Petrillo and Frances Kwiat hang out after participating in the various Eye of the Dragon races. (Photo: Brittany Streufert)

Above: R.C. Koontz was the lucky winner of the Eye of the Dragon's Name the Blue Dragon Contest. His name is officially Draco the Dragon. (Photo: Doug Carroll)

On Our Cover: The lead pack of runners including Gary Gates, John Davis, Steve Hedgespeth and Ed Donner pass the halfway point in the 10K and get ready to race up the Eau Gallie Bridge. (Photo: Doug Carroll)

RUNNER OF THE YEAR SERIES

ready to run in 2015-2016

March 26
**Downtown
Melbourne 5K**



April 9
**Space Walk of
Fame 8K & 2 Miler**



May 1
Eat My Crust 5K

VOTED BEST LOCAL 5K by SPACE COAST RUNNERS 2015



See the complete ROY series ranking by clicking [here](#).

For more
details,
[click here](#).

The SCR Runner of the Year Series was first run in 1982. It's one of the best local road race series with distances ranging from the 5K to the half and full marathon. Participants get the Brevard County experience with our wide variety of courses in Melbourne, Indialantic, Melbourne Beach, Cocoa, Titusville and Viera.

GETTING TO KNOW YOUR SCR BOARD MEMBERS



Bob Rall



Name:
Bob Rall

Favorite SCR series race:
I like them all, but if I have to choose one, I would

say the Space Coast Marathon and Half-Marathon. I love the course and it's like a big party with all of my running friends.

Favorite Space Coast area to run: River Road of course, but I also like my normal route, the north end of North Tropical Trail in Merritt Island, up near the Space Center.

Running partner(s): I run alone most of the time, but my wife Gina, and our 10-year old golden retriever, Lucky, keep me company on some of my runs.

Little known fact/secret about yourself: I took up trying to learn the piano late in life. While I am far from being competent, I can play a couple of songs that you would recognize.



If you're anything like me, then you like to read about the activities that interest you. In this case, I'm talking about running, of course. There are so many running books out there, from how-to's (getting started, getting faster, going longer, staying injury free, recovering from injury and on and on and on) to the history of to biographies, etc.

I thought I'd showcase just some of the few of many that are good reads.

- *Born to Run* by Christopher McDougall—this book describes the author's finding of the Taramuhara tribe and participating in an ultra-marathon.
- *Out of Nowhere: The Inside Story of How Nike Marketed the Culture of Running* by Geoff Hollister—this book talks about how Nike started and was a large influence on the running movement; written by one of the founders of the company.
- *The American Marathon* by Pamela Cooper—this book talks about the marathon movement and thoughts on gender, class and ethnic roles within the movement.
- *PRE: The Story of America's Greatest Running Legend, Steve Prefontaine* by Tom Jordan—a biography about the life of Prefontaine, an early running influence that some say helped kick start the running boom in the early '70's.



Let me know which ones are the favorites on your bookshelf (or on your eBook in this day and age)!

Keep moving forward!

Lisa Hamelin
Editor-in-Chief

lisahamelin@gmail.com

Our mailbox is always open to our readers.



If you have a comment, correction or critique or would simply like to tell us what running topics matter to you most, email us by [clicking here](#).

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Saturday 10:00am - 5:00pm • Sunday 12:00pm - 4:00pm

3696 N. WICKHAM ROAD, MELBOURNE
ACROSS FROM BREVARD COMMUNITY COLLEGE

PRESIDENTIAL INQUIRY

A Monthly Column from SCR President, Dick White



GREETINGS ALL!

Big Shout Out Thank You to Mitch Varnes for once again providing Space Coast Runners with a booth at his Florida Marathon and Half Marathon Expo. It is a GREAT way to meet new people and spread the camaraderie of Space Coast Runners beyond the borders of our beloved Brevard County.

At this writing we are nearly halfway through the response time for the Runner of the Year Survey. I want to Thank Everyone who has responded so far for taking the time and for providing me with good input for my upcoming columns. This month I will address the concern of the overlap of our ROY series and the Running Zone Series on April 9, 2016.

The Space Walk of Fame 8k originated in 1979 as the Indian River Festival 10k. For many years it was Brevard County's Only consistent April Race. Marty changed the race to 8K in 1985 to avoid the prior year's fiasco of the drawbridge stranding runners on the course. The race moved to the third weekend of March for two years then back to April in 2004, where it has remained the spring staple of our Runner of the Year Series, on the second weekend for the past 8 years. We are very proud of the tradition of this race, and, as we are with all of our series races, we are looking forward to the SWOF 8K becoming bigger and better in the years to come!

The Pirate Plunder 2 miler was born in 2012 and prospered on the first weekend of April. With the ever expanding race calendar in Brevard County increasing the demand for Running Zone's race timing services, available open weekends will continue to dwindle. I most certainly don't speak for Running Zone, but I think it was a common sense decision to put the new Cops and Robbers 5K on the first weekend and move their Pirate Plunder to the second weekend, as

a 2 mile evening race would compete less with an 8K morning race than a 5K morning race would. I wish to Thank Don and Denise for that consideration.

Through the years Space Coast Runners, Running Zone, Smooth Running, and Space Coast Event Management have worked very hard to not overlap our races. There have been a few unavoidable circumstances like when the last Saturday in Feb backed up to the First Sunday in March, we had our Eye of the Dragon 10K and the Excalibur 10 miler on consecutive days. Two years ago the Space Coast Classic 15K was backed up a week and the Fall into Winter 5K moved up a week to find Low Tide, ending up on the same day. This year the USA Beach Running Championship Half Marathon and 10K also had to move up a week to find low tide, landing it on the same day as the Most Popular but rare Sunday 5K event of our Eat My Crust. All regrettable to say the least, but sadly unavoidable. The chances of that happening again are minimal - The Calendar got in the way!

As more and more local charities reach for the money a 5K can bring, the calendar will become even more crowded. We will respond by making sure that Space Coast Runner of the Year Races are among the Best in the County!

Don't forget to vote in the upcoming SCR Board Member Elections!

Run Strong, Run Long,

Dick

Dick White, SCR President

dickwhite@cfl.rr.com

APRIL BOARD MEETING

April 18, 2016 at 7:00pm
Pro-Health Merritt Island

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.

Local Fun Runs & Walks



It's always better to run and walk with friends! Our fitness community offers several opportunities to find a group to train with. Please contact lisahamelin@gmail.com to add your fun run!

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	http://www.meetup.com/Murrell-Road-Running-Group/
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Kim Badgett (kbadisrunning@gmail.com)
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	Running for Brews Cocoa Beach, Hogan's Irish Bar	7:00 pm	Bo Trapnell (phogan330@gmail.com)
Tues	Long Doggers, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Tues (1st/3rd of each month)	Playalinda Fun Club Runs, Playalinda Brewing Company	6:30 pm	Donna Scott (225-8978)
Tues	Running for Brews Satellite Beach, Long Doggers	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Intracoastal Run Club, Eau Gallie	5:30 pm	Amy Ustjanowski (amy@theyogiperogi.com)
Wed	Cocoa Beach Fun Runs Long Doggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:30 pm	Judd Spitzer (juddls@gmail.com) and Craig Piepmeier (cpiepmeier@gmail.com)
Wed	Village Idiot Pub, Cocoa Village	6:00 pm	321-301-4487
Wed	Running for Brews Melbourne, Fia's Ristorante & Pizzeria	7:00 pm	http://www.meetup.com/Running-for-Brews-Melbourne/ - Marcus Smith
Thurs	Running Zone, Melbourne	5:30 pm	Running Zone (erin@runningzone.com)
Thurs	CrossFit Rise Above, Melbourne (1st Thursday of month), Chase Bank, Indialantic (all other Thursdays)	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	Running for Brews Viera, Long Doggers	7:00 pm	Sean & Sandra Christian (IDLifeteamChristian@gmail.com)

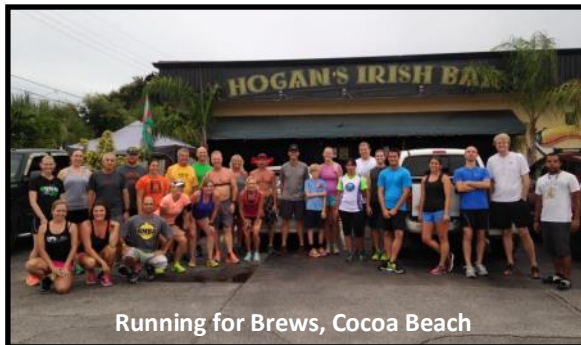
Local Fun Runs & Walks



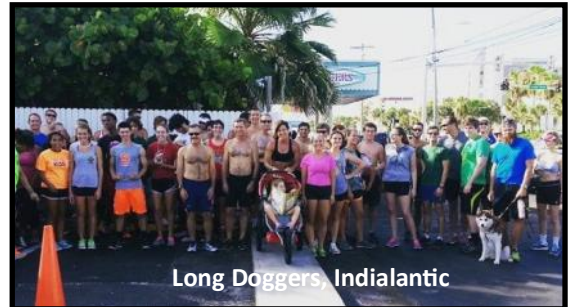
Running for Breds, Viera



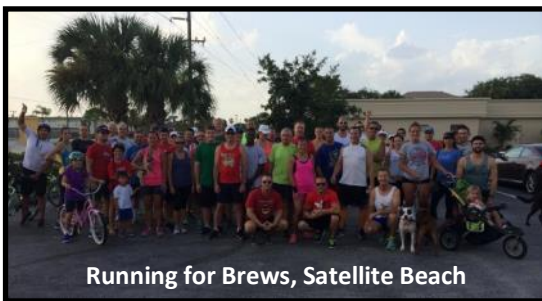
Intracoastal Run Club, Melbourne



Running for Breds, Cocoa Beach



Long Doggers, Indialantic



Running for Breds, Satellite Beach



Daddy Ultra Runs, Cocoa Village



Running for Breds, Melbourne



Running Zone, Melbourne



Cocoa Beach Runners, Cocoa Beach



Up & Running Fitness, Indian Harbour Beach

34th Anniversary of the Downtown Melbourne 5K Run and Walk Saturday, March 26, 2016



A Space Coast Runners' *Runner of the Year* Event



A run for the children

Proceeds benefit **THE HAVEN**

Start Times

Women 7:30 AM * Men 8:15 AM * Youth Series 9:00 AM * Awards 9:15 AM

Location

Starts on Municipal Lane at East New Haven Ave. This USAATF (FL14017EBM) certified course loops twice through historic downtown Melbourne. Men and women run separate races. The race benefits The Haven, a shelter for abused, abandoned and neglected children.

Space Coast Runners Youth Series

The Space Coast Runners Youth Series aims to include youth in organized runs so as to encourage participation and interest in running and fitness. There will be no charge for these runs, but parents will be required to sign a waiver for their children to participate on the morning of the race. Distances: 1/4 mile, 1/2 mile, & 1 mile.

Awards

Male-Female: Top 3 Overall, Top Masters (40+), Top 3 Teams-Each Race

Age Groups (top 3 male & female): 10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

School Challenge *NEW THIS YEAR*

New to the Downtown Melbourne 5K this year is a **School Challenge**. All children under the age of 18 may register for a special reduced fee of \$20. The School (public or private) that has the most registrations for the 5K will earn a special award to be presented at the results following the races.

Open Team Challenge

Not new but still topical, open team competitions will be held, with four individuals comprising a team. In addition to a trophy for the overall male and female team winners, the four scoring members of the winning teams will earn a complimentary entry to the 2017 race.

Registration

- Online at <http://secure.runningzone.com> ending March 24th at 11:59 pm
- In Person at Running Zone on Wickham Road (between Parkway and Post Road)
- Checks payable to **The Haven**
- By mail to Running Zone (3696 N Wickham Road, Melbourne, FL 32935)
- Race day Downtown Melbourne at Municipal Lane- beginning at 6:30AM

Race Management by:



Packet Pick-Up

- Friday, March 25th from 10:00 am to 6:30 pm At Running Zone (3696 N Wickham Road, Melbourne, FL 32935)
- Race day- Downtown Melbourne at Municipal Ln beginning at 6:30AM

Information

- Frank Webbe * 321-674-8104 Days * Email: webbe@fit.edu

2016 DOWNTOWN MELBOURNE 5K OFFICIAL ENTRY FORM

Fees: \$25 until March 24th
\$20 for students 18& Under until 3/24
(\$24 for SCR & Gecko Club Members til 3/24)
\$30 March 25th & Race Day

Last Name (Please print)

First Name

Address

City

State

ZIP Code

Telephone

Email

_____/_____/_____
Date of Birth

Age on Race Day

M ___ F ___
Gender

S ___ M ___ L ___ XL ___
T-shirt Size

Y ___ N ___
Space Coast Runners Member?

Open Team Challenge Name _____ (if applicable, see above for details)

School Affiliation _____

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 high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I grant permission to all of the foregoing to use any photographs, motion pictures, and recording, or any other record of this event for any legitimate purpose. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Space Coast Runners, Running Zone Race Management, Inc., the City of Melbourne and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I have read the above release and understand that I am entering this event at my own risk.

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE

SCR Central

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

welcome!

NEW MEMBERS!

We look forward to running with you!



If you are a new member to SCR and have not picked up your

Space Coast Runners

New Member Welcome Packet

they're available at Running Zone in Melbourne.

<i>Maria Alemang</i>	<i>Patty Garten</i>	<i>Pono McDowell</i>	<i>David Scholl</i>
<i>Vincent Allotta</i>	<i>Kristin George</i>	<i>Kanani McDowell</i>	<i>Karn Schreiber</i>
<i>Debbie Ambro</i>	<i>Nagan Gould</i>	<i>Julie Michel</i>	<i>Zachary Schurndt</i>
<i>Tammy Annis</i>	<i>Elisha Gould</i>	<i>Jeremy Michel</i>	<i>Rochelle Schurndt</i>
<i>Karl Anslett</i>	<i>Victoria Heminger</i>	<i>Erin Miller</i>	<i>David Shaffer</i>
<i>Dana Ashley</i>	<i>Dana Herman</i>	<i>C.J. Mitchell</i>	<i>William Sheldon</i>
<i>Craig Bishop</i>	<i>William Hickman</i>	<i>John Mitchell</i>	<i>Makana Sierra</i>
<i>Cathy Bishop</i>	<i>Laura Hickman</i>	<i>Anne Mitchell</i>	<i>Kaulana Sierra</i>
<i>Kim Bissonnette</i>	<i>Debbie Hixenbaugh</i>	<i>Christopher Myers</i>	<i>Leisha Sinclair</i>
<i>Eric Bissonnette</i>	<i>Karrah Hudkius</i>	<i>Alexandra Myers</i>	<i>Debra Sloane</i>
<i>Kenny Broodrick</i>	<i>George Jarman</i>	<i>Sean Myers</i>	<i>Jennifer Smith</i>
<i>Robert Bruckart</i>	<i>Jasmin Jarman</i>	<i>Jason Myers</i>	<i>Maria Smith</i>
<i>Linda Bunting</i>	<i>Scott Kegut</i>	<i>Jeannie Myers</i>	<i>Ana Stark</i>
<i>Sean Callahan</i>	<i>Linda Kegut</i>	<i>Kimberly Newton</i>	<i>Erica Stellmon</i>
<i>Nicole Caraballo</i>	<i>Michael Kisner</i>	<i>Jodi Noe</i>	<i>Karen Stout</i>
<i>Rich Chapman</i>	<i>Jacqueline Knott</i>	<i>Steve Noe</i>	<i>Kalina Subido-Person</i>
<i>Courtney Charvet</i>	<i>Vachara Landry</i>	<i>Debra Ocker</i>	<i>Cathy Sweeny</i>
<i>Andy Clay</i>	<i>Catherine Lashore</i>	<i>Shannon Parks</i>	<i>Titngai Tam</i>
<i>Paula Collins</i>	<i>Shannon Leathlean</i>	<i>Kahlan Pederson</i>	<i>Kristy Taro</i>
<i>Logan Colongelo</i>	<i>Savannah Lee</i>	<i>Phoebe Pederson</i>	<i>Mike Taylor</i>
<i>Christy Compeau</i>	<i>Jake Lee</i>	<i>Amy Pederson</i>	<i>Michael Toppi</i>
<i>Sebastian Cooper</i>	<i>Nancy Lee</i>	<i>Adam Pederson</i>	<i>Michelle Toppi</i>
<i>Paula Cooper</i>	<i>Jack Lee</i>	<i>Shani Pehl</i>	<i>Juliet Underill</i>
<i>Matthew Cummings</i>	<i>Tiffany Lerret</i>	<i>Joseph Pellettiere</i>	<i>Jennifer Van Den Dreissche</i>
<i>Tara Degnan</i>	<i>Emma Logue</i>	<i>Carrie Petzy</i>	<i>Wayne Van Sickle</i>
<i>Danielle D'Ostroph</i>	<i>Matt Logue</i>	<i>Delma Pichardo</i>	<i>Jennie Ward</i>
<i>Catherine Emerick</i>	<i>Stephanie Lopez</i>	<i>Robin Potter</i>	<i>Rachael Williams</i>
<i>Tara Engeron</i>	<i>Annete Love</i>	<i>Lauren Price</i>	<i>Daniel Wood</i>
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<i>Brent Fodor</i>	<i>Yvonne Martinez</i>	<i>Teresa Ragan</i>	
<i>Nikolas Garten</i>	<i>Jessica McDaniel</i>	<i>Rob Rains</i>	
<i>Alexis Garten</i>	<i>Anuheha McDowell</i>	<i>Wendy Romeu</i>	

SCR Central

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



JOIN US

SUNDAY

SPACE COAST RUNNERS
FUN RUN

6:30 AM
COCOA VILLAGE - RIVERFRONT PARK

Hydration stations are set out approximately at Mile 2 & Mile 4 .



CONGRATULATIONS SCR BOSTON 2017 QUALIFIERS!

To many a runner the holy grail of marathon racing is stepping across the finish line with a time that qualifies them for the Boston Marathon. The list of SCR qualifiers continues to grow.

**Florida Marathon
Melbourne, FL**

Susie Meltzer — 3:44:17

Matt Mahoney — 3:48:46

RUN

for
SPACE COAST RUNNERS
**CORPORATE 5K
TEAM**

MARCH 10, 2016

6:45pm

at FIT Aviation



REGISTER ONLINE AT: <https://goo.gl/tX3uHC>

QUESTIONS: Feel free to email Team Captain,
Joan Meadows at jmeadows25@cfl.rr.com

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Facebook



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twitter

SCR Central

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

FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS



**Thursday, March 24
5:30 PM**

Running Zone is hosting an early packet pickup and fun run for the upcoming Run for the Children 5K. Come out, get your packet for this SCR "Runner of the Year" race and then join us at 5:30 pm for the fun run. Wear **CRAZY SOCKS** and you may win a prize.

Lots of free pizza, beer and drinks post-run for everyone. RSVP or find out more information on the Facebook event page. [Click here](#) to view.

SPONSOR SPOTLIGHT: ALL THAT IS "UP & RUNNING"

Up & Running was very busy in 2015. From the soft roll out of Up & Running Race Management, its continued concentration on fitness from corporate fitness camps, Peak When It Counts running camps and its growing interest in yoga for athletes classes held at CrossFit Rise Above, Up & Running strives to be a positive influence in the community.

The inaugural Up & Running Fitness Race Series last year was a success and the team is excited with the line-up for 2016. We've learned so much about what people enjoy and wanted to provide different kinds of events that appeal to runners, bikers, dog lovers and folks who enjoy picking things up and putting them down with the added UpRising Fitness Challenge now part of its series.

Whether we are coaching, instructing yoga, race directing or timing events, Up & Running Fitness and Up & Running Race Management is excited for every opportunity its community provides and the bottom line is our community; seeing smiles on faces when we help with someone's first 5K, first push-up, downward facing dog to a successful managed race that provides charities with great donations.

Our mission is to never miss the importance of being part of a great community like Brevard and to make as great an impact as we possibly can.

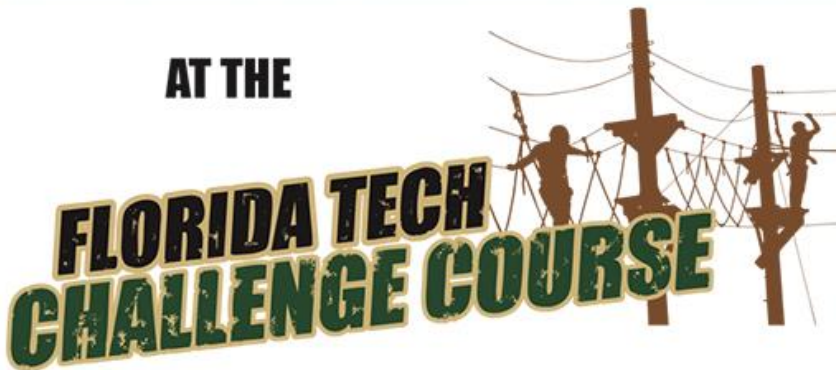
Please visit our websites at [Up & Running Fitness](#) and [Up & Running Race Management](#) for all of your fitness and race management needs!





PANTHER CHALLENGE 2016

AT THE



PUSH YOURSELF TO THE LIMIT!

Test your strength and endurance on this 1.6 mile course that runs on trails through the Florida Tech Challenge Course in the Trailhead Preserve in Fellsmere, Florida.

You will encounter a military spec Marine Obstacle Course, Air Assault Course and additional challenges along the way.

Choose your category:

- **COMPETITIVE GROUP** — You must complete the obstacles as designed to be eligible to win.
- **OPEN GROUP** — Do your best with modified obstacles.

Food, drinks and vendor booths available after the race!

We are nonprofit, open to the public and provide exciting team-building events and leadership training to a variety of groups and organizations in the community at a reasonable cost.

We are seeking financial and in-kind sponsors to support the event so we can improve our facilities and provide scholarships for teens to our summer leadership camps as well as to provide matching funds for law enforcement/first responders.

SPONSORS:



DATE AND TIME:

**Saturday, March 12, 2016
8 a.m.**

LOCATION:

Florida Tech Challenge Course
11090 CR 512, Fellsmere, FL

COST:

\$45 — on or before 19 Feb 2016
\$60 — 20 Feb 2016 and after
\$70 — Day of Race

AWARDS:

Competitive class only

- Best overall Male and Female
- Top 3 Male 40 and under
- Top 3 Female 40 and under
- Top 3 Male over 40
- Top 3 Female over 40

FOR MORE INFO:

www.fit.edu/challenge-course

The Trailhead Preserve FIT Challenge Course is a publicly owned outdoor recreation facility operated by Florida Institute of Technology and partially developed with assistance from the Land and Water Conservation Fund on land acquired with funds from the Florida Communities Trust (FCT) and Indian River County. The Trailhead Preserve is compliant with Title VI of the Civil Rights Act, Section 504 of the Rehabilitation Act, and Americans with Disabilities Act.

RE-053-116

SCR Central

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

FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS



2/14/16 — Fort Lauderdale, FL

Tracy Dutra has been on a red hot half marathon streak of late and the Fort Lauderdale A1A Half Marathon on Valentine's Day was another fast one for the 43-year old Melbourne mom.

Dutra ran 1:29:29 to capture the Top Master Female award. Her 6:50 pace put her fifth in the women's division and 61st overall out of 4,185 participants.

RRCA Running Safety Tip

Trust your intuition about a person or an area. React on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not "right", it isn't.



Julie Hannah poses with her brother Michael Kisner after both had completed the 13.1 mile Tampa race.

2/21/16 — Tampa, FL

Let's give a big Space Coast Runners shout out to Julie Hannah, 42 of Melbourne. After winning the Space Coast Half Marathon this past November in 1:32:51, Hannah improved her time by finishing the Gasparilla Half Marathon in 1:30:20.

She placed second in her age group and was the 11th female to cross the finish out of 3,243 women. Her time was also a new PR, besting the 1:30:28 she ran back in 2012.

The Gasparilla Distance Classic Weekend consisted of four events — 15K, 5K, Half Marathon and 8K which ran over a two day period. Dozens of Space Coast Runners participated in various races or all four. Weather was terrific and many got the chance to meet Olympians Meb Keflezighi and Shalane Flanagan as well as Runner's World Chief Running Officer, Bart Yasso.

SCR Central

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

SPECIAL SCR MEMBER RACE DISCOUNTS

- ◆ Receive a 20% discount on all [Virtual Strides](#) events by entering the club discount code **SCR20** during registration. Up next for March is the Seize the Day Virtual Run — 5k/10k/Half Marathon distances to benefit Citizens United for Research in Epilepsy (CURE).
- ◆ Take advantage of a 10% discount on any of the [Marathon of the Treasure Coast's](#) race distances including the marathon, half, relay or challenge. It's being held in Stuart on March 6th. Use discount code: **TCMSPACECOAST2016**.
- ◆ MFI's [Race the Runway](#) 10K, 2 Miler & Challenge is offering members a \$5 discount. The races are being held on March 5th in Fort Pierce. Use code **SCR5** to receive your discount.
- ◆ [Best Damn Race](#) which offers 5K, 10K, Challenge, & Half Marathon distances is offering \$5 off registration to any of their events. Use code **RUNFAST**. Orlando is 3/5/16.
- ◆ Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPACEMOAT**. Events are on 3/19—Half Marathon (Hal Scott Regional Nature Preserve), 6/11—Marathon (Seminole State Forest), 9/10—Half Marathon and 1/7/17 — Ultra.
- ◆ Register for the 3rd annual [Tomoka Marathon, Half Marathon & 5K](#) in Ormond Beach on March 26, 2016 and save 10% on either race with code **SCR10**.
- ◆ [EA Sports Riverside Dash](#) on April 3 is offering a \$5 discount off its 5K & 15K races. Registration includes race shirt, finisher medal, pancakes, food, coffee, beer, parking and an opportunity to win \$3,000 cash! Use code **SCOASTRUNNERS**.
- ◆ Receive a 10% discount on any [MultiRace](#) event. Coming up is the Singer Island Half Marathon & 10K on 4/9 and the Tri Cocoa Village Sprint & Olympic Triathlon on 5/22. Use discount code **SpaceCoast** to save! (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor)
- ◆ Register for the 2nd annual [Chimpathon16K](#) and receive their early bird registration pricing. The race is on April 16 in Fort Pierce. You must register by mail to receive the discount. To print form [click here](#) and write discount code **SPACECOAST** on it. The special registration price is \$60.
- ◆ Special savings for all the ladies! The [Zooma Women's Race Series](#) is offering members a 10% discount on any of their upcoming races including: ZOOMA Annapolis Half Marathon + 10K (6/4/16) Annapolis, MD; ZOOMA Cape Cod Half Marathon + 10K (9/24/16) North Falmouth, MA and ZOOMA Florida Half Marathon, 12K + 5K (10/22/16) Amelia Island, FL. Enter code: **SPACECOAST** to receive the discount.
- ◆ [Vacation Races](#) is extending a 15% discount to all SCR members. To save 15% on upcoming 2016 races like the Zion Half Marathon (3/12/16), the Grand Canyon Half Marathon (5/7/16) and the Great Smoky Mountains Half (9/10/16), use code **16VACRC145**.

Please note: Discounts are negotiated exclusively for Space Coast Runners members only. Sharing and distributing is highly discouraged and jeopardizes our ability to bring these added benefits to our membership.

FINISH AT HOME PLATE



SATURDAY, MARCH 19, 2016

Start time: 7:30am | Space Coast Stadium - Viera, FL

JOIN THE NATS FOR THEIR FINAL SEASON AT SPACE COAST STADIUM

**DREAM OF RUNNING DOWN THE THIRD BASE LINE AND
DASHING TO HOME PLATE ON A MAJOR LEAGUE BASEBALL FIELD?**

Cleats and sliding across the finish line are optional!

Commemorative T-shirt to all pre-registered entrants

Winning male & female will throw the game's ceremonial first pitch

THEN STAY FOR THE GAME

Washington Nationals vs. New York Mets - Game Time 1:05pm



Nats-Mets Game is always a sellout!
**ALL RUNNERS RECEIVE A TICKET
TO THE AFTERNOON GAME!**

REGISTER NOW: GAMEDAY5K.COM

SCR Central

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

FOLLOW US ON >>TWITTER: @SPACESTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS



FASHION POLICE

“Tiger Tragedy at Zoo Race”

Things tend to get a little wild at the races hosted at the Brevard Zoo and this year’s Sloth Skedaddle 3K was no exception. The Fashion Police were on the prowl and we definitely captured a beast of a violation.

Animal prints are always popular. However, this runner raced in a head-to-toe skintight ensemble which was a confusing combination of Siberian White and Bengal Tiger prints. She may have pushed her pace during the race in her hot pink running shoes but unfortunately they couldn’t add any balance to this “cat-astrophe” of an outfit.

Next time we suggest a more simple look with an emphasis on just one print, not two.

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.

UGLY RUNNER FEET CONTEST

Share photos of your ugly runners feet with us and win.



Black toenails, blisters, calluses...the more the merrier. Submit a photo of your feet at their very worst and you could win a race entry and prize pack.

When: Entries must be received by March 25, 2016. Winner will be announced in the April newsletter. Photos will be used in upcoming publications and/or on social media.

How: Submit your photo via email—[click here](#) or direct message our [Facebook](#) page. One submission per person.

SCR Central

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

FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

Do you know about?



Started way back in 2005, Athlinks was originally named VirtuRace.com. Today we know Athlinks as a free-of-charge social networking site where you can easily access events and race results at the click of a button.

With over 190 million results, from over 590,000+ events you're sure to find a snap shot of your race history.

Attention High School Graduating Seniors!



**Apply for the
SCR Scholarship**

Each year Space Coast Runners awards two **\$1,500 scholarships** to a Brevard Senior Male and Female. Requirements are that you belong to SCR or to your high school's track or cross country team. Applications are now available. Scholarship applicants must write an essay to be considered which is outlined in the scholarship application. Contact your school Guidance Department to get an application.

MARCH 2016

Join Our TEAM

RACE REPORTER

Have you ever considered writing for fun? Now's your chance! We're looking to add to our award-winning, super popular, news-letter staff.

[Apply here.](#)

SOCIAL MEDIA CONTENT CONTRIBUTOR

Help wanted with content creation and community engagement on the SCR social platforms.

[Apply here.](#)

BOARD ELECTIONS



WE WANT YOU
TO JOIN OUR
BOARD OF DIRECTORS!

Space Coast Runners will hold its annual Board of Directors (BOD) election in May. This is an opportunity for you to be an integral and influential part of SCR. The club is in a great position to further our fitness throughout the community and we want to encourage you to consider joining the Board.

If you're interested in running for a seat on the BOD, or would like more information on BOD membership, please contact Dick White, president in person or via e-mail at dickwhite@cfl.rr.com.

SCR/19

SPACECOASTRUNNERS.ORG

SCR Central

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

FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

Here's your opportunity to recognize outstanding members!



Inspiring. Outstanding. Dedicated. We're looking for members to nominate fellow members to the SCR **Hall of Fame** for the accomplishments and work they have done in support of the running community.

The nomination must include the active Space Coast Runners candidate's name, # of years he or she has been a member, the year or years the candidate is being recognized, and the candidate's accomplishments. The nomination must include justification on why the candidate is being nominated and contain sufficient detail to allow the committee to make an objective decision. If available, attach a photo with your nomination.

Past recipients: Pat Dixon, Art Anderson, Doug Butler, Henry Campbell, Bill Dillard, Don Dore, Terry Hayden, Jack Kenworthy, Bob Lawton, Rebecca Sparks, Harold Tucker, Marty Winkel, Tom Hoffman, Mary Ramba, Gary Castner, Dick White, Marlene White, Bernie Sher, Susie Koontz, and Carol Ball. [Click here](#) to check out the Hall of Fame on our website.

The **Golden Shoe Award** recipient does not have to be a member of SCR. The only requirement to be selected as the recipient is that the individual has a positive influence on the sport of running based on his/her contributions to the community. Final choice is that of the current SCR President.

Past recipients: Brittany Streufert, Doug Carroll, Gary Harbison, Harold Tucker, Rhonda Butler, Marty Winkel, Bill Dillard, George Revels, Henry Campbell, Terry Hayden, Dave Farrall, Ken Winn, John Chioma, Linda Thompson, Barry Jones, Marlene White, Ross Clarico, Patti Sponsler, Loran Serwin, Barbara Linton, Carol Ball, Dave Hernandez, Linda Cowart, Bob Rall, Matt Mahoney and Dick White. [Click here](#) to check out the Golden Shoe Award Winners.

HALL OF FAME



GOLDEN SHOE

Nomination Deadline: April 15, 2016

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

**To email click on the above or send your email to dickwhite@cfl.rr.com.
Winners will be announced at Awards Night in June.**



Back in 2009, I dreamt of starting a running store in Cocoa Village. For years I have been running up and down the River Road, as well as being very lucky and running in remote locations around the world including Alaska, the Gobi, the Sahara, Antarctica, and many other places in between. I wanted to be able to share with my local friends my experiences and hopefully, impact their running in a positive way. Six years ago, Daddy Ultra Runs was born. Starting in a very small location, we little by little got more and more involved in the local running community.

After 1 year of working by myself, I was quickly joined by Nick Flint, Brandon Holst, Linda Cowart, Nick Diaz, Luke Shattuck, MJ Jones and Erik Prince. For 6 years, I was lucky enough to work with the most wonderful team anyone can ask for and able to meet the greatest active lifestyle followers in the community! We learned a lot together and have been able to share countless experiences, locally, nationally and abroad! So many good things have happened that I could write forever!

It is for this reason that I am incredibly sad to inform all our friends that unfortunately, and due to reasons that are beyond business related, that I am forced to cease our activities at the end of February. The dream to be able to impact my runner friends has materialized into something memorable, but the road must come to an end now. Personal reasons force me to make this decision which by no means has come easy to me. I know our paths will continue to cross in the years to come.

Also know that the Village Idiot Pub has volunteered to continue our Wednesday night runs as usual so please make sure you continue joining your friends for a great social run, the same way we have done it for long 6 years! Each and everyone of you will be forever in my heart. Thanks for making Daddy Ultra Runs a reality and for your continued support during all these years.

With sadness, I say goodbye for now.
Hernan



Save the dates



FLORIDA TECH TEAM 2015



Improve the bottom line,
Shrink the waistline,
See you at the finish line!

- 1 • 1/13/16
- 2 • 2/10/16
- 3 • 3/9/16
- 4 • 3/10/16

1	2	3	4
Informational Meeting	Team Captains' Meeting	Packet Pick-up Party	Race Day!
Wednesday, 1/13/16 6:00 pm @ Running Zone	Wednesday, 2/10/16 6:00pm @ Running Zone	Wednesday, 3/9/16 6:00 pm @ Running Zone	Thursday, 3/10/16 6:45pm @ FIT Aviation

321-751-8889 • www.brevardcorporate5k.com • email: info@brevardcorporate5k.com

SCR MEMBER DISCOUNTS!

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



SAVE 10%
at these local businesses



SAVE 10%
off one item per member

GET MOVING!
Group Fitness & Personal Training



SAVE \$10
on a zoo membership




SAVE 10%
on Hammer products at Nutrition Leaders in Indialantic



Runner of the Year Series

ROY RACE #7 — YOU TOTALLY SLAYED IT

2015—2016 ROY Men's Leaderboard

OVERALL

- 1 Shane Streufert
- 2 Steve Hedgespeth
- 3 Joe Lento

AGE GRADED

- 1 Shane Streufert
- 2 Joe Hultgren
- 3 Steve Hedgespeth



Joe Lento

2015—2016 ROY Women's Leaderboard

OVERALL

- 1 Annie Caza
- 2 Lori Kruger
- 3 Cheryl Ritter

AGE GRADED

- 1 Annie Caza
- 2 Lori Kruger
- 3 Susie Koontz



Susie Koontz

UPCOMING SERIES RACE SCHEDULE

- 03/26/16 Downtown Melbourne 5K
 04/09/16 Space Walk of Fame 8K
 05/01/16 Eat My Crust 5K
 06/04/16 **SAVE THE DATE!** Awards Night

Please note: the series standings reflect your age on August 22, 2015, the date of the first race of the 2015-2016 ROY series season.

If you have any series questions, please email Loran Serwin at lserwin@cfl.rr.com.

FEATURED RUNNER OF THE YEAR SERIES RACE



Space Walk of Fame 8K & 2 Mile

The **Space Walk of Fame 8K**, previously known as the Indian River Festival, is in it's 38th year. This is the oldest race in Brevard County after the SCR Marathon. Marty Winkel has been directing it since 1985 which probably makes him the longest reigning race director in the county, and possibly the oldest.

If you ran the Space Coast Classic 15K and the Eye of the Dragon 10K, you're eligible for the Space Coast Runners 33K Challenge. All you have to do now is complete the Space Walk of Fame 8K and you'll be awarded the 33K medal, which is designed to display the three race medals.

At SWOF this year, the top 3 Overall, Masters, Grand Masters, Senior Grand Master and top 3 age group winners (in 17 age groups) will receive a Belt Buckle medal. There is also a Clydesdale and Filly division at this event.

- WHERE** ▶ Space View Park
17 Orange Street, Titusville
- WHEN** ▶ Saturday, April 9
8:00 AM 8K & 2 Mile
- COST** ▶ Early registration for SCR members - \$25 before 3/27

WHAT TO EXPECT ▶ Finisher medals & much, much more.

YOUTH SERIES ▶ Starts at 9:15 AM

REGISTER ▶ <https://goo.gl/Rpdgzo>

**Paddy Cassidy's, Beef O'Brady's, Hogan's, and Nolan's
Irish Pubs present**



LUCKY LEPRECHAUN 5K RUN/WALK

Sunday, March 13, 2016

**Race benefits Cocoa Beach
High School Project Graduation**

**8:00 am - 5k Run/Walk
9:00 am - Kids Fun Run**

Registration

By Mail with check payable to
Cocoa Beach Project Graduation
30 Country Club Road
Cocoa Beach, FL 32931

On-Line at <https://runsignup.com/Race/FL/CocoaBeach/LuckyLeprechaun>

Packet Pickup at Cocoa Beach Health & Fitness
March 12 from 3:00 to 7:00 pm
1355 N. Atlantic Avenue, Cocoa Beach

Race Day Registration
From 6:30 to 7:45 am at Bailiwick Plaza
20 N. Brevard Avenue, Cocoa Beach

Awards

Overall 1st, 2nd, 3rd Male and Female

Master 1st Male and Female 40+

Age Group 1st, 2nd, 3rd Male and Female in age groups 0-9, 10-14, 15-19 and 10 year age groups from 20-29 through 80+

Amenities

Women's or unisex style t-shirt. T-shirts not guaranteed for late registration or race day registration.
Women's shirts run a size small!

Post race refreshments, awards, and door prize drawings at **Jenna's Breezeway Grille**

**For More Information, (321) 783-6535 or
cbprojectgraduation@gmail.com**



Entry Fee	Postmarked by 2/21/16	After 2/21/16
5k Run/Walk	\$20	\$25
Student (under 19)	\$15	\$20

Name _____
Address _____
City _____ State ____ Zip _____
Phone _____ Birthdate _____
Email _____

Age on 3/13/2016 _____ Male Female

T-Shirt: Pre-register early to guarantee your shirt size!

T-shirts not guaranteed for race day registration.

Circle one Youth sizes: YM YL

Adult sizes: WS WM WL WXL WXXL
MS MM ML MXL MXXL

(Women's sizes typically run a size smaller)

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

Signature (parent or guardian if under 18) _____ Date _____



Runner of the Year Series

ROY RACE #7 — YOU TOTALLY SLAYED IT

We're in the home stretch of the series.

More than 475 Space Coast Runners have scored points at one of the seven "Runner of the Year" series races thus far this season! It's great to see the great mix of personalities and talent out competing at the different distances and courses.

At press time, Loran Serwin had cranked out the points for Tooth Trot but we're still waiting with bated breath for the Eye of the Dragon 10K results to be posted. As each race passes we grow closer to the point in the series where the "drops" are factored in (much to John Davis' liking). Every series runner is allowed two drops so if you missed a race or two you will be scored on the eight races you did score in. We expect to see some shifting on the leaderboard once this happens.

The last two series races, the Tooth Trot 5K and the Eye of the Dragon 10K & 2 Mile Tail of the Lizard both had exceptional running weather. We hope the temps will continue to cooperate at the next three races — Downtown Melbourne 5K, Space Walk of Fame 8K and the Eat My Crust 5K.

So let's talk about the ladies and their points. Kristen Klein is poised to jump into the top three if she continues to place well. She took second at the Tooth Trot ahead of Annie Caza and was the seventh female overall at the Eye of the Dragon 10K. Many thought Julie Hannah might be strategizing to jump into the mix but with her absence at the 10K she has missed three races which will make it

impossible for an overall top three finish.

How will the ladies shuffle out? Will Klein claim first leaving Annie Caza, Lori Kruger and Cheryl Ritter to battle it out for the other two spots and Masters? These questions and many more will be answered over the upcoming races.

On the men's side of things, John Davis has been able to keep his series winning streak alive by scoring first place overall victories at the Tooth Trot 5K and then in the longer Eye of the Dragon 10K. He appears to be unstoppable but alas is not on the leaderboard because of his Turtle Krawl absence..

Shane Streufert and Steve Hedgespeth seem to be playing race ping pong as they have consistently traded second and third positions over the course of the series. In the men's Master's race Joe Lento, Ron Ritter and Gary Gates are all jockeying for position.

In the men's age graded division Gary Gates like John Davis continues to lurk from a lower position on the leaderboard. For now, Streufert sits in the top spot followed by Joe Hultgren and Steve Hedgespeth.

To keep up-to-date make sure to follow our videos on Facebook. Race series analyst Molly Kirk provides a fresh perspective on the ROY series.

Please note: the series standings reflect your age on August 22, 2015, the date of the first race of the 2015-2016 ROY series season.

WATCH THE ROY SERIES ANALYSIS ON FACEBOOK!

[Click here](#) to check out Molly's reports in the video section on the SCR Facebook page.



SPACE COAST RUNNERS

Youth Series

Race to the finish!

Dozens of children participated in the Youth Series runs at the Tooth Trot 5K and last weekend's Eye of the Dragon.

The smiles on their faces are priceless and the physical activity is so beneficial. It's our program's goal to see running positively benefit the children in the Space Coast community.

Encourage a child to join the fun of the Youth Series runs! The next one will be held at the Downtown Melbourne 5K on March 26th.

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



Photo credit: Doug Carroll

See you at
the next
race!
Downtown
Melbourne
3/26/16



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The Rall Capital
Management Team



Did you race the Space Coast Classic 15K and the Eye of the Dragon 10K?

HOW TO QUALIFY

- Complete all 3 of the Space Coast Runners races during the 2015-2016 series :
 - Space Coast Classic 15k on 11/7/15
 - Eye of the Dragon 10k on 2/27/16
 - Space Walk of Fame 8k on 4/9/16
- Individual race medals which attach to the 33k will be awarded at 15k, 10k and 8k. Your 33k medal will be waiting for you at the Space Walk of Fame 8k.

THE RULES

- You can pre-register for the remaining two races at one time: <https://thedriven.net/33Kchallenge> or pre-register for each individually
- Race day registrants WILL NOT BE INCLUDED (for SWOF only)
- Register using the same first and last name, and date of birth for all three races in order for your records to match
- You must have a time posted on the official Race Results to get credit for each race
- Another person may not participate on your behalf.



Davis, Hannah earn Tooth Trot titles



Overall Men

John Davis 16:20.5
Gary Gates 16:55.3
Steve Hedgespeth 16:57.3

Male Masters

Shane Streufert 17:01.4

Male Grandmasters

Rob Longstreet 18:54.7

Overall Female

Julie Hannah 19:51.4
Kristen Klein 21:28.2
Annie Caza 21:30.9

Female Masters

Lori Kruger 21:32.8

Female Grandmasters

Ilse Berube 22:51.5

Walkers

David Farrall 34:15.7
Vern Payne 36:22.9
Michael Petrillo 37:03.2

Team

The Has Beens 1:38:25
Team Black Sheep 1:43:19
SCR Team 1:48:48

Dental Team

River Oak Dental 3:03:57
BCDHA Team Hygiene
3:05:10
Barlow Orthodontics 3:07:49

The 18th annual Tooth Trot 5K took place with a sunny and cool (some might have considered it cold) morning on January 30 at the Eastern Florida State College/Wickham Park pavilion with 269 finishers. It was the 6th race in the Space Coast Runners Runner of the Year series.

The top finishers for the men came in under 17 minutes with John Davis at 16:20, Gary Gates at 16:55 and Steve Hedgespeth at 16:57. Shane Streufert took the Masters title, while Rob Longstreet claimed the Grandmasters win.

For the women, Julie Hannah took first place with a time of 19:51. Kristen Klein came in second with a 21:28 and Annie Caza took third place just 2 seconds later at 21:30. The Masters win went to Lori Kruger and Ilse Berube received her first win as a Grandmaster.

The Tooth Trot also awards for the top 10 competitive walkers, the number one team and the number one dental team. The race is known for great gift card giveaways at the post-race party and they did not disappoint again this year. They gave away over 35 of them from different businesses! The award winners received snazzy, custom-branded visors.

Proceeds from the race benefitted Give Kids a Smile. This nationwide campaign gives a way for dentists to provide services to underserved children. In Brevard County, over 150 children are able to benefit from this free care each year. The Tooth Trot has contributed to this organization since 2008.

For complete race results, click [here](#).
Race report by Lisa Hamelin. Photo credits to Trihokie Images.



RACE REPORT

Tooth Trot 5K — continued



Superhero Runners Soar into Action

This year over 400 runners and walkers of all ages gathered at the Avenue Viera to take part in the fourth running of the Superhero Run 5K and 1 Mile. Running for the first time from this locale, race organizers got a beautiful, crisp winter morning and overall race winner, John Davis got a brand new 5K PR. The Viera resident who is training for the upcoming Boston Marathon went into the race determined to run his fastest. He bettered his previous best by 7 seconds. Indialantic's Michele Longstreet took the win for the women.

After the 5K had started, the one mile race took place. It was a battle of the youth as top spots were earned by thirteen year-old, Josh Kraver and twelve year-old Riley Michaud. Michaud crossed the finish line only

one second ahead of Kaylee Kraver who is also twelve.

Those who participated at the event were encouraged to dress up like superheroes. Spectators got glimpses of Superman, Batman and Wonder Woman dashing by Old Navy as they headed to the finish line.

When everyone had finished their race, a dozen or so local mascots from various businesses and organizations toed the line for the Mascot Dash. It was a sight to be seen as a blue bear took a tumble a few feet from the finish but never fear, many of the friendly mascots stopped to help him up. Post race festivities were held in the courtyard. The race was hosted by the Friends of Children of Brevard and benefits the Guardian Ad Litem program.



Race report by Brittany Streufert

5K OVERALL MEN

John Davis, 16:07

Christian Lake, 19:05

Robert Longstreet, 19:06

5K OVERALL WOMEN

Michelle Longstreet, 22:16

Megan O'Hare, 22:28

Kristy Taro, 23:02

5K MASTERS

Aidan Montague, 20:26

Felicity Cunningham, 23:26

TEAM DIVISION

The Has Beens

Team Girard

Praestantia

1 MILE OVERALL M/F

Josh Kraver, 5:31

Riley Michaud, 6:15

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



Pictured clockwise, top left: Superheroes of all sizes took part in the 5K. Hand-in-hand to the finish line. Roberta Osterling is cheered to the finish. The mighty mascots give it their all. Photos: B. Streufert





2016: Emerald

* 2016-2019 * Game of Stones SERIES



2017: Sapphire

Featuring
LEGENDARY
Finisher
Medals!



2018: Ruby



2019: Diamond

Excalibur Crown Challenge

Run 3 of the 4 Years for
the King Arthur Crown!



REGISTER TODAY!



ExcaliburRun.com



Holy Grail Challenge

Run All 4 Years for the
Elusive Chalice!

Same organizers as



Live the Legend, Find Thy Glory, Join the Quest for the Holy Grail!

4 Years = 4 LEGENDARY Medals + 2 ROYAL REWARDS!

Follow us:

March 20, 2016 • Start: 7:15am • Viera, Florida



DRAGON SLAYER 2 MILER



Participant Perks:

- Awesome Finisher Medals for All Finishers
- Cotton T-shirts
- Post Race Feast Fit for Kings & Queens
- Awards for Top Overall Male & Female
- In conjunction with Excalibur 10 Miler & Relay, will start 15 minutes after the 10 Miler



Medals for All Finishers!

#dragonslayer2miler

Follow us:



Register Today at **ExcaliburRun.com**



The top three men and overall women's race winners: Zeke Zauner, Shane Streufert, Ed Donner and Kaitlin Donner.

Photo: B. Streufert

At the speed of SLOTH

Speedsters and more sloth-like participants skedaddled through the Brevard Zoo in the 3k race, a unique distance run through the zoo grounds since 2007. This Running Zone series race provides a distinctive course that starts in front of the zoo, runs along a dirt road where runners were accompanied by trotting camels, and then through the sidewalks, boardwalks, and trails before heading back to the finish. The race directors guided the more than 1,100 participants through the twists and turns of the zoo course by dividing participants into two waves: not-so-sloth-like runners who planned to finish the race in less than 20 minutes, and more sloth-like participants who enjoyed the sites of the zoo, finishing in more than 20 minutes. This second wave was also ideal for families who

SLOTH Skedaddle 3k

Race report by Marisa Flint

OVERALL MEN

Shane Streufert, 9:47

Ed Donner, 9:50

Zeke Zauner, 9:53

OVERALL WOMEN

Kaitlin Donner, 10:41

Beth Mihlebach, 10:58

Kim Hunger, 11:08

MASTERS

Jonathan Howse, 10:39

Julie Hannah, 11:44

TEAM DIVISION

Running Zone

Long Doggers Club

The Has Beens

SCHOOL PARTICIPATION

Indian Harbour Montessori

Surfside Elementary

Team Covenant





wanted to run together.

Just six seconds separated the first, second, and third place men's finishers; Shane Streufert won in a cheetah-like finish of 9:47, followed by Ed Donner in 9:50, and Zeke Zauner in 9:53. On the ladies' side, Kaitlin Donner won handily in 10:41, with Beth Mihlebach coming in at 10:58, followed by Kim Hunger in 11:08.

Characteristic of Running Zone's family-friendly atmosphere, many children enjoyed the run through the zoo, and a prize for school participation was given, with 21 schools being represented and Indian Harbour Montessori having the largest turnout.

After the 3k skedaddle, participants were treated to muffins, bagels, and fruit provided by Pizza Gallery as well as smoothies from Planet Smoothie.. Exceptional Running Zone perks included instant printouts of individual race results that included pace per mile. Another perk was free childcare. Kids could also enjoy the free kids run, where participants were rewarded with stuffed sloths that were miniature replicas of the large ones awarded to age-group and overall winners. Lucky raffle winners scored free shoes, year-long memberships to the zoo, and Disney tickets.

Next year's race promises to be another unique adventure, with the announcement of the Komodo Crawl!

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



Florida Half Marathon winner, Scott Smith—Photo courtesy of Mitch Varnes



Race report by Marisa Flint

MARATHON OVERALL MEN

- Tory Johansen, 2:45:43
- Bill McCollam, 3:00:49
- Matthew Kraska, 3:02:41

MARATHON OVERALL WOMEN

- Aimee Adams, 3:24:38
- Leah Johnson, 3:33:22
- Amy Yanni, 3:34:13

HALF MARATHON OVERALL MEN

- Scott Smith, 1:17:25
- Tyler Roberts, 1:2:48
- Maximillan Diaz, 1:23:18

HALF MARATHON OVERALL WOMEN

- Kate Bazely, 1:21:42
- Christine White, 1:26:18
- Amanda Bach, 1:26:37

For full results of the 8k, 5k, half and full marathons, [click here](#)

Johansen and Adams Win Windy Florida Marathon

The morning of the Florida Marathon and Half Marathon arrived on the heels of a cold front and the morning dawned damp and cloudy with blustery winds. As race director Mitch Varnes said, “It was the most challenging weather in the history of the event, with temperatures in the 40s and north/northwest winds gusting over 30 mph. We had nearly 400 no-shows for the half and the full marathon, which we attribute to people not wanting to get out of bed in such miserable conditions. This made the finish even more meaningful for those who did brave the elements.” For those hardy runners, this race was another well-run event, beginning in Front Street Park. The half marathon consisted of one loop that

included both the Eau Gallie and Melbourne causeways; full marathoners headed back out for another loop. This race also included a half marathon relay. Those who continued to brave the elements at the post-race party were treated to pizza, a meal from Pollo Tropical, ice cream, and beer from Florida Beer Company while listening to great live music.

Celebrating its seventh year, this is the first year the race has run under the name Florida Marathon. Formerly the Melbourne Music Marathon, the name was changed to appeal to runners from outside the area, and with participants from 41 states and 16 countries it certainly did. The Florida Marathon and Half Marathon is Brevard's premier weekend of racing and includes Saturday races, (the Florida 8k and 5k), as well as the ever-popular Mascot Marathon (262 feet).

For runners who wanted a unique title, there was the Floridiot Challenge: running the 8k and or the 5k on Saturday plus the half or full on Sunday earned runners a medal by the Highland Mint, and 173 athletes scored that award this year. Also unique this year is the possibility of a Guinness record by Dr. Peter Bazely, husband of Kate Bazely, who was the female winner of the half; he pushed his daughters in a double stroller in a time of 1:24:06. One more accolade for this great local race: it was just named a Runners' World Bucket List Top 10 Waterfront Race! We are so fortunate to have this race in our beautiful backyard.



THANK YOU

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.



300 Run for Autism Awareness

SCR member Jonathan Howse warmed up before the Autism Awareness 5K as he often does, by singing the national anthem. Then he was off to score the overall win in 17:53 after taking the lead 1/2 mile in and maintaining it, fighting off a challenge by Franz Gradinger, who came in second and scored the master win in 18:09. Jonathan describes the course as fast and a lot of fun, providing a speedy tour around Florida Institute of Technology, including its lovely botanical gardens. Participants received long-sleeve tech shirts; age group winners went home with nice trophies, and overall and master winners also received Running Zone gift cards.

Over 300 participants turned out to support the 7th annual running of this race by Brevard PALS (Providing Autism Links and Support). Some of the people who turned out are those whose families have been touched by autism and enthusiastically support the race and its cause. One of Brevard PALS's biggest projects is Camp 2 Can, which provides a typical, positive, and safe camp experience for children and adolescents with autism. The camp has expanded every summer and will run for seven weeks in 2016. Proceeds from the race totaled over \$3,000. For more information about Brevard PALS and the services it provides, check out the website: <http://www.brevardautism.com/PALS/>.



OVERALL MEN

Jonathan Howse, 17:53

OVERALL WOMEN

Nicole Demars, 22:07

MASTERS

Franz Gradinger, 18:09

Tara Forcier, 24:\$5

TEAM DIVISION

Pediatrics in Brevard

Team Clayton

Puzzled but Proud

TEAM PARTICIPATION

Puzzled but Proud: 32

Team Clayton: 32

Pediatrics in Brevard: 31

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

Jonathan Howse holds on to his lead to win the Autism Awareness 5k.

Race report by Marisa Flint.

Photo courtesy of Doug Carroll.

FOLLOW US FOR UPDATES AT [FACEBOOK.COM/ROXY](https://www.facebook.com/roxy) & [FACEBOOK.COM/RONJONS](https://www.facebook.com/ronjons)

MARCH
13TH
COCOA BEACH,
FLORIDA



XPERIA Lounge

ROXY
FIT
NESS

RUN SUP YOGA



[ROXY.COM/ROXY-FITNESS](https://www.roxy.com/roxy-fitness)



Lizard, Dragon, or Beast: Runners Conquer the Bridge to Claim Victory Medals.

Perfect weather and scenic views kept runners motivated as they climbed the Eau Gallie Causeway.

The 28th Annual Eye of the Dragon 10k run came with options. For runners who were not quite ready for the 10k, they could run the 2-mile Tail of the Lizard, and for those who wanted more, Slay the Beast allowed them to run the 10k and then run the 2 miles. Slay the Beast also gave runners the opportunity to run up the bridge four times!

Even with the challenge of the bridge, the PR bell was in constant motion as runners crossed the finish line.

Following the run, runners gathered in the Eau Gallie Civic Center where they enjoyed post-race refreshments, watched the awards ceremony, and learned who won prizes in the raffles.

Proceeds benefit the Space Coast Runners Scholarship fund, providing financial support to the local athletes to help defray college costs. To view all race results, [click here](#).

Race report by Angela Leeds and photographs provided by Angela Leeds.



Draco waited at the finish line to take photos with runners who showed off their medals. Right: Space Coast Runners celebrate their run in the Civic Center.



SLAY THE BEAST MEN

Jonathan Howse, 50:27
Howard Kanner, 56:08
Adam Pederson, 56:26

SLAY THE BEAST WOMEN

Kimberly Gero, 58:27
Kristi Choate, 59:48
Cassandra Wyzik, 1:02:25

EYE OF DRAGON MEN

John Davis, 34:45
Steve Hedgespeth, 34:56
Shane Streufert, 35:06

EYE OF DRAGON WOMEN

Sara Trane, 38:39
Kelsey Turner, 41:45
Jennifer Absher, 42:30

EYE OF DRAGON TEAM

Black Sheep, 1:50:12
Running Zone, 1:52:53
the has beens, 1:59:43

TAIL OF LIZARD MEN

Jonathan Howse, 12:07
Tyler Adams, 12:17
Justin Wilson, 12:51

TAIL OF LIZARD WOMEN

Kristi Choate, 14:14
Kimberly Gero, 14:18
Cassandra Wyzik, 14:49



RACE REPORT

Eye of the Dragon — continued



Cooler temps
=
Fast times



Thank You
Volunteers!





Lucky #33?

In the Slay the Beast Challenge, Dave Farrall finished 33rd overall, was the 33rd male and his race number was 33!

REGISTER NOW

RUNONTHEBEACH.COM





10K • HALF MARATHON
MAY 1, 2016 | COCOA BEACH, FL

SMOOTH JAZZ ON THE BEACH



MAY 1, 2016
COCOA BEACH

REGISTER NOW
RUNONTHEBEACH.COM

RACE LIMITED TO 1,200 RUNNERS!

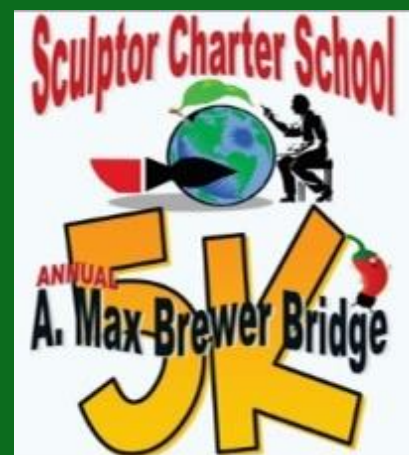
AS FEATURED IN  **USA TODAY**
& THE RUNNER'S BUCKET LIST

MERMAID MEDALS TO ALL FINISHERS!
LOW-TIDE, OUT AND BACK RUNS
OPEN TO ALL RUNNERS & WALKERS
LOGO BEACH TOWELS TO ALL RUNNERS
SHOES ARE OPTIONAL.
BAREFOOT DIVISION
POST-RACE PARTY ON THE BEACH

REGISTER NOW | RUNONTHEBEACH.COM

Ready, Set, Glow! Runners Enjoy 5k over Bridge



OVERALL MEN

Mason Jones, 16:23
Harley Parrish, 18:58
Seamus Chalmers, 19:04

OVERALL WOMEN

Danielle Hustoles, 21:40
Arianna Wall, 21:49
Angela Wells, 22:28

MASTERS

Sean Kurdys, 19:55
Sarah Guttery, 22:55

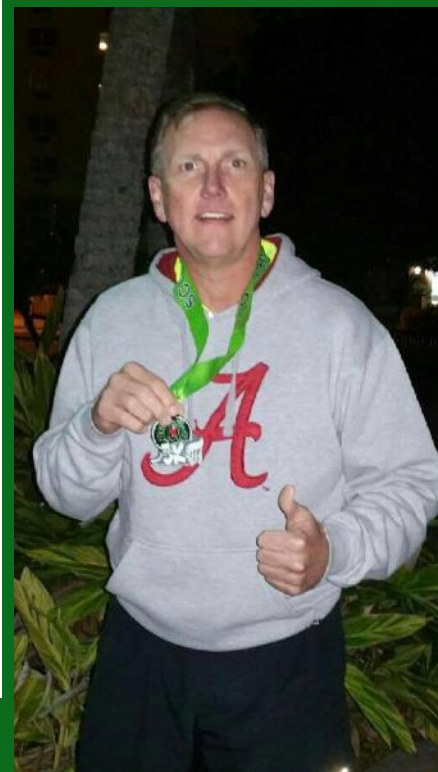
Wearing bright neon colors, runners gathered in Sand Point Park in Titusville for the 6th Annual A. Max Brewer Bridge 5K..

The run began at 6 P.M., and runners sprinted through the park over the bridge, and back into the park. Mason Jones was the overall winner for the men with a time of 16:23, and Danielle Hustoles was the female winner with a time of 21:40.

After the race, participants were given a ticket, so they could head downtown to sample the chili in the Annual Chili Cook-off.

Proceeds from race will benefit Sculptor Charter School. For complete race results and pictures [click here](#).

Race report by Angela Leeds. Race photos courtesy of Space Coast Event Management, Trisha Meeks, and Jeff Meister.



Runners raced through the park and over the bridge for an awesome 5k medal.
Roy Meeks, who placed second in his age division, takes a quick photo with his medal.

Leap Year 2.9 Miler

**A Fun Run So Epic It Happens
Only Every Four Years**

Runners love holidays, and Leap Year is no exception. Almost 200 people signed up to run the A. Max Brewer Bridge in Titusville to celebrate the extra day in February.

The weather was perfect, and the atmosphere was fun as runners began gathering around 5:45 P.M. to pick up their shirts and prepare themselves to conquer the bridge after a long day at work. Beginning in front of Playalinda Brewing Company, the runners raced down Main Street to the bridge, dashed over the bridge while admiring the sunset, took a quick loop through the path beside the Indian River, and headed back over the bridge to the brewery.

Waiting at the finish line, runners found friends, pizza, and water. Many stayed to savor some of the other refreshments offered by Playalinda or food available from Pistilli's Bistro.

Playalinda and Space Coast Event Management also host a Fun Run at 6:30 on the first and third Tuesday of each month.

Race report and pictures by Angela Leeds.



2nd Annual



Ben "Strong" 5K



Proceeds benefit Travis "Strong"
An 8 year old from Melbourne, FL

Travis was like any other normal, energetic boy. He was both a superb athlete and a role model student. But, in July of 2015, he was diagnosed with Leukemia. His amazing spirit and the strength of his family's love and commitment to finding a cure will melt your heart!

KEEP CALM & FIGHT LEUKEMIA



Saturday, March 19, 2016

5:00 pm

IRA Riverside Course

Playalinda Brewing Company

305 S. Washington Ave

Titusville, FL 32796

For more information and registration:

www.benstrong5k.org

Marty Mercado

321-863-5608

hometownhopeinc@gmail.com

Entry Fees:

\$23

Early Registration by March 7

\$28

Registration by March 18

\$30

Day of Registration

Early Packet Pickup:

Friday, March 18, 5:30—7:00 pm

Playalinda Brewing Company

Packet Pickup & Late Registration:

Saturday, March 19, 3:30—4:45 pm

Awards:

Male & Female - Top Master and
Top 3 in 17 age groups from U9 to 75+



Refreshments Available
Live Music
Raffles



RUN A MILE WITH KRIS HANSEN

Name: Kris Hansen

Family: wife, Gayna and children, Abbi and Alex

Age: 45

Originally from: Rochester, NY

Currently reside: Rockledge, FL

Number of years running: 35 years (off and on)

Began running because: When I was a kid I needed to get home fast for dinner so I would sprint the whole way - my closest friends in the neighborhood were 1/4 - 3/4 mile away (I grew up in Malabar).

I knew I was hooked when: Sorry, I was never “hooked”. It mostly has to do with the heat.

Race personal records (PRs) : 22 and change...I don't remember exact time, it was 30 years ago in xc high school. I was only 170lbs then.

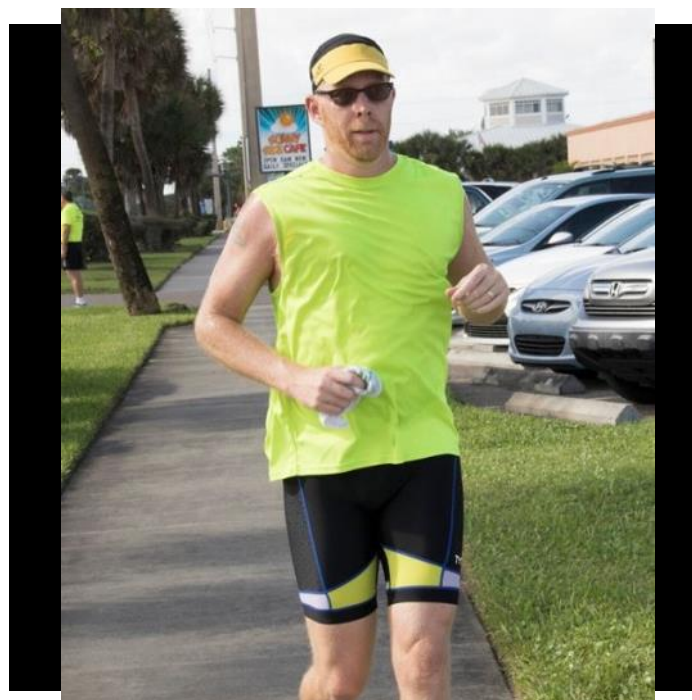
What has been my biggest running accomplishment to date: In December I ran a sub 10min pace for a 10 mile training run - I have never been a distance runner and only last year started running longer than 5 miles.

Favorite local and/or out-of-town race: Anything in February, because its cooler!!!

Favorite place to train: South Tropical Trail or Rockledge Drive

Running goals: to eventually be “comfortable” running a half marathon.

Training philosophy: do what I can when I can. Life can be busy. Oh...and sleep, at 45 I'm finally learning that's important.



RUN A MILE WITH KRIS HANSEN

Running partners: I usually wind up running by myself (even during group runs) because of my pace. Being with other runners on a course helps keeps me motivated.

If I could run a mile with any other person, dead or alive: Julio Castillo, because then I would be fast. HAHA!!



Funniest or oddest thing I've seen while running: While living in SW Palm Bay in the early 90's I was on a trail run from my house. I turned the corner of some large scrub/bushes and was staring down a about a 6 point buck 10 feet in front of me. We both just stood there and stared at each other. He wandered off after a few seconds.

One piece of advice that I would give to a new runner: take up some form of multisport, it will keep you healthy and balanced as a runner.

Other interests: multisport, I use to dislike swimming but have really come to enjoy it. I wish I had more time to cycle.

Last movie I saw:
Ex Machina (streaming)

Favorite hero: Jesus

Favorite pre-race meal:
pancakes



I can't live without my....
(Probably the standard answer)....
my iPhone, I use it for everything.

Last time I took a selfie: Animal Kingdom with my son, Alex?



If you would like to be featured in a future "Run a Mile with" profile, please contact SCR newsletter editor, [Lisa Hamelin](#).



Long Distance Relationships

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

By Dave Farrell

Lisa became very interested in the Daytona Beach Half Marathon booth at the Space Coast Marathon Expo. Normally when she is interested in an event we will eventually be participants. We were very curious about the new Daytona Speedway. \$400 million was spent to upgrade the stadium and track. During the following days we discussed the logistics and the prices of events and hotels. The bottom line was that I registered for the half marathon and Lisa was signed up for the 5K.

Long Distance Relationships

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

The first time I had ever seen the Speedway was Saturday for packet pick-up. I saw the stadium from I-95, it looked small. When we parked the car in front of the Speedway I was amazed at the size. Packet pick-up was on the 3rd floor of the Grandstand. It is a beautiful facility with large concourses, clean, modern restrooms, and food stands throughout. I am not sure why, but the nose bleed section of the stands gave a Great Bird's eye view of the track.

While progressing to the 3rd floor and looking down at the small cars the height bothered me. When we went out into the nose bleed section of the stands I could not look down at first. Watching the cars coming down the front stretch they looked half their size, and miniature size going around the back stretch. I could only say that this is one awesome venue. The expo was small--about five tables. There were a lot of free giveaways.

Saturday afternoon it started to rain. Wind, rain, and cold were on tap; Lisa and I were concerned about the race. We were prepared for the wind, the cold, but we do not like rain during a race which would make things miserable. We did a lot of praying and hoping the rain would end by 6 A.M. Sunday. Lo and behold, about 6 A.M. the rain seemed to stop. Thank God!

We had a driving tour of the infield between turns 1 and 2 to include the tunnel under the track. Parking was excellent. We were about 200 yards from pit row and the start/finish line. The temperature was about 39 degrees and an 18-mile-an-hour wind. As we all gathered at the start, we saw many representatives of the Space Coast running community: some were working for Running Zone, some were volunteering, and some were pacing or racing.

There were two problems that had to be taken care of before the race could get started:

the tide was high and there was no beach to run on, and a train was running late. Don and Denise Piercy from Running Zone took great care of the problems. Don rerouted the course down A1A off the beach and Denise held up the start till the train had gone by.

Both the half marathon and 5K included a lap of the Speedway. From the starting line the half marathon circled the track and exited the stadium at the head of the straight away to Route 92 and toward A1A. It was raining as I headed up the causeway about mile 6. Thank God that was all the rain we had that day. We ran along A1A for about 2 miles and turned around for the return to the track. The wind was against us the entire way, coming and going. Mile 13 was back in the track, where we left it. We only had to sprint down the straight away to the finish line. Lisa, in the 5K, left the track half way around to the back straight away. The course left the Speedway for about a half mile and returned to complete the circuit and sprint to the finish line.

Ron Abel was doing his impersonation of a course marshal. He yelled out to me: "I'm so cold, I can't feel my toes!" I yelled back: "I can't feel your toes either!" He chuckled at that.

The bank of the first and second turn on the track is simply awesome. I looked up to the top and it got me dizzy. Lisa said that the children in the 5K were running up to the top and yelling down to their parents, but then they realized how difficult it was to get back down! Some just slid down on their rear ends. Lisa and I didn't stay around for the festivities after I finished. We were both too cold.

The whole experience of the Daytona Motor Speedway was really terrific. If you haven't raced there you should place it on your bucket list.



VOLUNTEER WITH SPACE COAST RUNNERS

There's 2 Ways to Win!

TOP VOLUNTEER PROGRAM – *for those who like to volunteer & be a part of the action*

SCR will recognize the top two volunteers based on volunteer points accumulated during the 2015-2016 season. The top two members will receive an official SCR jacket & a \$50 Amazon gift card. Volunteer point standings will be posted at spacecoastrunners.org. Winners to be announced at Awards Night 2016.

RUN&I PROGRAM – *for those who like to race our events*

- ◆ Complete 8 of 10 Runner of the Year series races during the 2015-2016 season
- ◆ Volunteer at 1 SCR race or designated event during the 2015-2016 season.

All members who complete the above requirements will be automatically entered into an end of the race season drawing. Two members will receive either a FREE entry into the 2016-2017 SCR Runner of the Year series or into the Space Coast Marathon & Half Marathon in 2017 as a prize. Winners to be announced at Awards Night 2016. To check your participation, [click here](#).

RULES & RESTRICTIONS

- Be an active member of SCR by May 1, 2016.
- Volunteer MUST sign-in with the designated volunteer coordinator at each event.
- Volunteer points can be accumulated from 8/22/15 to 5/1/16.
- You are not permitted to receive volunteer points and participate in a race on the same day. The only exception is the Space Coast Marathon & Half Marathon.
- Most volunteer shifts are 3-4 hours. You must be prepared to help out during the whole shift for which you are scheduled and fulfill your volunteer duties as described.
- You will forfeit your volunteer points if you do not complete your assignment or if you engage in inappropriate behavior.
- Another person may not volunteer on your behalf.

AREAS TO VOLUNTEER & EARN POINTS

- Packet stuffing
- Packet pick-up
- Parking
- Race day registration table and Packet pick-up
- Course marshal
- Water station
- Finish line marshal
- Post-race food attendant
- Race prize/sponsor gatherer
- SCR tent attendant
- Set up crew
- Clean up crew

For more information, please contact Volunteer Coordinator, Barbara Linton at lintonbj@gmail.com.

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



MARCH 2016

March 5

Shark's Tooth 10K
Venice, FL

Ann Marie Keim

March 6

Swamp House Half Marathon
DeBary, FL

Trisha Jones, Shannon Leathlean,
Donna Scott

March 12

Gate River Run 15K
Jacksonville, FL

Lisa Hamelin, Marion Oswald,
George "Skip" Oswald, Cheryl Rit-
ter, Ron Ritter

March 13

**First Watch Sarasota Half
Marathon & Relay**
Sarasota, FL

Tonya George, Ann Marie Keim,
Kelley Lake, Ned Voska, Sandra
Walker

March 20

Publix Georgia Half Marathon
Atlanta, GA
Rachel Redlien

March 19

Antelope Island Buffalo Run 25K
Syracuse, UT

Ceal Muldoon Walker

March 20

Rock n Roll Dallas Half Marathon
Dallas, TX

Carol Ball

March 26

**Tomoka Marathon & Half Mara-
thon**
Ormond Beach, FL

Arlene Buono, Trisha Jones, Molly
Kirk, Shannon Leathlean, Donna
Scott, Marie Thomas

APRIL 2016

April 2

Cooper River Bridge Run
Charleston, SC

Beverly Glenn

April 3

UCF Storm the Campus 10 Miler
Orlando, FL

Arlene Buono, Kelley Lake

April 16

**Walt Disney World Star Wars
Parkside Challenge**
Lake Buena Vista, FL

Ned Voska, Sandra Walker
**Star Wars Half Marathon— The
Dark Side**

Heather Felix

April 16

Chimpathon 10K
Fort Pierce, FL

Arlene Buono

April 18

Boston Marathon
Boston, MA

Ilse Berube, Cristina Canales,
Howard Kanner, Jackie Kellner, Matt
Mahoney, Doug Nichols, Abe Oros,

Cheryl Ritter, Ron Ritter, Shane
Streufert, Micah Vanatta

April 23-24

**Limestone Race Weekend 10K &
5K**

Kingston, ON

Skip & Marion Oswald

April 24

Coastal Delaware Marathon
Dewey Beach, DE

Brittany Streufert

MAY 2016

May 1

New Jersey Marathon
Oceanport, NJ

Cindy Bishop

May 1

Mountain Goat Run
Syracuse, NY

Skip & Marion Oswald

May 7

Grand Canyon Half Marathon
Tusayan, AZ

Beverly Glenn

May 8

Tinkerbell Half Marathon
Anaheim, CA

Kelley Lake

May 14

Ragnar Relay Tennessee
Chattanooga to Nashville, TN

Lori Kruger

See your next out-of-town race listed.
It's easy! Just click on the link. [Click here](#)

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



May 29

Rio de Janeiro Marathon

Rio de Janeiro, Brazil

Cindy Bishop

JUNE 2016

June 4

Pelee Island Winery Half Marathon

Pelee Island, ON, Canada

Lori Kruger

June 18

Grandma's Marathon

Duluth, MN

Micah Vanatta

September 2016

September 10

Great Smoky Mountains

Half Marathon

Townsend, TN

Beverly Glenn

September 17

Bar Harbor Bank & Trust Half

Marathon & Fall 5K

Acadia National Park, ME

Rhonda Creek



MAY 1, 2016
COCOA BEACH

REGISTER NOW
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RACE LIMITED TO 1,200 RUNNERS!



AS FEATURED IN  USA TODAY
& THE RUNNER'S BUCKET LIST

MERMAID MEDALS TO ALL FINISHERS!
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See your next
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It's easy! Just click
on the link.

[Click here](#)



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Facebook



Follow Us on
twitter

Come Run in North Brevard

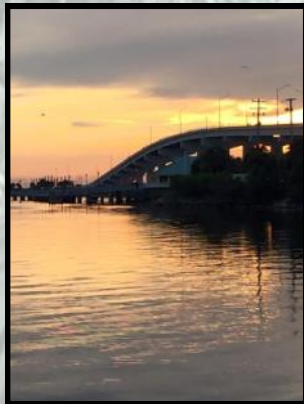
By Angela Leeds

Running races has given me the opportunity to see beautiful places and meet wonderful people. Check any Space Coast Runners newsletter, and you can find a spot to run with people who share your passions.

My favorite places to run for fun though are in North Brevard. If you are looking for a spot to exercise, check out one of these three locations:

1. Sand Point Park—

Looking for hill runs? The A. Max Brewer Bridge could be the incline that you are looking for. According to Runkeeper, over and back on just the bridge sidewalk equals about 1.71 miles. However, you can circle the marina for extra miles. If you want a more scenic route, you can keep going over the bridge and run some of the trails in the refuge. Lots of wildlife to see back there but the trail is skinny and rocky.



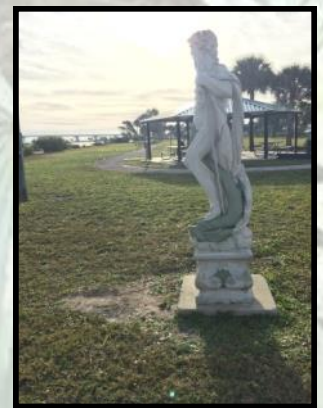
Another option is to head down to River Road. It is a scenic route along the river, and you can run through Space View Park for a quick history lesson and/or bathroom break. Watch for the white squirrels.

Finally, the park itself has nice trails along the water and over to the marina. Along the sidewalks in the park, you can stop at Health Trail markers for fitness challenges to add some

strength training to your runs.

2. Chain of Lakes—

This park is tucked away off north U.S. 1. Some days it is filled with action as soccer and softball players practice, but other days it is a peaceful spot with lots of wildlife. The almost 4-mile trail is wide and runs along the water. For the runner who wants an extra challenge, he or she can run up the four flights of stairs of the wooden lookout tower. As long as there are games, the bathrooms should be open and clean.



3. Fay Lake Park—

This park in Port St. John is just off 95 and is not as far north as the others. Runners can enjoy a pleasant run through the park, near the water. However, if they want to get in some extra miles, Golfview Avenue outside the park offers wide sidewalks and a trail to the bridge on Port St. John Parkway.



These are just three of the many spots to exercise and enjoy a run in Brevard. Let Space Coast Runners know where your favorite spots to run in Brevard are, and if you see me on the bridge, don't forget to say hello!



IT'S OUR ANNIVERSARY! FOR ALL THE INFO, [CLICK HERE!](#)

Sunday, May 1, 2016

7:00 am—5K Run/Walk — Viera

- * **Run the point-to-point anniversary course!**
- * **Every finisher receives an anniversary medal & it even smells like pizza!**
- * **Huge post race party, tons of prizes, lots of hot, fresh PIZZA!**
- * **Grand Prize drawing for a **GOLF CART!****

Benefiting Viera High School Athletics, Special Olympics & the Early Steps program of Brevard County

Race Calendar

3/5	Race the Runway 10K and 2 Miler	6:30 am	Missionary Flights International, Ft Pierce	racetherunway@icloud.com
3/5	Move Your Mutt 2 Miler	7:30 am	Dog Park, Satellite Beach	info@uprunningfitness.com
3/5	Strawberry 5K	7:30 am	The Pentacostals, Titusville	admin@experiencetpt.com
3/5	Thing-a-ma-Jogger 5K	7:30 am	Manatee Elementary, Viera	runsalot@cfl.rr.com
3/5	St. Mark's Lions on the Run	7:30 am	St. Mark's Episcopal Academy, Cocoa	susie.mcb.davis@gmail.com
3/5	Race for the Heart 5K Glow Run	6:30 pm	Exploration Tower, Cape Canaveral	racefortheheart5K@gmail.com
3/10	Corporate 5K	6:45 pm	FIT Aviation, Melbourne	info@runningzone.com
3/12	Brianna Marie Foundation 5K	8:00 am	Wickham Park, Melbourne	contactus@briannamariefoundation.com
3/13	Lucky Leprechaun 5K	8:00 am	Brevard Ave, Cocoa Beach	cbprojectgraduation@gmail.com
3/13	Beach 'n Boards Fest Run SUP Yoga	7:30 am	Shepard Park, Cocoa Beach	http://roxy.com/roxy-fitness/events/cocoa-beach-florida.html
3/19	Game Day 5K	7:30 am	Space Coast Stadium, Viera	ashley@thefloridamarathon.com
3/19	Ben Strong 5K	5:00 pm	IRA Riverside Course, Titusville	hometownhopeinc@gmail.com
3/19	Run to ReLAX 5K	4:00 pm	Longdoggers, Satellite Beach	http://satellitelacrosse.wordpress.com
3/20	Excalibur 10 Miler and Relay	7:00 am	Viera High School, Melbourne	info@runningzone.com
3/26	Downtown Melbourne 5K	7:30 am	Holmes Park, Melbourne	webbe@fit.edu
3/26	Egg Scramble 5K	5:30 pm	Palm Bay Regional Park, Palm Bay	runsalot@cfl.rr.com
4/2	Cops and Robbers 5K	7:30 am	Wickham Park, Melbourne	iluvtennis8@aol.com
4/2	Uprising Fitness Challenge	9:00 am	Cross Fit Rise Above, Melbourne	info@uprunningfitness.com



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.*



MARCH

Welcome to those in **RED**,
who are moving up to a
new age group!

1	Kerry Martin	16	
2	Douglas Butler, Sheila Beermann	17	Joy Turnigan , Ralph Turnigan, William Sheldon
3	Michael Toppi, Wendy Romeu	18	Lisa Hamelin , Susan Larkin, Katie Wilson , Cameron Michaels
4	Caroline Agid, Hernan Garcia, Jason Myers	19	Ashley Walter, Alexa Walter, Susie Meltzer, Catherine Lashore
5	Jessica Barone, John Mitchell	20	
6	Marc Boucher	21	Gary Perry, Judye Leavitt, Elaine Ferriola
7	Joseph Hofmeister, John Healey	22	Ragan Krupp, Matthew Cummings
8	Kira Juranek, Maxwell Walker, Luke Branana, Ben Branana, Bentley Bliss	23	Stacy Irwin, James Pope, Taylor Armbruster , Jennifer Smith
9	Michael Walker, Scott Berner, Juan Perez	24	Jason Collins, Jasmin Jarmin
10	Kurt Russell, Kari Heminger , Carly Armbruster, Annete Love	25	Kara Springer, Kimberly Yates , Tricia Rydson
11	Diane Hardos, Janiene Pape, Zoe Willingham, Darla Dooley	26	Susie O'Connell, Tena Hochard , Annelise Buchanan, Shani Pehl, Kenny Broodrick
12	Suzie Enlow	27	Patti Sponsler, Dana Maughn, Lillian Krupp, Tony Bils , Joel Kinnunen
13	Aubree Piepmeier, Katie Hagerty	28	Scott Rose, Suzanne Sparling
14	Loran Serwin, John Leavitt, Jay Watts	29	Laurie Paul , Mary Ann Alukonis
15	Julie Bramble, Jayna Hils , Keri Robinson, Stacy Powers, Mike Taylor	30	Krista Branana, Shannon Roff, Shana Crovo, Robert Williams
		31	Denise Miller, Mary Wills