

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

APRIL 2016



IN THIS ISSUE

Race Reports!
“ROY” Series Update
Run a Mile with Beverly Glenn



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!

DICK WHITE
SCR President

OFFICERS

Vice President **MARY RAMBA**
Secretary **CYNDI BERGS**
Treasurer **CAROL BALL**

BOARD OF DIRECTORS

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Member **NANCY WINGO**



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

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On Our Cover: John Oweleen enthusiastically races the Downtown Melbourne 5K on his way to smashing the 75-79 men's course record.

Left: Jeff Gleacher pushes to the finish representing the SCR racing team.

REGISTER NOW

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MAY 1, 2016 | COCOA BEACH, FL



Space Coast Runners

RUNNER OF THE YEAR SERIES

ready to run in 2015-2016

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



May 1
Eat My Crust 5K
VOTED BEST LOCAL 5K by SPACE COAST RUNNERS 2015



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

See the complete ROY series ranking by clicking [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



Carol Ball

Name: Carol Ball

Favorite SCR series race:
Downtown Melbourne 5K
because of the separate male/
female races.

**Favorite
Space Coast
area to run:**
River Road,
Cocoa Village

**Running
partner(s):**
Has varied
over the
years, but
really anyone
who is running my pace - I like
to get to know people.

**Little known fact/secret about
yourself:** My biggest dietary



weakness is
warm, fresh,
home baked
cookies!



I'm curious as to what our locals do with their running bling. You know what I'm talking about – the awards, medals, bibs, shirts, etc. Over time, it accumulates and next thing you know, you have enough items to open your own little eclectic store. Do you display them, stuff them in a box, what do you do with them? Send me a photo of what you do with yours and we'll pick the most unique one for the next issue. A cool prize is up for grabs for it! Send it to lisahamelin@gmail.com. Just one idea is to make your medals into magnets (remove ribbon and glue a magnet on the back). Throw them on a metal file cabinet in your office to show off or on your fridge.

The ROY series is heating up! Only 2 more races left to go. Check out this month's issue, as we have the updated status after the Eye of the Dragon and the Downtown Melbourne races. And check out our spotlight runner in Run a Mile With – SCR member Beverly Glenn. I don't know about you, but I love to learn tidbits about our members!

Last month's spotlight runner was member Kris Hansen. Sending well wishes to his wife Gayna, who was struck by a car earlier this month while out on early morning bike ride. As runners and cyclists, we all must be vigilant and do what we can to help protect ourselves and hope the public continues to get educated on sharing the roads.



I would like to throw a quick shout out to the newsletter staff – we're a small, yet dedicated group. I appreciate their willingness to put out a great newsletter each month. Huge thank you to Brittany, Marisa and Angela! Make sure you give them kudos when you see them at the next race.

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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10% DISCOUNT
TO ALL SPACE COAST RUNNER MEMBERS

Store Hours: Monday - Friday 10:00am-6:30pm
Saturday 10:00am - 5:00pm • Sunday 12:00pm - 4:00pm

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

PRESIDENTIAL INQUIRY

A Monthly Column from SCR President, Dick White

GREETINGS ALL!

Did you have a GREAT Race at the Eye of the Dragon 10K? All 544 finishers did! And 258 Tail of the Lizard finishers, as well. The weather couldn't have been better!

BIG Shout Out Thank You to Race Director Barbara Linton for the nearly whole year of Hard Work that it takes to put this race on! Big Thank You to all of the other volunteers and paid timers that are All so necessary to make this race the Huge success that it is!

Are you one of the 173 lucky people that are now eligible to receive their 33K trophy/medal at the Space Walk of Fame 8K on April 9, 2016? We certainly hope so! And if you are not, just remember, we are going to do it all again next year!

I want to extend my thanks to ALL who responded to the Space Coast Runner of the Year Survey - The results are in and next years Series Races and Dates will be announced soon.

One big result is that 80% of the respondents agreed that 10 races is the correct amount for the series. Although there were many suggestions for races to be added, only two had significant numbers. Sixteen people suggested the Fall into Winter 5K and twelve people suggested the Florida Publix Half Marathon. Both are great races to be sure and do very well as free standing

events. The SCR ROY Committee will meet soon to consider any changes to the 2016/2017 series, so stay tuned!



In other SCR News - Carol Ball, Barbara Linton and Brittany Streufert just returned from the annual RRCA Convention in Dallas, Texas. They brought with them the news that 2017 Space Coast Marathon will be the National Championship Marathon!

CONGRATULATIONS to Carol Ball for finishing 3rd Age Group in a field of 11570 half marathoners!!

They also brought back great promo ideas and give-away items.

As we scramble around to put the finishing touches on the SCR Challenge 33K this year, I hope you are as excited as I am that this event will continue on for many years to come.

Run Strong, Run Long,

Dick

Dick White, SCR President
dickwhite@cfl.rr.com

MAY BOARD MEETING

May 16, 2016 at 7:00pm
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.



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

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 | LongDoggers, Indialantic | 6:00 pm | Steve Chin (stz180@msn.com) |
| Mon | Running for Brews Cocoa Beach, Ho- gan's Irish Bar | 7:00 pm | Bo Trapnell (phogan330@gmail.com) |
| Tues | Iron Oak Post Run Club, Melbourne | 5:45 pm | https://www.facebook.com/ironoakpostrunningclub/?fref=ts |
| Tues | LongDoggers, 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 LongDoggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed | 6:30 pm | Judd Spitzer (judds@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 | 6:00 pm | Running Zone (erin@runningzone.com) |
| Thurs | CrossFit Rise Above, Melbourne (1st Thurs of month), Chase Bank, Indialantic (all oth- er 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) |

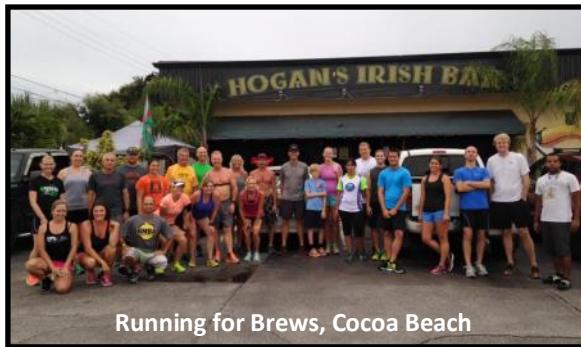
Local Fun Runs & Walks



Running for Brews, Viera



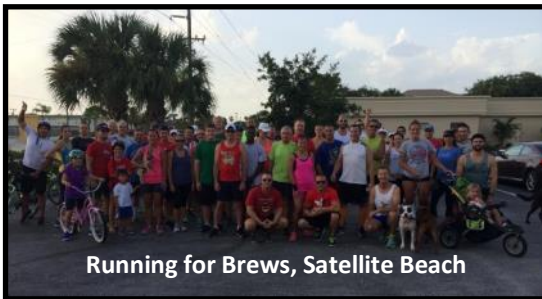
Intracoastal Run Club, Melbourne



Running for Brews, Cocoa Beach



Long Doggers, Indianlantic



Running for Brews, Satellite Beach



Village Idiot Pub, Cocoa Village



Running for Brews, Melbourne



Running Zone, Melbourne



Cocoa Beach Runners, Cocoa Beach



Up & Running Fitness, Indian Harbour Beach

This is a Space Coast Runners & Titusville Racing Series Event 3rd & Final Race in the Space Coast Runners Challenge

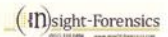
Sponsored by



SPACE WALK OF FAME

8K & 2 Miler

Titusville, FL • April 9, 2016
8:00 AM • Space View Park



USA Track & Field Certified Course (FL14001TY)

8K and 2 Mile runs through old, mostly shaded residential Titusville and along the Indian River. 8K double loop course, Loop 1: 2 miles, Loop 2: 3 miles.

LOCATION

Titusville, Florida - Indian River Avenue and Broad Street (Space View Park)

EARLY PACKET PICKUP

Friday, April 8th, 4:30-7:00pm. Space View Park

DAY OF RACE PACKET PICKUP AND LATE REGISTRATION

Space View Park (Broad St.) 6:30am - 7:45am.

DOOR PRIZES

All 8K and 2 mile participants and race volunteers are eligible for door prize drawings. You MUST be present to win.

KIDS 1/4, 1/2, and 1 Mile RIBBON RUN

For the kids following the 8K and 2 miler.

ENTRY FEES*

- \$ 35 Day of Race Registration
 - \$ 30 Registration (by April 8th) \$25 18 & Under
 - \$ 25 Early Registration (by March 26th) \$20 18 & Under
- *SCR members receive \$1 discount. Excludes Day of Race.

* All Finishers in The 8K Run, Walk & 2M Run, Walk Will Receive A Finisher Medal

*Western Costumes Encouraged

8K AWARDS (Belt Buckle Awards)

Top 3 Overall, Top Master, Top Grand Master, Top Senior Grand Master. Top 3 Clydesdale (200 lbs) Top 3 Fillies (150 lbs). Age group awards top 3 in each of the 17 age groups. Under 8, 9-11, 12-14, and 5 yr age groups thru 80+. Awards presentations at 9:15.

8K Walk, 2 Mile Run, 2 Mile Walk Awards

• Top 5 Male & Female. 2 mile awards presentation, approximately 8:30.

Set The 8K Course Record M&F

Overall \$100

Lauren Duisberg 32:52 (2015)
John Davis 27:47 (2015)

Master \$75

Tina Kraver 36:02 (2015)
Joel Fenalson 31:31 (2015)

Grand Master \$50

Marie Thomas 37:31 (2015)
Joe Hultgren 32:32 (2015)

Sr. Grand Master \$25

Abe Oros 37:03 (2014)
Jacquelyn Kellner 46:54 (2014)

DIRECTIONS TO RACE SITE

- I-95 to Exit 220. Go east until you get to Indian River Avenue
- From US 1, go east at Garden Street or Max Brewer; turn right on Indian River Avenue

Proceeds to benefit Spacewalk of Fame Foundation

Online registration available through www.sceventmgt.com

SPACE WALK OF FAME 8K & 2 MILE RUN • SATURDAY, APRIL 9, 2016 • REGISTRATION FORM

Last Name: _____ First Name: _____ MI: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Email: _____ DOB: _____

Male Female T-shirt: YL XS S M L XL 2X
Check One: 8K Run 8K Walk 2M Run 2M Walk

I hereby release Space Coast Runners Club, Space Walk of Fame Foundation and other sponsors and officials involved in any and all damages or injuries arising out of participation in this run and further state that I am in proper physical health and condition to compete in said run. I grant permission to all of the foregoing to use any photographs, videos or any other record of this event for any legitimate purpose.



Make checks payable to:
"Space Coast Runners Club"
Mail to: Space Coast Runners
P.O. Box 2
Titusville, FL 32781

Signature (Parent, if under 18)



SCR Central

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



welcome!

NEW MEMBERS!

We look forward to running with you!

Jennifer Benthal

Randy Benthal

Jim Borin

Colleen Embi

Jim Glover

Daniel Hamblin

Shelia Hamblin

Jim Martin

Amelia Talbott

Michelle Talbott

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.**



Carol Ball and Barbara Linton

3/20/16 — Dallas, TX
Talk about great SCR representation! Carol Ball attended the RRCA National Convention in Dallas on behalf of the club. While there she entered the Rock'n'Roll Dal-

las Half Marathon to run before flying back to Florida on Sunday. Outfitted in her SCR and CBRW gear, Carol raced to a third place 55-59 age group finish in a time of 1:53:31. She was 402 out of 5,765 female finishers which is in the top 7%. Congrats!

JOIN US

SUNDAY

SPACE COAST RUNNERS
FUN RUN

6:30 AM
COCOA VILLAGE - RIVERFRONT PARK

Hydration stations are set out SOUTH River Road at approximately Mile 2 & Mile 4

BOARD ELECTIONS

The annual 2016/2017 SCR Board elections will be held in May. SCR is currently accepting nominations for Board Members. 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.

All interested candidates will be put on the electronic ballot which will be sent to all current SCR members for voting. Results will be announced in June. If you are interested, please contact SCR Secretary, Cyndi Bergs at mcborgs@att.net by **April 17th, 2016**.

**will you serve
the club?**



SCR Central

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

Tri Corner



April – Saturday swim sessions with Space Coast Masters Swim Team (starts April 2). Gleason Park pool, 9:00-9:30am. Karen Drack karendrack@gmail.com. Novice to intermediate level. Fee is \$10/month and a free 30-day USMS trial membership.

Tri Camps

Tri Moving Forward www.trimovingforward.com
Beachside TriSport www.beachsidetrisport.com
Moore-On Coaching www.moore-oncoaching.com

Upcoming Races

April 10 - Ron Jon's Cocoa Beach Tri
<http://cocoabeachtriathlon.com>

May 22 - Tri Cocoa Village
<http://www.multirace.com/events/76>

June 5 - PineappleMan Tri
www.pineapplemantri.com

June 18 - Lost in the Bay Duathlon
<http://uprunningracemanagement.com/lost-in-the-bay-duathlon>

June 26 - Indialantic Boardwalk Tri
www.boardwalktri.com

Oct 2 - Battle of the Bridges Triathlon
<http://battleofthebridgestri.com>

Dec 11 - Powerman Florida National Championships
www.powermannorthamerica.com

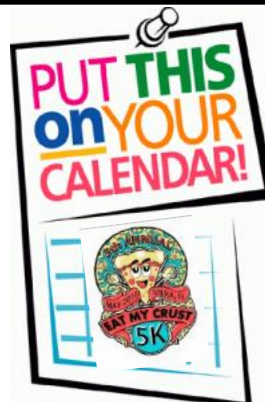
Early Packet Pickup



Space Walk of Fame Friday, April 8—Space View Park 4:30 to 7:00 PM

Early packet Pick-up for the Space Walk of Fame 8K & 2 Miler is encouraged. Packets will be available at Space View Park on Friday, April 8, from 4:30 PM to 7:00 PM

Day of Race Packet pickup and registration will be at the Space View Park on Broad Street from 6:30 am to 7:45 am.



EAT MY CRUST 5K

Early Packet Pickup & Fun Run

Thursday, April 28
at 6 PM - 7:30 PM
Running Zone

SCR Central

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

FOLLOW US ON >>TWITTER: @SPACESTRUNNERS

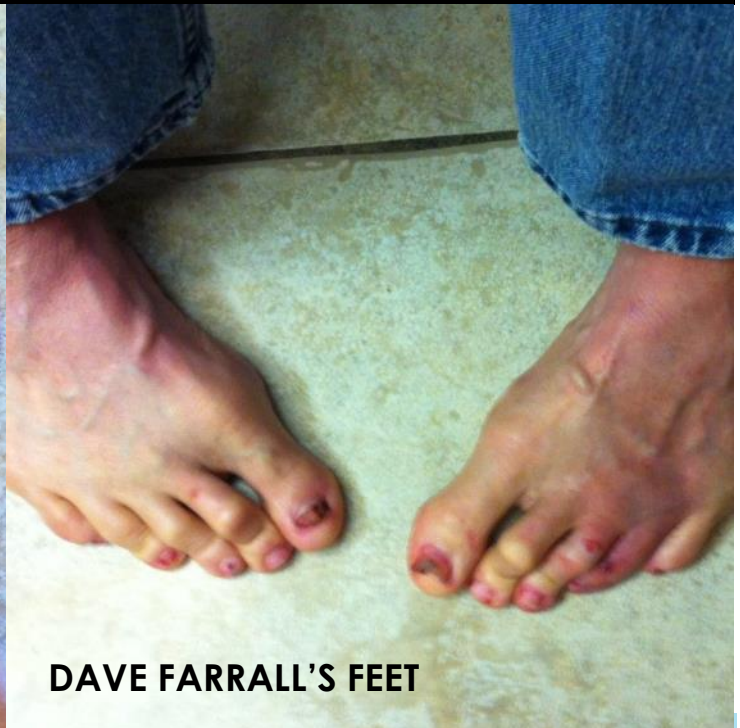
>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

UGLY RUNNER FEET WINNERS



LISA FARRALL'S FEET



DAVE FARRALL'S FEET

In last month's newsletter we asked you to share photos of your ugly runner feet with us. Well, we learned a couple of things from this contest. First, WALKERS have ugly feet too. And second, ugly feet can run in the same family.

Congratulations to Dave and Lisa Farrall. Your winning submissions are a showcase of black toenails, blisters, and calluses. We declare that both of you have some really ugly feet. For your efforts you'll be receiving the SCR Pub Glass Set featuring pint glasses from the Space Coast Classic, Eye of the Dragon, Space Walk of Fame and SCR.

Don't forget to check out next month's contest! Editor Lisa Hamelin explains all the details on page 5.

SCR Central

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

FOLLOW US ON >>TWITTER: @SPACESTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

2015 - 2016

SPACE COAST RUNNERS

AWARDS NIGHT

SATURDAY, June 4th at 6PM — TICKETS ON SALE SOON

Location — The Indian Harbour Beach Community Services Center



FASHION POLICE

“Mismatched Shark Attack”

Mixing prints can always be a challenge and unfortunately Snark, the Shark mascot of the 45th Space Wing at Patrick Air Force Base didn't pass the test.

The underwater sea of sharks pattern on the button down shirt and the camouflage on the military combat pants are completely at war with each other. He should have selected one or the other.

The mascot, who is feared for his dash attack skills in the local mascot races, has his athletic build concealed under the loose shape of his top. This outfit would be good for watching a seven-day block of Discovery's Shark Week vs running a race at top speed against fierce mascot competition.

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.

Join us for the last race in the 2015-16 Running Zone Foundation Race Series:



REGISTER TODAY!

Celebrating 13 Years!

RUN FOR THE GECKO 5K

This is the race that started it all!

- 13th Anniversary Celebration Party
- Pancakes & Eggs for All Finishers After the Race
- Breakfast Sponsored by Pizza Gallery & Grill
- Strawberries & Champagne for Finishers 21 & older
- Birthday Cake for All Finishers
- Free Kids' Run with Zippy the Gecko
- Random Giveaway of a Dell Laptop



Finishers of all 7 Running Zone Foundation Series races will receive the special medal at the finish line.

Benefits Leukemia & Lymphoma Society's Team in Training (Brevard County Chapter)



[Twitter](#) [Instagram](#) [Facebook](#) #gecko5k

www.runningzone.com/series

Stop by Running Zone • 3696 N. Wickham Rd. • Melbourne, FL 32935 • 321-751-8890

May 7th, 2016 at 7:00am, Eastern Florida State College /Wickham Park Pavilion

Join us for the next race in the 2015-16 Running Zone Foundation Race Series:



PIRATE PLUNDER

2 Miler

REGISTER TODAY!

- A fun pirate themed 2 mile run/walk!
- Best Pirate Costume Contest!
 - Fun Pirate Awards
 - Free Li'l Pirate Plunder Kid's Run with Zippy the Gecko
 - Great Pirate Party at Meg O'Malley's after the race!
 - Random giveaway of a 3 day cruise for 2 to the Bahamas out of Port Canaveral!



Benefits Girls on the Run Space Coast Chapter



[Twitter](#) [Instagram](#) [Facebook](#) #pirateplunder2miler








www.runningzone.com/series

Stop by Running Zone • 3696 N. Wickham Rd. • Melbourne, FL 32935 • 321-751-8890
April 9th, 2016, at 6:30pm, Meg O'Malley's

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. The April event is the One Tough Mother Runner Virtual Run — 5k/10k/Half Marathon distances to benefit Family Lives On Foundation. 
- ◆ Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPACEMOAT**. Events are on 6/11—Marathon (Seminole State Forest), 9/10—Half Marathon and 1/7/17 — Ultra. 
- ◆ [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.

STAY CONNECTED WITH SPACE COAST RUNNERS



FOLLOW US ON
Instagram



Find us on
Facebook

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.**

SCR Central

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

FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS



SPONSOR SPOTLIGHT: VIERA PIZZA

Proud host of the Eat My Crust 5K

Viera Pizza has been a great supporter of the local running community both through sponsorship and the Eat My Crust 5K Run/Walk.

This year's 5th Anniversary event is going to be over-the-top! With pizza-scented finisher medals and a grand prize golf cart giveaway, this is set to be the 5K of all 5K's.

Join us on **Sunday, May 1st**: <http://goo.gl/an1TsG>

RRCA Running Safety Tip

Avoid unpopulated areas, deserted streets, and overgrown trails. Avoid unlit areas, especially at night. Run clear of parked cars or bushes.



NEWSLETTER STAFF

No experience necessary. Looking for volunteers to contribute 1 to 2 hours each month. It is fun. If you're good you'll probably get a free shirt. [Apply here](#) (Photo from BlueGurus.com)

Marty Winkel

321-537-3526

sceventmgt@gmail.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 #8 — YOU TOTALLY SLAYED IT

2015—2016 ROY Men's Leaderboard

OVERALL

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

AGE GRADED

- 1 Gary Gates
- 2 Shane Streufert
- 3 John Davis



Steve Hedgespeth

2015—2016 ROY Women's Leaderboard

OVERALL

- 1 Annie Caza
- 2 Cheryl Ritter
- 3 Brittany Streufert

AGE GRADED

- 1 Annie Caza
- 2 Carol Ball
- 3 Lori Kruger



Cheryl Ritter

UPCOMING SERIES RACE SCHEDULE

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 lsrwin@cfl.rr.com.

FEATURED RUNNER OF THE YEAR SERIES RACE



5th Anniversary Eat My Crust 5K

Voted the "Best Local 5K" in 2015 by Space Coast Runners, the **Eat My Crust 5K** is known to put on a great race, an awesome post-race party with delicious, never tasted so delicious pizza and unbelievable giveaways. This year will not disappoint!

At **EMC** every finisher will get to run the anniversary Point-to-Point course and receive an Anniversary Medal (it even smells like pizza) at the finish line. Everyone who stays for the post-race party and awards has a chance to win fabulous prizes like a \$500 Wesche Jewelry gift certificate or the grand prize Golf Cart.

Awards will be given to the top 3 Overall, Masters, Grand Masters, Senior Grand Master and top 3 age group winners. There's the Pizza Delivery Challenge and 3 different Team Competitions. Top male and female high school runners will receive an award. There's also the new **FAST TRACK** award. We'll give you a split for the track portion of your race. The fastest male and female track times will be getting a prize!

And yes, we said it's a Point-to-Point course this year. Park at the finish and we'll bus you to the start. Race begins at Viera Pizza and will end on the track at the Viera High School. Buses at VHS will run 6:00am to 6:45am race morning and take participants to the race start.

WHERE ▶ Viera Pizza/Viera High School

WHEN ▶ Sunday, May 1 at 7:00 AM

COST ▶ Early registration for SCR members - \$23 before 4/22

YOUTH SERIES ▶ Starts at 8:10 AM

REGISTER ▶ <https://goo.gl/t9JgWs>



Runner of the Year Series

ROY RACE #7 — YOU TOTALLY SLAYED IT

With drops coming, runners battle for position



With just the Space Walk of Fame and Eat My Crust races left in the 2015-16 series, we are seeing shifts in the series standings. Loran Serwin's recent update of points from Downtown Melbourne shows that the winds of change are blowing. On the men's side, John Davis bested Shane Streufert at Eye of the Dragon; though Shane responded with an exciting win at Downtown Melbourne. With drop races soon to factor into the series' standings, it looks like John will lead the pack despite not having been on the leaderboard in recent months. Steve Hedgespeth continues to hang on for a top three overall series finish.

The ladies' leaderboard shows Annie Caza still in first. Caza lost ground at the Downtown Melbourne 5K with Cheryl Ritter and Kristen Klein

besting her time. Now Kristen Klein is poised to pounce on first place if she runs well in the final two races. No show Lori Kruger fell off the leaderboard by missing the eighth race but don't count her out. She's accumulated enough points to still score in the top three but like Klein she must run well. Cheryl Ritter took over the second spot on the board with a strong 5K performance. Ritter ran sub-22:00 for the very first time at Downtown Melbourne and collected the most ROY points after Klein.

When age grading is factored in, Annie rules the leaderboard, followed by Carol Ball; Lori Kruger maintains third place in this division too. Men's age grading shows Gary Gates in first place, followed by Shane Streufert in second and John Davis in third.

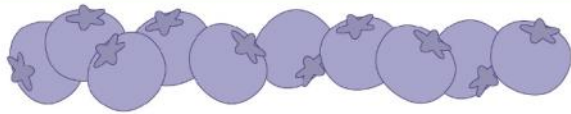
Will the longer distance of the 8K at Space Walk tip the next race standings calculation? How will the two "drops" factor in? As we head into the conclusion of our season, let's cheer on these runners as they duke it out to the finish!

Stay up-to-speed with all the series happenings with our race series analyst, Molly Kirk. Her last report might have given Streufert all the fire he needed to run that 5K PR at Downtown Melbourne. Kirk's videos are posted on the SCR Facebook page and they always provide a refreshing perspective on the ROY series.

WATCH THE ROY SERIES ANALYSIS ON FACEBOOK!

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





BLUEBERRY 5K RUN / WALK

Holland Family Blueberry Farm

4400 Bouganvilla Drive, Mims, FL 32754

Saturday, May 14, 2016

Registration 6:45am | Race 8:00am

Pick a **FREE** Pint of Blueberries



Benefiting

All proceeds will benefit Parrish Early Care and Education at The Children's Center, a partnership of seven agencies that provides services to children of all abilities and their families. Our vision is to develop "strong families for life!" For more information, visit: parrishchildrenscenter.com



Entry Fees

Early Bird: \$23 by April 30* \$28 by May 13
\$20 up to 12 years old \$30 Day of Race

*T-shirts only guaranteed if registered by April 30

Chip timed and managed by Space Coast Event Management.

Contacts

Questions: 321-264-0855

Sponsorship Inquires: 321-269-4066

Packet Pickup – Friday, May 13

8:00am-1:00pm – The Children's Center

5650 S. US 1, Titusville, FL 32780

4:30pm-6:30pm – Playalinda Brewing Company

305 S Washington Ave., Titusville, FL 32796

For online registration or more information, visit www.sceventmgt.com. Make checks payable to JPMF.

The 6th Annual Blueberry 5K Run/Walk Registration Form – May 14, 2016

Last Name _____ First Name _____ M.I. _____ Male Female

Address _____ City/State/Zip _____

Telephone _____ Email _____ PMC/NBMS/PMG Employee

Date of Birth _____ Age on Race Day _____ Adult T-shirt Size: XS S M L XL 2XL

Signature (Parent, if under 18) _____ Date _____

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

Youth Series

2 Upcoming Events for the Kids!

Here's a chance for your little runner to fly through space---the Space Walk of Fame kids' race that is! As part of our Youth Series run, there will be a free kids' run for children 12 and under at 9:15 on April 9th in this ninth race of the 10-race SCR series.

Next, the kids will take to the track at the Eat My Crust 5K. The Youth Series will offer 200m and 400m races on the Viera High School's track plus they'll have the popular Lil' Pepperoni Kid's Run. Youth runs start at approximately 8:10am.

Both fun runs are free, but an entry form is required. If your child participates in five of these series races, he or she can earn an award, which will be presented at our annual Awards Night dinner in June.

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



Photo credit: TriHokie Images



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Email: Bob@RallCapital.com

Fax: (888) 452-8851



The Rall Capital Management Team





Streufert Sets New PR, Wins Downtown 5K



Race report by **Brittany Streufert**

Overall Men

Shane Streufert 16:19
John Davis 16:31
Steve Hedgespeth 17:02

Male Masters

Gary Gates 17:30

Overall Female

Mallory Kennedy 18:36
Beth Mihlebach 18:58
Melissa Taylor 19:12

Female Masters

Michelle Longstreet 21:48

Men's Team

Running Zone 1:12:59
Up & Running Fitness 1:19:46
The Has Beens 1:20:55

Women's Team

Running Divas 1:25:54
Space Coast Runners 1:33:15
Up & Running Fitness 1:34:17

School Participation

Florida Tech
Jupiter Elementary
Manatee Elementary



The 32nd annual Downtown Melbourne 5K was all about running for the kids and for some, breaking course records and setting PR's. Over 300 runners turned out for this unique 5K which had women racing at 7:30am followed by the men in a race of their own at 8:15am. It may have been a bit muggy but that didn't stop participants from giving it their all on the double loop course which is known to be fast.

In the women's race, Ormond Beach's Mallory Kennedy earned the top spot by running 18:37. She led the field of 161 female finishers. Beth Mihlebach came in 2nd place with a 18:58 showing while Melissa Taylor followed for third in 19:13. Michelle Longstreet who continues to improve her times as of late, took Masters in 21:48.

Willy Moolenaar ran 31:34 which was a women's 75-79 age group best. Her time bested Angela Saldana's 2003 mark of 32:34 by exactly one minute and is the new course record.

The men's race started out fast but quickly turned into a three man contest with the front of the pack consisting of John Davis, Shane



RACE REPORT

Downtown Melbourne 5K — continued



Streufert and Steve Hedgespeth who also represent the top three overall men in the “Runner of the Year” series with drops factored in.

The three runners ran together through the two mile mark. Going into the final mile Streufert knew he needed to out distance himself from Hedgespeth to secure ROY points so he pushed the pace. Davis responded and the two men were able to surge ahead. With about a half mile to go, Streufert once again picked up speed and never looked back. He finished with a time of 16:19, almost a full 13 seconds faster than his previous PR.

Streufert, who turned 44 in February, is the oldest winner of the race since 2006 which saw forty-five year old, Mickey Hooke win in 16:50. Davis followed in second in 16:31 and Hedgespeth secured third in 17:02. Gary Gates, 51 took the Masters title despite a sore hamstring with his 17:30 finish.

Two more course records were taken in this race. In the male under 10 category, Sevrin Taylor’s 21:39 broke Justin Powers’ 24 year-old record of 22:28 which was established in 1992. And if the young runners can do it, so can the older ones. John Ouweleen’s time of 21:43 in the male 75-79 category shattered Roger Rouiller’s 2014 record of 23:48. It was Roger who convinced his friend, Johnny O to run the 5K which is a short race for him. John, of course, is reigning USATF #1 ranked marathoner in the age group.

All in all it was a wonderful Saturday morning. Race director, Frank Webbe offered a big thanks to all the runners and supporters who came out to make the day special. He’s also interested in any suggestions about what members like about the events and what you might like to see changed. Feel free to reach out to him at webbe@fit.edu.

Proceeds from the race benefited The Haven for Children. For complete race results, click [here](#).



Photos: Brittany Streufert and Keith Kowalske.



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

- 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.

5K Celebrates Reading & Dr. Seuss



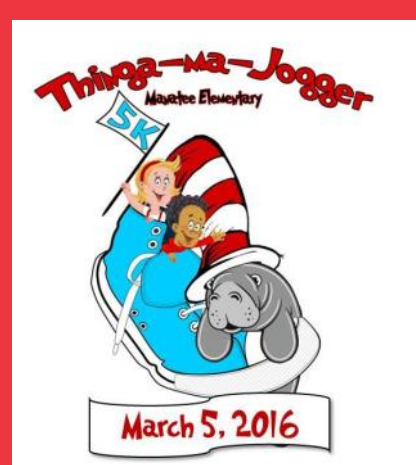
Over 500 adults and children gathered at Manatee Elementary to celebrate Read Across America Day and all things Dr. Seuss by running in the second annual Thinga-ma-Jogger 5K.

Teachers and parent volunteers set up the 5K last year to raise money for school library supplies and offer a connection between the school and the community. It's proven to be a great success.

The event is being planned and organized by a dedicated committee of Manatee parent volunteers, teachers and administrative staff. The race was organized by Space Coast Event Management. For complete race results [click here](#).



Left: Owen Preston, 3, dashes across the finish line. **Right:** Patricia Shipman takes a victory leap and claims third place in her age group. **Far right:** Corinne Rios runs in and earns the medal for Second Place Female Overall. All race photos courtesy of Space Coast Event Management.



Race report by Angela Leeds

OVERALL MEN

Phil Young, 18:08
Chaise Goff, 19:47
Aidan Montague, 19:55

OVERALL WOMEN

Michele Longstreet, 21:57
Corinne Rios, 22:10
Elena Fentress, 22:26

MASTERS

Ted Amgott, 22:24
Robyn Greek, 25:59



Canine Athletes Clock Fast Finishes



In its second year, the Move Your Mutt 2-Miler attracted 109 humans, many running and walking alongside their canine companions. As the race started, Mark Petrillo and his Weimaraner, Cooper pushed to the front of the pack as fast as they could to lead the race. However three year-old Ruby Tuesday and Shane Streufert were in hot pursuit. They had returned to the race as reigning overall champions with a goal of repeating. They kept their focus and managed to squeak out a new course record of 12:28 which bettered last year's time by twenty seconds.

It was pure delight to see finishers celebrate with their four-legged friends. Many had dressed up for the event or worn their race bandana. Food and post-race dog treats were plentiful. Winners donned paw print medals while the pups came away with jars of dog biscuits. The race was organized by Up & Running Race Management and benefited the Brevard ASAP. For complete race results [click here](#).



Race report by Brittany Streufert

DOG RESULTS

SMALL DOGS (0-29)

Ruby Tuesday, 12:28
Lizzy, 15:20
Laila Jane, 20:00

MEDIUM DOGS (30-59)

Olive, 14:13
Pogy, 14:20
Riley, 17:58

LARGE DOGS (60+)

Maui, 17:03
Cooper, 17:42
Axel, 18:04

HUMAN RESULTS

OVERALL MEN

Shane Streufert, 12:28
David Bils, 14:13
Micah Vanatta, 14:25

OVERALL WOMEN

Amy Fuller, 14:20
Amy Bauer, 15:20
Angela Coram, 15:40

MASTERS

Frank Hosey, 15:16
Leslie Faletra, 16:04

Photo credit: Doug Carroll



Race report by Marisa Flint

SCR Takes Top Spot in Club & Fitness Divisions

Does the thought of attending an office party make you cringe? Then you need to check out the Florida Today Corporate 5k — it's an office bash unlike any other! More than 1800 participants, adding more than 400 from last year, signed up for the 6th annual race held on March 10th at FIT Aviation. Participants arrived early to take advantage of the team photo opportunity in the hangar. The race started on the flight tarmac as the sun went down before heading to the streets.

This year was a banner one for Space Coast Runners, with our team placing first in the club team division. As well, SCR runner Mike Acosta maintained his reign as Male CEO champ, winning the title for all six years. Mike reports that he made gains the first three years before running solid 21:14-17 races the past three. Participating in the Corporate 5k has been a great journey for the team at Viera Pizza; Mike says that about half the team participates in the race (someone has to mind the store!), but everyone gets excited for the event and it is a great team motivator. Besides employees, family and friends also jump in on the training and the fun; this year, Mike was joined by his sister, brother, and

OVERALL MEN

Tory Johansen, 16:46

OVERALL WOMEN

Kim Hunger, 19:08

OVERALL MALE CEO

Mike Acosta, 21:16

OVERALL FEMALE CEO

Angela Coram, 23:39

CORPORATE, <100

Securborator

CORPORATE, 100-999

Raytheon COI

CORPORATE, 1000-4,999

Northrup Grumman

CORPORATE, 5,000+

Harris Corporation

CLUB TEAM

Space Coast Runners

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

stepson, as well as his Viera Pizza team and friends. Mike says, “The race just keeps getting better and better. Running Zone puts on a quality event that brings out people that normally wouldn’t be out there. I think the event helps grow the ever-expanding running community, and for my team, gets us ready and builds excitement for our Eat My Crust 5k.”

The Florida Today Corporate 5k is a great way to bond with your officemates by sharing your passion for running!



Mike Acosta celebrates his sixth Male CEO win with his family.

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.



More than 400 take part in Lucky Leprechaun 5K



Race report by Marisa Flint



OVERALL MEN

Costa Stathi, 17:12
Matthew Cummings, 17:38
Paulo Amaral, 18:02

OVERALL WOMEN

Kristi Choate, 21:30
Sue Matschner, 21:52
Kristen Klein, 21:56

MASTERS

Tommy Ramirez, 18:50
Julie Cloney, 24:42

GRAND MASTERS

David O'Leary, 19:24
Janet Berner, 25:26

SENIOR GRAND MASTERS

Dan McCarthy, 22:28
Patty Presunka, 26:14

The luck of the Irish was with those on March 13th who wanted to run a fun-filled race that benefited a great cause, Cocoa Beach Jr/Sr High's Project Graduation. 416 people registered to participate, which is about 75 more than last year. One unique offer was, a runner who had run the Gate River race in Jacksonville the day before could bring their bib to the registration table and sign up for a discounted race (make mine a double!). This race was sponsored by Nolan's Irish Pub and Paddy Cassidy's Irish Pub among others, helping to get the St. Patrick's week off to a great start at this fun and festive event.

Costa Stathis won the race in 17:12, followed by Matthew Cummings in 17:38 and Paulo Amaral in 18:02. On the ladies' side, Kristi Choate won in 21:30, with Sue Matschner not far behind in 21:52; hot on Sue's heels was Kristen Klein in 21:56.

SCR race team captain Joan Meadows had a lucky charm of her own, her new fur baby Curry, who is a Brittany/Russian Water Spaniel mix. Though Joan has run this race before, it was Curry's first 5k, and this natural athlete accompanied Joan to a 3rd place AG award. Though Curry's reward was ice-cold water and homemade peanut butter cookies, other participants were also treated to homemade goodies and the chance to win great door prizes, including the Pot o' Gold, which included a two-night stay at Cocoa Beach Stay Cottages, comedy club tickets, and gift certificates to local restaurants.

The Lucky Leprechaun is well-supported by the local community, and race director Marlene White estimates that about \$6,000 will be donated to Project Graduation. For complete race results, [click here](#).



Race report by Angela Leeds

OVERALL MEN

- Chi Cam, 17:47
- Phil Young, 18:08
- Rob Longstreet, 18:58

OVERALL WOMEN

- Michelle Buchanan, 21:34
- Michele Longstreet, 22:16
- Rachel Williams, 22:24

MASTERS

- Art Anderson, 19:59
- Kristina Pemfors, 24:38

Brianna Marie Foundation 5K

The Brianna Marie Foundation was created in memory of Brianna Marie Hissam who was diagnosed with Fetal Hydrops. Brianna Marie was born March 16, 2012, and passed away 15 hours later. Her memory lives on through the efforts of her parents Patrick and Aran Hissam to advance the field of fetal medicine.

The 4th Annual Brianna Marie Foundation 5K on March 12, reflects their passion. With 700 runners/walkers and over 60 volunteers, Wickham Park was filled with positive energy: a prerace workout, a silent auction, raffle items, and a kid zone with face paint and sweet treats.

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



Runners come together to run and support the Brianna Maria Foundation.



TO WRITE LOVE ON HER ARMS HOSTS 5K FUNDRAISER

On Saturday, April 16, 2016, To Write Love on Her Arms (TWLOHA) will host its 4th annual Run For It 5k at the David R. Schechter Center in Satellite Beach, Fla. The Run For It 5k is an opportunity to move for something that matters--whether that's for health, recovery, or in memory of a loved one. The race also includes a virtual component, where runners from around the world can participate in their own communities.

“We’re excited for another great event. This event allows us to create meaningful dialogue in our community in a unique way. Even more exciting, we will have thousands of people doing the same thing in their own communities. We get to see people share, sometimes for the first time, the way mental health has impacted their story. It’s a surge of people coming together to challenge the stigma and the silence that surrounds most mental health topics.” said Lindsay Kolsch, race director at TWLOHA.

This year’s local event will offer a delicious pancake breakfast served by Backwater, Downtown Melbourne's hottest new restaurant! TWLOHA will continue to offer awards and family friendly activities after the race.

About TWLOHA

TWLOHA is a 501 (c)(3) nonprofit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA has donated more than \$1.6 million directly into treatment and recovery and responded to more than 190,000 messages from people in more than 100 countries. For more information, visit twloha.com.



TWLOHA's Run For It 5k

Saturday, April 16, 2016 - 8:00 am

David R. Schechter Center / Satellite Beach, FL

1089 S. Patrick Drive, Satellite Beach, FL 32937

To Write Love on Her Arms is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and also to invest directly into treatment and recovery.

We'd like to invite you to join us for the **4th Annual Run For It 5k**. The Run For It 5k is an opportunity to move for something that matters—whether that's for health, recovery, or in memory of a loved one. We hope it will also be a chance to connect with your local community, share the message of hope and help in a new way.

WHAT WILL YOU RUN FOR? Share with us using **#RunForIt5k** on Twitter and Instagram.

Friday, April 15th – Early Registration Ends*

Packet Pickup at Running Zone -10am-6:30pm
3696 N Wickham Road, Melbourne, FL 32935

Saturday, April 16th –Race Day!

David R. Schechter Center

7:00 am Packet Pickup & Registration
7:45 am Late Registration Ends
8:00 am 5k Start!!!



Award ceremony, prizes, and family fun activities immediately following the race. **You're also invited to join us after the race for a Backwater Pancake Breakfast, which includes pancakes, sausage links, and juice! You can also purchase additional meal tickets for friends and family!**

AWARDS:

- Top 3 Overall (Male & Female)
 - Top Masters (40+) (Male & Female)
 - Top 3 Teams
 - Top Individual + Team Fundraisers
 - Age Groups (Top 3 Male & Female)
- | | | | |
|-----------|---------|---------|---------|
| 8 & Under | 9 – 11 | 12 – 14 | 15 – 19 |
| 20 – 24 | 25 – 29 | 30 – 34 | 35 – 39 |
| 40 – 44 | 45 – 49 | 50 – 54 | 55 – 59 |
| 60 – 64 | 65 – 69 | 70 – 74 | 75+ |

COST:

| | Until April 15 | / Race Day |
|---------------------------------|----------------|------------|
| Individual 5K | \$25.00 | \$30.00 |
| Individual w/ Breakfast | \$30.00 | \$35.00 |
| Team 5K | \$22.00 | \$27.00 |
| Team 5K w/ Breakfast | \$27.00 | \$32.00 |
| Additional Backwater Breakfast: | | \$5.00 |

OFFICIAL ENTRY FORM

Make ALL Checks Payable to: **TWLOHA, Inc.** mail to **PO Box 2203, Melbourne, FL 32902**

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____ E-mail address _____

Date of Birth ____/____/____ Age on Race Day _____ Sex Male Female

Please check shirt size* XS S M L XL XXL Additional Donation \$5 \$10 Other \$_____

Additional Backwater Pancake Breakfasts Add extra meals to my registration (\$5.00/person) # _____ = \$_____

Team Name* (if applicable) _____ *Teams must consist of 4 or more people

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

I intend to be legally bound and do hereby for myself, my heirs, and executor, waive all rights and claims for damage which may occur to me against TWLOHA, Running Zone Race Management, Inc. and other named organizations of this event, or any subsidiary or political division thereof, its officers, agents, successors, representatives, assigns from all claims and liabilities of any kind that may arise from the Race For It 5K event though that liability may arise out of negligence or carelessness on behalf of the persons on this waiver. If I should suffer injury or illness, I authorize officials of the race to use their discretion to have me transported to a medical facility. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury; knowing this, I am entering this event at my own risk.

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE



Strength + Endurance

The Inaugural Panther Challenge was held on March 12th. It took place at the Florida Tech Challenge course in Fellsmere. It was a test of strength and endurance for those that took on the challenge. Military-style obstacles along the 1.6 mile course kept everyone on their toes.

There was a competitive division and an open division. The competitive division participants were required to complete the obstacles as designed. The open division allowed for modification; to do one's best effort. It was a small showing, but everyone had a great time and are hoping for growth for the upcoming years.

Full race results here - http://uprunningracemanagement.com/wp-content/uploads/Panther_Challenge_2015_Results.pdf

Photo credits to Up & Running Race Management



The Participants



Race report by Lisa Hamelin

Male Overall

29:51 Matt Mahoney, 29:51

Female Overall

Deborah Broderick, 27:59

Male Ages 40+

Joe Trimboli, 37:06

Female Ages Under 40

Lauri Mcgee, 28:47



The Course



The Awards



The Roxy Fitness RUN SUP YOGA was part of a weekend of Beach and Boards Fest fun in Cocoa Beach on March 13. The Roxy portion included a 5K run, yoga and a SUP event, all for ladies only.

Participants received a Roxy fitness gift pack that included a bag, hat and yoga towel.

The race was not officially timed, as it was a fun run. That didn't mean that the amenities were lacking however. Our local ladies had a great showing -

Sara Trane (pictured below right running) was the overall winner and won a \$250 Ron Jon gift card. Michelle Buchanan was 2nd overall and received a \$150 Ron Jon card.

Race report by Lisa Hamelin.



Runners Sprint to Home Plate

Runners who wanted a taste of the big league were able to score that at the Game Day 5k, a race which offered some big league perks. Participants received baseball-style tech shirts, and winners scored classic baseball trophies. As well, each entrant received a ticket to the Washington Nationals/New York Mets game that was to take place later that day. The male and female runner who stepped up to the plate and were the overall winners won the honor of throwing out the first pitch at the game.

Spring break in Brevard started with a beautiful sunrise over Space Coast Stadium as participants gathered for the start of the race. Starting next to the statue of the famous Casey at bat, runners and walkers hit it out of the park to continue the run on an out-and-back along Stadium Parkway before returning to the stadium. Runners then entered the ball field and ran along the third base line before heading home to the finish line, taking the opportunity to slide in if they chose.

The field was small but enthusiastic as almost 150 participants finished the race, then enjoyed the spring sunshine in the bleachers while waiting for the awards. The event was tinged with a bit of nostalgia as this is the National's last spring training season in Brevard, but this was an excellent way to see them out.



SCR members Marisa Flint and Frank Webbe both scored first place AG awards. Photos courtesy of Keith Flint.



Race report by Marisa Flint

OVERALL MEN

Phil Young, 17:39

OVERALL WOMEN

Michelle Buchanan, 20:23

MALE MASTERS

Joel Kinnunen, 17:59

FEMALE MASTERS

Michelle Chenard, 24:11

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



Gemini Elementary JetStars
presents the
4th Annual 2016

Race Date:
Saturday, April 16th @ 5:30 PM
Race Start: Gemini Elementary School
2100 Oak Street
Melbourne Beach



5K
Sunset Run/Walk

Walkers Welcome!
Stroller Friendly!

TIMETABLE:

Wednesday, April 13th @ 5pm

* Online registration closes.

Friday, April 15th from 2-4PM

* Packet Pickup at Gemini

Saturday, April 16th Gemini Elementary

4:00 pm - Packet Pickup and Late Registration

5:15 pm - Late Registration Ends

5:30 pm - Race Start

* Awards Ceremony immediately following race

AMENITIES :

- Race Tees guaranteed for entries received before Friday April 1st!!
- Fun Awards
- Food Trucks on-site

Finish Line Management by



FEES : **EARLY:** **LATE:**
On or Before 4/13 After 4/13

- ★ Individual \$25 \$30
 - ★ Kids 12 and under \$15 \$20
 - ★ Families (4 or more)* \$60 \$70
- * Valid for immediate family members only

AWARDS :

- ★ GEMINI STUDENT/FACULTY AWARDS to be distributed in school the following week!
- ★ MALE & FEMALE - Top 3 Overall
- ★ AGE GROUPS (Top 3 Male & Female)

| | | | | |
|-------|-------|-------|-------|-----------|
| 5-6 | 7-8 | 9-10 | 11-12 | 13-14 |
| 15-19 | 20-24 | 25-29 | 30-34 | 35-39 |
| 40-44 | 45-49 | 50-54 | 55-60 | 60-64 65+ |

For more detailed info, volunteer or sponsorship opportunities, or to register online, visit www.geminiPTO.org/sunset5K

Gemini JetStars 5K Sunset Run

Make check payable to: Gemini Elementary PTO

Send completed form and fee to: Gemini 5K, 2100 Oak St., Melbourne Beach FL 32951

All proceeds benefit the Technology fund at Gemini!

Name: _____

Address: _____ City: _____ State: _____

Zip Code: _____ Email: _____

Phone (Daytime): _____ Cell: _____

Sex: Male Female DOB: ____/____/____ Age on Race Day: _____

Shirt Size: YS YM YL AS AM AL AXL AXXL

Gemini Students, Families & Friends Only: (FOR CLASS COMPETITION TRACKING) **GRADE:** _____ **TEACHER:** _____

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Gemini JetStars 5K Sunset Run event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other recording of this event for any purpose of this event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

Signature: _____ Signature of Parent for those Under 18: _____ Date: _____

RUN A MILE WITH BEVERLY GLENN

Name: Beverly Glenn

Family: Married, no children. I have a stepson who is 28 and currently in law school.

Age: 54

Originally from: Houston, TX. Moved to FL when I got divorced to be near family.

Currently reside: Canaveral Groves and love it here.

Number of years running: I have only been running 5 or 6 years.

Began running because: I started running because I decided I didn't want to be fat and 50. So I started changing my diet and quit smoking. I walked my first 5k. I think it was Parrish to the Y in Titusville.

I knew I was hooked when: I was so proud of myself whenever I was finished. That's when I knew I was hooked. I began brisk walking the Titusville bridge and signing up for more races.



Race personal records (PRs) :

As far as PR's, good question. I strive to do my best. To finish safely is my goal.

What has been my biggest running accomplishment to date:

My biggest running accomplishment thus



RUN A MILE WITH BEVERLY GLENN

far is last years Space Coast. I completed my first full marathon in 5:20. It may not seem like much to some people but to me that was the ultimate.

Favorite local and/or out-of-town race:

My favorite races are the Space Coast Marathon of course. That was my first half and my first full.

Favorite pre-race

meal: It would have to be a peanut butter and banana sandwich.



One piece of advice that I would give to a new runner:

The one piece of advice I would give to a new runner is to listen to their body and have fun. If it's not fun it's not worth doing.

Funniest or oddest thing I've seen while running:

The oddest thing I've seen running would be the white squirrels that live in Titusville. They are beautiful.

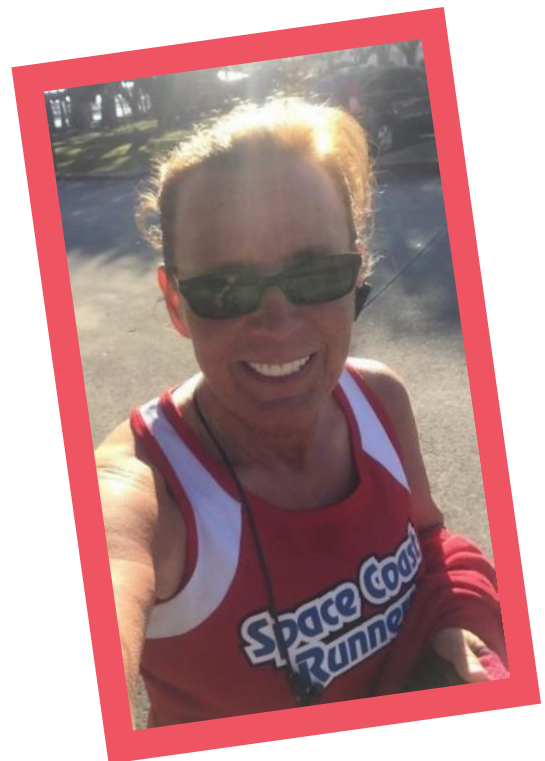
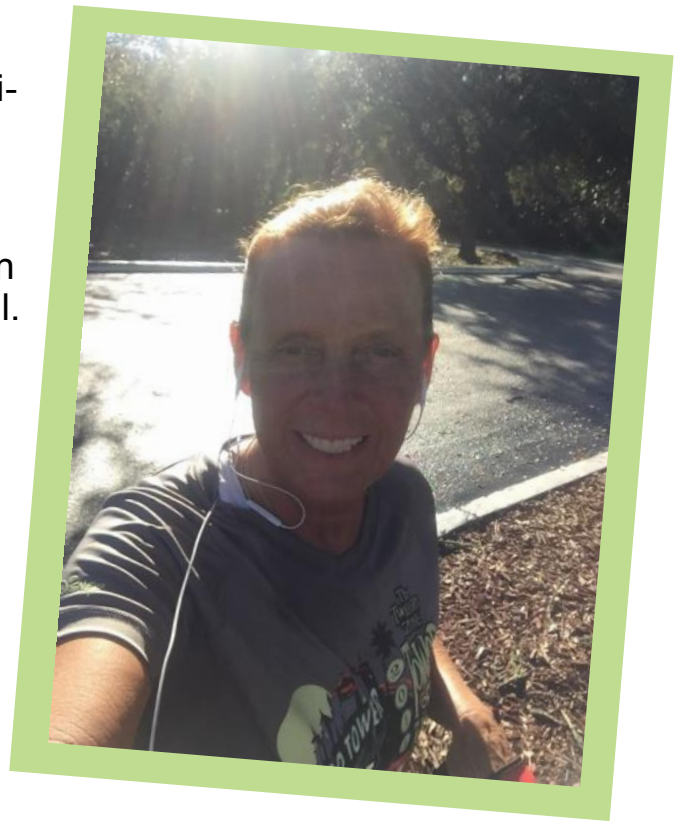


Other interests: My other interests are I ride a motorcycle. It's a pink Harley Sportster 1200. I don't get to ride nearly as often as I would like, my job takes up a lot of my time. So when I have free time, I run.

Last movie I saw: The last movie I saw was Inside Out. It was probably the cutest movie I've seen in a long time.

I can't live without my.... I can't live without God, my friends and family. They continue to support me in every new adventure I set out to do. No matter how crazy my ideas seem to be.

Last time I took a selfie: Yesterday when I ran... I think Florida has some beautiful scenery so I continually take selfies!



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

Long Distance Relationships

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



run NEW ZEALAND

By Fiona Wright

For several years my friend and I had expressed a desire to travel to New Zealand. In 2015 we finally had the time and money to fulfill that wish. We flew into Auckland on October 31st and the next day we ran the Auckland 1/2 Marathon.

Auckland is a major NZ city situated in the northern part of the North Island on a bay. The 1/2 marathon course was an A to B, so early in the morning we made our way down town to take the ferry across the bay to the start line. It just so happened that on the same morning the Rugby World Cup Final was taking place in England and the teams playing were New Zealand and Australia; rugby is like a religion in NZ. The staging area at the start line had a large screen erected displaying the live action from England. It was great fun to watch the match and share the excitement and enthusiasm of the crowd; happily NZ won.

The race wound through several lovely neighborhoods and eventually across the Auckland Harbour Bridge. The weather was pleasantly cool with a slight breeze. The aid stations were every couple of miles. The distance was measured in kilometers which are always so much easier to run than miles. I stopped to take a lot of photos and absorb the beauty of it all. There were quite a few hilly areas which kept things interesting. Overall it was a well organized and executed race.

We toured the North Island and the South Island of New Zealand for two weeks. It is a truly magnificent country. During our time we witnessed a live kiwi feeding, went caving and discovered the NZ Glow Worms, were entertained by the Māori people, swam with dolphins, kayaked in beautiful Milford Sound (which is really a fjord and not a sound), and hiked through a mountain pass. It was a truly amazing vacation and I hope to go back one day.





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



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 10

The Hapalua-Hawaii's Half Marathon
Honolulu, HI

Tonya George

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 16

Charlotte Race Fest 10K
Charlotte, NC

Marion & Skip Oswald

April 18

Boston Marathon
Boston, MA

Ilse Berube, Cristina Canales, Joe
Hultgren, Howard Kanner, Jackie
Kellner, Matt Mahoney, Doug Nich-
ols, Abe Oros, Cheryl Ritter, Ron

Ritter, Shane Streufert, Micah Vanat-
ta

April 23

Sweetwater 420 Fest 5K
Atlanta, GA

Christine Ellegood

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

Carol Ball, Cindy Bishop

May 1

Mountain Goat Run
Syracuse, NY

Skip & Marion Oswald

May 7

Grand Canyon Half Marathon
Tusayan, AZ

Beverly Glenn

May 8

Tinkerbelle Half Marathon
Anaheim, CA

Kelley Lake

May 14

Ragnar Relay Tennessee
Chattanooga to Nashville, TN

Lori Kruger

May 29

Rio de Janeiro Marathon
Rio de Janeiro, Brazil

Cindy Bishop

May 29

**Boston Run to Remember Half
Marathon** Boston, MA

Rick Foresteire, Nancy Wingo

JUNE 2016

June 4

Pelee Island Winery Half Marathon
Pelee Island, ON, Canada

Lori Kruger

June 5

Echo Half Marathon
Osteen to Debary, FL

Brittany & Shane Streufert

June 18

Grandma's Marathon
Duluth, MN

Joe Hultgren, Micah Vanatta

June 25

Life's a Beach Triathlon
New Smyrna Beach, FL

Cris & Kirt Zecman

September 2016

September 10

**Great Smoky Mountains
Half Marathon**

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



Townsend, TN

Beverly Glenn

September 17

Bar Harbor Bank & Trust Half
Marathon & Fall 5K

Acadia National Park, ME

Rhonda Creek

See your next
out-of-town
race listed.

It's easy! Just click
on the link.

[Click here](#)

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.



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



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Instagram



Find us on
Facebook



Volunteer on Race Day

By Angela Leeds

Runners love to run and are encouraged by the excitement of a race. Therefore, some of us forget there can be benefits to going bibless on race day.

1. **Be the encourager—**

Whether I am hitting the first water station or heading into the last mile, I am always motivated by the cheers of support that volunteers offer runners. At the beginning of March, my friend and I decided to be Best Damn Volunteers in Orlando. I arrived ready to offer smiles and finisher medals, but I found myself truly moved by the runners as they came through. As someone who spends her time with the middle of the pack, I witnessed how hard all runners push themselves. Each one arrived sweaty, breathless, and triumphant, whether in the front, middle, or back of the pack. It might be a race, but each person has a personal goal to achieve. As a volunteer, you can be the positive push in a tough moment.

2. **Help the environment—**

Most of us still feel a little bit of guilt tossing that paper cup or fuel wrapper on the ground for others to pick up, so we do not



lose any time during the race. Volunteering for road clean-up can help soothe that guilt. Thanks to volunteers, races can continue to wind through popular parks and neighborhoods.

3. **Support Space Coast Runners**

— When was the last time you hopped in the back of a pickup truck with running friends, latex gloves, and trash grabbers? After running the Space Coast Half Marathon, a dozen of us gathered to help clean up the roadways. It was fun. We made sure the area was clean and spent some extra time laughing with people who have the same interests. Also, Space Coast Runners who run at least 8 of the 10 Runner of the Year Series races and volunteer in one can be entered to win a free race entry at the end of the year awards ceremony.

Another advantage could be extra bling. Of course, we don't volunteer for the bling, but runners love t-shirts that mark every event. Oh and one more, if you are trying to work a family member into the joy of running, try to convince him/her to volunteer with you. We all know how addicting race day can be.



Race Calendar

| | | | | |
|------|---|---------|--|-----------------------------|
| 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 |
| 4/9 | Country Run/Walk 5K | 7:30 am | Community Park, Grant-Valkaria | 317-281-9682 |
| 4/9 | Space Walk of Fame 8K and 2 Miler | 8:00 am | Spaceview Park, Titusville | runsalot@cfl.rr.com |
| 4/9 | Pirate Plunder 2 Miler | 6:30 pm | Meg O'Malley's, Melbourne | info@runningzone.com |
| 4/10 | Ron Jon Triathlon | 7:00 am | Cocoa Beach High School, Cocoa Beach | info@thefloridamarathon.com |
| 4/16 | Run For It 5K | 8:00 am | Schechter Center, Satellite Beach | lindsay@twloha.com |
| 4/16 | Sunset Run/Walk 5K | 5:30 pm | Gemini Elementary, Melbourne Beach | info@uprunningfitness.com |
| 4/23 | Melbourne Art Festival Flamingo 5K | 7:30 am | Downtown Melbourne, Melbourne | justintorpyphotography.com |
| 4/23 | Space Coast Final Mile | 1:00 pm | Eau Gallie High School, Melbourne | info@runningzone.com |
| 4/30 | Run Thru the Ranch 5K | 7:30 am | Kempfer Ranch, Melbourne | jennifer.cahoon@ffbic.com |
| 5/1 | USA Beach Running Championship Half Marathon/10K | 6:41 am | Shephard Park, Cocoa Beach | info@thefloridamarathon.com |
| 5/1 | Eat My Crust 5K | 7:00 am | Starts: Viera Pizza Ends: Viera HS, Viera | brittanystreufert@gmail.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.*

HAPPY BIRTHDAY

April

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

| | | | |
|-----------|---|-----------|---|
| 1 | Bernadette Beck, Bernie Sher, Jared Gannon | 16 | Rachel Redlien, Christina Russell, Gus Diaz, Eric Bissonne |
| 2 | Anne Doerflein, Karen Furton-Sparks, Cyndi Bergs, Sara Gielow , Judy Koh, Glenn Wright | 17 | Joan Meadows, Debra Stokes , Lisa Farrall, Larry Timmons |
| 3 | Doug Nichols, Keely Crovo, Rachael Williams | 18 | Brent Fodor |
| 4 | Madden Lorraine, Susan Then, Gary Jones | 19 | Kevin Tezel, Alexandra Myers |
| 5 | Victoria Deen, Sissy Geiger | 20 | Lillian Robertson, Jason Dieterle |
| 6 | Charlotte McClure, Travis Pond, Nilgen Leavitt | 21 | Lynnda Floyd, Zachary Unrue , Ethel Clark |
| 7 | Dick White, Dawn Kosa , Robert Daniels, Jacqueline Maisto, Tim Speed , Andy Clay | 22 | Matthew Reynolds |
| 8 | Tony Tagye, Solana Hosburg | 23 | Christina Martin , Robin MacDonald, Claudia Vargas |
| 9 | Steven Raymond, Thomas Stokes, Erin Berube, Garrison Gates | 24 | Patti Chapman |
| 10 | Bailey Castner , Barbara Brothert, Krysta Wright, Nancy Lee | 25 | Aaron Netterstrom |
| 11 | Stephanie Kinnune, Kim Bissonne | 26 | Suzanne Johnson , Daniel Redlien, Kimberly Newton |
| 12 | Mitch Varnes | 27 | Susan Baker, Linda Laird |
| 13 | Angela Leeds | 28 | Sienna Guinn, Erik Prince, Colleen Embi |
| 14 | Nick Flint | 29 | Paula Shenbaum, Bob Harvey |
| 15 | Roger Rowan, Liam Buchanan, Leisha Sinclair | 30 | Steve Oliver |