

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

APRIL 2015



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Above: The kids were having a great time after their fun run at the Downtown Melbourne 5K on Saturday, March 28.

On Our Cover: Determined ladies at Downtown Melbourne — Cheryl Ritter, Lori Kruger and Cami Waldon. (Photo credits: Doug Carroll)

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SPACE COAST RUNNERS

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

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



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

ED SPRINGER
SCR President

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SPACE COAST RUNNERS
P.O. Box 541837
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What is it about running and racing that keeps us coming back for more? Many people admittedly will say that it is not because they love the actual running part. The actual running part is oftentimes difficult, painful, slower than ideal, uncomfortable, and on and on.

There are many reasons why. Here are a few popular ones—the physical and physiological feeling one gets after running or racing. The feeling of accomplishment and pride. The enjoyment of being in a social setting with likeminded running friends and acquaintances. The non-guilty feelings of eating good (often bad) food and drink after.

One thing that will always stand out for me is a conversation quite a few years before I even started running. My friend and boss at the time Barbara Linton, suggested to me to start running with some sort of running group. I didn't know it at the time, but hers were (and still are) a tight group of Space Coast Runners. She told me that runners were like no other; that they will always lift you up and provide positive support that you would never have known existed among such a competitive group of people. Now that I have been running for a bit, I totally understand what she was trying to tell me.

I feel so fortunate to be among such a great group of humans (and some dogs too). For me, that is one of the best reasons!

Keep Moving Forward!

Lisa Hamelin
Editor-in-Chief
lisahamelin@gmail.com



Advertise in this newsletter.

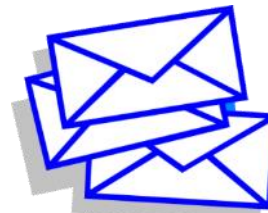
FREE Ad * \$25 Half Page * \$50 Full Page

To advertise your business or race in the SCR newsletter contact Lisa Hamelin, Editor-in-Chief at lisahamelin@gmail.com.

APRIL BOARD MEETING

The next SCR Board Meeting will be held at 7:30 pm, April 20th at the Pro-Health in Viera.

All members are welcome to attend.



Letter to the Editor

Our mailbox is always open. If you have an opinion, compliment or complaint feel free to communicate it to the highly underpaid newsletter staff. Tell us what running topics matter to you most.

Speaking of no pay...If you would like to be a part of this award-winning (*in our dreams*) team, we have openings for an investigative race reporter, an action photographer and a story journalist.

Email us by [clicking here](#).

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ACROSS FROM BREVARD COMMUNITY COLLEGE

Springer's Spiel

A Monthly Column from SCR President, Ed Springer

Space Coast Runners,

I was excited to hear there will be a film adaptation of the book *Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen* by Christopher McDougall. The film will star Matthew McConaughey and the role shouldn't be too far of a stretch since McConaughey is a triathlete and reportedly runs an hour a day regardless of his whereabouts. The release date has yet to be released so you probably have time to read the book first if you haven't done so already. The book spent 178 weeks on The New York Times Best Seller list.

The book chronicles McDougall's travels to Mexico to find the reclusive Tarahumara Indians. The tribe is known for running long distances, injury free, as part of their everyday life. McDougall's journey challenges physical limits, modern world ideals, industry marketing ploys and the human connection to running. For

instance, McDougall notes "There's something so universal about that sensation, the way running unites our two most primal impulses: fear and pleasure. We run when we're scared, we run when we're ecstatic, we run away from our problems and run around for a good time." McDougall postulates "Only recently have we (mankind) come up with the technology to turn lazing around into a way of life. We've taken our sinewy, durable, hunter-gatherer bodies and plunked them into an artificial world of leisure."

The book is widely credited with igniting the recent barefoot running movement. So before you judge the barefoot and minimalist shoe runners, be sure to check it out.

Happy Running,

Ed Springer

SCR President

springer993@gmail.com



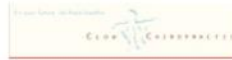
SPACE COAST RUNNERS WOULD LIKE TO THANK HEALTH FIRST PRO-HEALTH & FITNESS CENTERS!

They allow us to use a meeting room in one of their facilities for our SCR Board Meeting each month. Health First Pro-Health & Fitness Centers are where health and wellness are a way of life. As a member, you have access to four state-of-the-art facilities, each with their own unique feel and special features. With over 25 years of exceptional experience in health & fitness centers, Pro-Health & Fitness Centers have degreed and certified exercise staff dedicated to a well-rounded, total fitness experience. They offer a wide variety of classes, from kick-boxing to yoga to swim lessons for the kids. And there's even a complete mind and body weight-loss program called LIVFIT. When you join any Pro-Health & Fitness Center, you become a member at all four locations—Merritt Island, Melbourne, Viera and Palm Bay. It's like having four gyms in one! For more information, visit their website at Health First Pro-Health & Fitness Center and become a fan on their [Facebook](https://www.facebook.com/HealthFirstProHealth) page!



This is a Space Coast Runners & Titusville Racing Series Event

Sponsored by



SATURDAY, April 11, 2015 • 8:00 AM • Space View Park • Titusville, Florida

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. All finishers in the 8K Run, 8K Walk, 2 Mile run and 2 Mile walk receive an **SCR Finisher Medal**.

LOCATION

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

EARLY PACKET PICKUP

Friday, April 10th, 4:30-7:00pm. Space View Park

PACKET PICKUP AND LATE REGISTRATION

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

RESTRICTIONS

For safety reasons, roller blades, roller skates, skateboards, bicycles, baby strollers, baby joggers, radio headsets and animals are **PROHIBITED**.

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.

AID STATIONS AND SPLITS

Splits at all mile marks. Aid stations near the 1, 2 and 4 mile marks.

ENTRY FEES*

- \$ 30 Day of Race Registration
- \$ 28 Registration (by April 10th)
- \$ 23 Early Registration (by March 29th)
- \$ 18-23 Student (18 & Under) by March 29th
- \$ 23-28 Student (18 & Under) by April 10th

*SCR members receive \$1 discount. Excludes Day of Race.

8K 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

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

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 11, 2015 • REGISTRATION FORM

Last Name

First Name

Address

City State Zip Code

Check One 8K Run 8K Walk 2M Run 2M Walk

Male Female SCR Amt. Enclosed

Date-of-Birth Age/Day of Race Fillies Clydesdale

Telephone (Area Code + Number)

Adult Shirt Size

Email



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

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.



Signature (Parent, if under 18)

Local Fun Runs



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)
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	Long Doggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Christy Tagye (christytagye@yahoo.com)
Tues	Long Doggers Running for Brews, Satellite Beach	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Juice 'n Java Café, Cocoa Beach	6:00 pm	Michael Higgins/Christine Ellegood (michaeldhiggins@gmail.com) (cellegood@gmail.com)
Wed	Daddy Ultra Runs, Cocoa Village	6:00 pm	Hernan Garcia (info@daddyultraruns.com)
Thurs	Running Zone, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	Hoover Middle School, Indialantic	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	Long Doggers Running for Brews, Viera	7:00 pm	Jessica Schecher (runningforbrews@gmail.com)

It's always better to run and walk with friends! Our fitness community offers several opportunities to find a group to train with. Below are the details on the groups that meet regularly. If you are aware of any other groups that aren't listed, please contact lisahamelin@gmail.com and we will add them!



Cocoa Beach Runners, Cocoa Beach



Running Zone, Melbourne



Up & Running Fitness, Indian Harbour Beach



Palm Bay Rec Runners, Palm Bay



Running for Brews, Satellite Beach



Running for Brews, Viera



Long Doggers, Indialantic



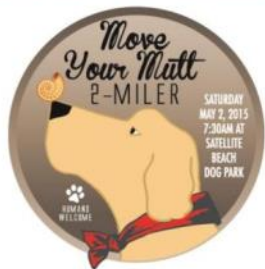
Daddy Ultra Runs, Cocoa Village

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



Move Your Mutt 2-Miler

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



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

Lost in the Bay Duathlon

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



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

Up & Running's Adult Track Meet

Saturday, June 6, 2015 7:00 a.m.
 Merritt Island High School



Relive your glory days of track meets with this one of a kind local event...A track meet for adults! Come and run a 200, 400 and 800 meter event and participate in a 1600 meter relay! We'll even have a ball toss and a standing long jump for the field athletes. *Proceeds benefit [Serene Harbor](#) which provides safe refuge and life changing services to more than 25,000 women and children who were victims of domestic violence in Brevard.*

Run the Tide Beach 5k

Saturday, July 25, 2015 8:00 a.m.
 Paradise Beach, Indialantic, FL



Run, walk or stroll as you appreciate and support our unique coastline at low tide. *Proceeds benefit [Hubbs Sea World Research Institute](#) (Melbourne Beach facility). In addition to being the first responders to stranded whales and dolphins on the East Central Florida beaches, the Institute has wide-ranging studies that include global research on bioacoustics, animal physiology and aquaculture.*

For more info about the race series visit:
UpRunningRaceManagement.com

SCR Central

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

welcome!

NEW MEMBERS!

John Doepp	Aaron Netterstrom
Elaine Ferriola	Seth Netterstrom
Patrick Hanan	Geoffrey Pletcher
Drea Hanan	Vishwa Ramachandran
Michael Hauck	Kim Snyder
Teresa Murphy	

If you are a new member to SCR and have not picked up your Space Coast Runners New Member Welcome Packet, they are available at two locations:

Running Zone in Melbourne &
Daddy Ultra Runs in Cocoa Village

We look forward to running with you!



SPECIAL SCR RACE DISCOUNTS

- ◆ The [Down to Run DTR Endurance Trail Run](#) is offering members a 10% discount on their upcoming event on April 18, 2015. Use code **SCR10** to save on distances from 5K-10K, 13.1 and 50K. For more info, visit downtorun.com.
- ◆ Save \$10 on the [Echo Half Marathon](#). The 2nd annual point-to-point race will be held on June 7th. Runners race along 13.1 oak canopied miles on the beautiful paved trail from Osteen to DeBary, FL. The code to use for online registration is **Brittany10**.



Pictured left to right: Mike Acosta, Marie Thomas, Brittany Streufert, Shane Streufert and Naweed Akram

Winter Park Wins

3/14/15—Winter Park, FL Marie Thomas, 50, of Rockledge, ran a personal best 10K and was the women's Grand Master winner, finishing in 47:44 at the Zimmerman Kiser Sutcliffe Winter Park Road Race 10K held in the Orlando area on March 14. Thomas was the 36th female to cross the line out of 2,011. Viera's Shane Streufert, 42, took first in the men's 40-44 age group with his time of 35:48. Patrick McCormick, 55, of Merritt Island ran 41:13 which earned him a first place finish in the men's 55-59 age group. The 10K race had 3,032 finishers.

Melbourne's Linda McKee took on the Distance Double Dare which included running both the 2-Mile and the 10K (17:47; 1:00:08).

Other SCR members running the 10K included: Mike Acosta, 37, Viera 45:13; Naweed Akram, 59, Melbourne, 52:43; Jason Dieterle, 43, Melbourne, 1:19:26; Pat McKee, 57, Melbourne, 1:14:43; Heather Mitchell, 40, Titusville, 1:14:31; Marty Ransom, 58, Mims, 1:15:19; Brittany Streufert, 42, Viera, 47:55.

SCR Central

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



NYC Race Delivers Great Experience

2/15/15—New York City, NY Cold weather didn't deter three SCR Floridians as they headed north to run the streets of Manhattan in the United Airlines NYC Half Marathon. They joined over 20,000 runners to run around the big city in the sold out event.

"Without a doubt, running the NYC Half was an incredible experience!" said Jo-Anne Boland. "The crowd support on 7th Avenue toward Times Square was a huge adrenaline rush! That energy coupled with the weather (~42°) helped me run a great race and exceed my expectations. Loved, loved, LOVED it!!!" Boland left NYC with a new half marathon PR of 1:48:05.

Heide Jaksetic ran the half in 2:16:27. Kirk Baird of Merritt Island finished in a time of 2:42:34.



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SCR Central

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

Kaitlin kills it in New Zealand!

3/22/15— New Plymouth Crossing, New Zealand

SCR Board member, Kaitlin Donner made the top of the podium in New Zealand on Saturday in the Elite Women 2015 World Cup Triathlon. The US went one, two in the World Cup Series event with Donner finishing in a time of 1:00:18 which was two seconds faster than fellow American, Renee Tomlin.

This is an important year for Kaitlin as the US will be watching closely for who will be on the 2016 Olympic tri-team.



Fashion Police: "Wide Strides = Fast Time"



Race photo courtesy of Trihokie Images.

It appears really fast runners sometime prefer baggies. Tory Johansen stepped up to the Corporate 5K start line sporting basketball shorts past his knees rather than the traditional lightweight or Lycra running short styles.

While some runners may worry that the extra volume of fabric would add seconds to their time, Johansen was surprisingly confident in his urban race wear. The first mile of his race clocked in at 5:05. Perhaps the baggy shorts helped to encourage a more relaxed mood which led to his overall win at the race?

We admit that we're fascinated by whatever is going on with the young, twenty-four year old's sense of run style. We'll be on the lookout to see if any more of the fast guys out there throw their body-

hugging shorts to the side and opt for outfits with more wiggle room.

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.

28th Annual Melbourne Art Festival 5K Flamingo Run/Walk

Saturday, April 25th, 2015. Starts at 7:30 A.M.

Registration and Check-in:

Register by April 18th, 2015 to reserve your spot and a MAF 5K T-shirt. Only the first 1000 runners are guaranteed. Register on-line at www.melbournearts.org/5k.asp; in person at *Running Zone*, 3696 N. Wickham Road, Melbourne FL 32935; or complete application below and mail to *Running Zone*, Attention: Melbourne Art Festival. Race day check-in, registration, & packet pick-up starts at 6:00 A.M. at the MAF stage on E. New Haven.

***** CONVENIENT ADVANCE PACKET PICKUP 4/23 thru 4/24 at *Running Zone* *****

Race Course: Starts The race starts and ends at the Melbourne Art Festival in downtown Melbourne and goes out and back over the Melbourne Causeway offering a spectacular view of the Indian River.

Entry Fees & Amenities:

\$25 by April 18th, 2015 (postmarked)

\$15 by April 18th, 2015 for 9-years or younger and 65 or older

\$23 per person by April 18th, 2015 for teams of 3 or more (special rate for teams of 25 or more, contact flamingo5kracedirector@gmail.com)

\$30 for ALL runners after April 18th, 2015 and day of race

- MAF 5K shirt to the first 1000 registrants
- Ample breads, fresh fruits, water, juices and complimentary beer
- Festivities, numerous door prizes, music by Timmy Vee

Awards:

- OVERALL - 1st, 2nd, 3rd place (male & female)
- MASTER (40 or older) - 1st place (male & female)
- TEAM CHALLENGE - 1st, 2nd, 3rd place
- AGE GROUPS - 1st, 2nd, 3rd place (male & female)

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



Team/Corporate Challenge: Each team consists of at least three members with three fastest runners scoring. *Runners must mark the "Team" box and complete team name on the application.* Please make sure all team members use the same team name when registering.

2015 MELBOURNE ART FESTIVAL 5K FLAMINGO RUN APPLICATION

Make check payable to: Melbourne Art Festival

Mail Application to: Running Zone, 3696 N. Wickham Rd., Melbourne, FL 3293

Attn: Art Festival 5K Run

Last Name	First Name	Middle Initial	Team Name (if applicable)
Street Address	Phone		
City	State	Zip Code	E-MAIL Address
Date of Birth: <u> </u> / <u> </u> / <u> </u> Age: <u> </u> Male: <u> </u> Female: <u> </u>			

Circle Shirt Size:			
Adult			Child
SM	MED	LG XL XXL	MED

In consideration of my entry form being accepted, I intend to be legally bound, and do hereby, for myself, my heirs and executors, waive and release all rights and claims for damages which I may have or may hereafter accrue to me against Melbourne Art Festival, Inc., the City of Melbourne, Florida and the officers, agents, employees, representatives, successors, and assigns of each, as well as all sponsoring organizations and their representatives, for any and all damages or injuries which may be sustained or suffered by me in connection with any association or entry or participation in the Melbourne Art Festival 5-K Flamingo Run. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for this action. I attest that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose whatsoever. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

 APPLICANT SIGNATURE _____
 PARENT/GUARDIAN SIGNATURE (IF APPLICANT IS UNDER 18 YEARS OF AGE)

SCR Central

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



CONGRATULATIONS SCR BOSTON 2016 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.

Danny Barrett—3:25:10 — Georgia Marathon
Sal Farino—3:38:23 — Tomoka Marathon
Matt Mahoney—3:44:49 — Tomoka Marathon

*Have your name listed as a Boston Qualifier, email name, race & qualifying time to us — [click here](#).



3/21/15—Lakeland, FL Space Coast Runners Valerie Eastman, Angela Leeds, and Carol Souvé (pictured below) ran in the inaugural Lakeland Regional Health Cancer Center Promise Run 10K. Eastman's mom, Mona Bedford, has been battling cancer and requested they run the race to support the center that has supported her. As runners, it is empowering to know that we not only help ourselves with our favorite hobby but we can make a difference through our race contributions.



SCR Central

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



Just Peachy!

3/17/15—Atlanta, GA

It was a soggy Sunday morning at the Georgia Marathon but Danny Barrett took it all in stride. He placed second in the men's 50-54 age group with a Boston Qualifying time.

In the cool rain, Barrett clocked in at 3:25:10. He was 55th overall out of 1,280 participants and was the 49th man to cross the finish line.



Special Olympics Honors SCR

Space Coast Runners has been supporting the Brevard County's Special Olympic athletes for several years. On Saturday, March 7th at the Special Olympic Appreciation Picnic, SCR President, Ed Springer was presented with a commemorative plaque in recognition of the \$8,000 donation the club made to SO. They were thrilled to hear the news of the size of this year's donation.

Sarasota Celebrates 10th Half Marathon Anniversary

3/15/15 — Sarasota, FL
The First Watch Sarasota Half Marathon & Relay celebrated its 10th anniversary with a record breaking number of participants — over 5,000 hailing from 48 states and 11 countries. Among the legion of runners and walkers were over a dozen Space Coast Runners.



Some ran for the bling and others for the scenic course which takes participants over the John Ringling Causeway to the St. Armand's turnaround. Finishers received the largest finisher medal in Florida which featured an oversized version of the race's signature Dolphin.

SCR Finishers included: Arlene Buono, 65, Melbourne, 3:02:08; Elizabeth Gmerek, 54, Merritt Island, 2:42:39; Ann Marie Keim, 60, Merritt Island, 2:57:46; Kelly Lake, 52, Rockledge, 2:56:12; Andrea Lucas, 49, Melbourne, 2:56:58; Lorna Mazza, 59, Melbourne, 3:07:39; Michelle Lamb, 49, Merritt Island, 2:38:40; Joshua Maitlen, 35, Rockledge, 2:27:56; Rebecca Maitlen, 41, Rockledge, 2:27:56; Lori Rattay, 51, Palm Bay, 2:56:57; Cheryl Ritter, 46, Rockledge, 2:01:32; Ron Ritter, 42, Rockledge, 2:01:32; Steve Trigwell, 59, Merritt Island, 2:57:50; Beth Walker, 59, Melbourne, 2:48:44

Pictured above: Ron and Cheryl Ritter run along the causeway as the sun rises.

SCR Central

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

SPACE COAST RUNNERS



AWARDS NIGHT

SATURDAY, June 6th — Tickets on sale soon

Good Times at Tomoka



Pictured left to right: Pat Kiesselbach, Matt Mahoney, Keith Snodgrass, Molly Kirk, Brittany Streufert, Shane Streufert, Marie Thomas

3/29/15 — Ormond Beach, FL Perfect running weather was the talk of the day at the second annual Tomoka Marathon & Half Marathon. With temps in the mid-40's at the start, participants geared up for fast times and Space Coast Runners led the way.

The marathon saw two SCR members run Boston Qualifying times. Sal Farino placed third in the 55-59 age group by running 3:38:23, his fastest time to date. Matt Mahoney was close behind in 3:44:49 as he eases back into running after being sidelined by an injury. The dynamic 50-year old duo of Molly Kirk and Marie Thomas placed second and third in their age group by running the marathon as a "training run" which meant they walked the last 2 miles of the race per their long run plan for the day. Both are running marathons in mid-April.

The half marathon started thirty minutes after the full. Shane Streufert had planned to run the half at his goal marathon pace for his upcoming June marathon. At the turnaround point on the out-and-back course he felt good and raced his way to an overall victory in 1:18:02. For the second year in a row, Keith Snodgrass won the male Master's award. His PR time was 1:25:58. And finally, Pat Kiesselbach scored a third place age group win for the women's 65—69 age group with her excellent 2:41:16 finish.

Tomoka Marathon — Sal Farino, 59, Cape Canaveral, BQ, 3rd 55-59, 3:38:23; Joel Fenlason, 41, Patrick Air Force Base, 3:22:32; Molly Kirk, 50, Viera, 2nd 50-54, 4:02:48; Matt Mahoney, 59, Melbourne, BQ, 3:44:49; Derik Smith, 45, Titusville, 5:56:29; Sharon Smith, 50, Titusville, 5:56:30; Brittany Streufert, 42, Viera, 4:02:49; Marie Thomas, 50, 3rd, 50-54; Rockledge, 4:02:49.

Tomoka Half Marathon—Thaddeus Callahan, 33, Titusville, 2:12:21; Trisha Jones, 44, Mims, 2:58:59; Pat Kiesselbach, 65, Melbourne, 3rd, 65-69, 2:41:16; Joan Meadows, 55, Malabar, 2:08:56; Heather Mitchell, 40, Titusville, 2:29:39; Lorna Mazza, 59, Melbourne, 2:57:10; Susie O'Connell, 63, Melbourne, 2:31:29; Martha Ransom, 60, Mims, 2:29:39; Donna Scott, 50, Titusville, 2:23:55; Keith Snodgrass, 49, Melbourne, 1 Masters, 1:25:58; Shane Streufert, 43, Viera, 1st OA, 1:18:02.

REGISTER NOW!

UpRunningFitness.com

Move Your Mutt 2-MILER

SATURDAY
MAY 2, 2015
7:30AM AT
SATELLITE
BEACH
DOG PARK

**2015 Summer
Race Series**


HUMANS
WELCOME



Move Your Mutt 2-Miler

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

Join other dog-lovers to run, walk or wag your tail 2-miles through the surrounding beachside neighborhood. Begins and ends at our own Satellite Beach Dog Park. The Paw-fect start to your day!

- Ruff-tastic race shirts for first 75 registrants
- Bandanas provided to furry finishers *(while they last)*
- Awards for top age group finishers
- Water bowls and treats provided at the finish line
- Bring a 5lb bag of dog/cat food for FREE raffle entry

**\$20 before
April 18th**

You and your four-legged friend will be supporting [Brevard ASAP](#) (Aiding Shelter Animals Project) – Humans must eat to survive and so must our pets. A portion of funds will go towards food resources for dogs and cats abandoned or surrendered due to financial crisis.

 **Humans Welcome**





Runner of the Year Series

DROP RACES ARE NOW INCLUDED IN ROY STANDINGS

2014—2015 LEADERBOARD

OVERALL — MEN

1st John Davis
2nd Shane Streufert
3rd Steve Hedgespeth

AGE GRADED DIVISION

1st Shane Streufert
2nd John Davis
3rd Art Anderson

OVERALL — WOMEN

1st Lisa Petrillo
2nd Marie Thomas
3rd Cheryl Ritter

AGE GRADED DIVISION

1st Jacquelyn Kellner
2nd Marie Thomas
3rd Cheryl Ritter

RUNNER OF THE YEAR REMAINING SERIES RACES

- **Space Walk of Fame 8K**
April 11, 2015
- **Eat My Crust 5K**
May 3, 2015



This month, with the Downtown Melbourne 5K in the bag, competitors in the ROY series began to see the changes in point standings as drop races were factored into the equation. Eligible participants will have three of their races dropped so that only their top seven races are scored. Big shifts occurred on the men's side! Shane Streufert got bumped by John Davis but is only behind by 30 points. Steve Hedgespeth moved up the leaderboard, moving Joel Fenlason and Wade Dauberman off the board. He is trailing the leader by 130 points.

In the age graded division, Streufert is ahead of Davis by 9 points, who came from behind and bumped Art Anderson down, which moved Sal Farino off the leaderboard! He will have to win the last 2 races in order to stay in the #1 spot.

On the ladies side there were no changes to the leaderboard for either the overall or age graded divisions. We shall see if the next two races have any effect.

Stay tuned for next month's excitement!

ROY Standings are through the **Downtown Melbourne 5K** Please note these standings reflect your age on August 23, 2014, the date of the first race of the 2014-2015 ROY series season. If you have any series questions, please email lserwin@cfl.rr.com.

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

* \$2,000 PRIZE MONEY * FLAT, FAST COURSE * HUGE AWARDS MEDAL *



SUNDAY, MAY 3, 2015 — 7:00 AM START

SPACE COAST RUNNERS "RUNNER OF THE YEAR" SERIES FINALE
HUGE POST-RACE PIZZA PARTY * FREE LIL PEPPERONI KIDS RUN
3 DIFFERENT TEAM COMPETITIONS * PIZZA DELIVERY CHALLENGE
To register online, [click here](#). Visit our [website](#). Like us on [Facebook](#).



Runner of the Year Series

FEATURED SCR RACE OF THE MONTH ►



The 4th Annual **Eat My Crust 5K** is this year's SCR "Runner of the Year" Series finale. The 5K race is a new addition to the series and is known throughout the running community as a very fast course with a super fun post-race party presented by Viera Pizza. With over 700 participants last year, EMC4 is sure to be a day for the entire family. The free Lil' Pepperoni Kid's Fun Run with mascot sensation, Joey Pepperoni is back. Make plans to be there!

WHERE ► Viera Pizza - 5450 Stadium Parkway, Viera

WHEN ► Sunday, May 3 at 7:00 AM **COST ►** \$25 Adults, \$22 Students, \$23 SCR Members before 4/23/15.

WHAT TO EXPECT ► \$2,000 cash prize awarded to the top 3 male/female, top Masters male/female. Special prizes for the top girl and boy high school finishers. Team competition is expanded to co-ed, all female and all male divisions (5 person min.). New Pizza Delivery Challenge!

EVENT WEBSITE ► www.VieraPizza.com/emc.htm **ONLINE REGISTRATION ►** [Click here](#)

BREAKING NEWS

BREAKING NEWS

BREAKING NEWS

FOR IMMEDIATE RELEASE — Space Coast Runners is pleased to announce the formation of the **Space Coast Runners Racing Team**.

This newly formed team will compete in the upcoming 2015-2016 race season here in Brevard County.

Our Goals

To promote fitness, further SCR presence in the local community and to encourage our members to race local, regional and national events touting the Space Coast Runners brand. The team will be a resource to help those in the running community with many combined years of running experience.

How To Join

If you would like to be considered for the SCR Racing Team, you will need to submit the official application. **All applications must be received no later than May 9, 2015.** We are limiting the number of participants

to 50 (25 men and 25 women). The club will appoint a committee to review all applications and make selections based on the following acceptance criteria:

Commitment to the club

Assessment of club/team representation

Application material/responses

Member Benefits

Team members will receive an official **SCR Racing Team** singlet and jacket. In addition, members will receive a free entry into the Eye of the Dragon 10K and a discounted registration into the Turtle Krawl 5K. The team will also hold training and social events.

The newly formed team will be announced at the Space Coast Runners Summer Social. If you have questions or would like more information, please contact us at SCRRaceTeam@gmail.com.



Space Coast Runners
Race Team Application for the 2015-2016 Season
E-mail: SCRRaceTeam@gmail.com or
Mail: SCR, P.O. Box 541837, Merritt Island, FL 32954
Application must be received by 9 May 2015

General Information

Name:

Occupation:

Birthdate:

Favorite Race:

Current Age:

Email:

Street Address:

City, State & ZIP code:

Current Space Coast Runner Member: Yes No

Facebook Handle:

Singlet: Men Women; XS, S, M, L, XL

Jacket: Men Women; XS, S, M, L, XL

Application Information

An application committee will be formed to select team members based on the following criteria:

- 1) Commitment to SCR
- 2) Application responses
- 3) Assessment of SCR team and club representation

I have read and understand the selection criteria: Yes No

Expectations

- 1) Run/compete in at least 3 of 5 identified team races. For the 2015-2016 race season the 5 identified races are: Running on Island Time 5K, Turtle Krawl 5K, Eye of the Dragon 10K, Corporate 5K, and the Melbourne Art Festival 5K Flamingo. SCR will cover entry fees for Eye of the Dragon and half of the entry fees for the Turtle Krawl.
- 2) Attend team building and training events
- 3) Volunteer at 1 or more SCR events (packet pickup, water stations, trash cleanups, etc...)

I have read and understand the team expectations: Yes No

Questions

- 1) Describe why you wish to be on the SCR Race Team.
- 2) Describe how you will contribute to SCR and the race team.
- 3) Describe your running goals for the 2015-2016 race season.
- 4) Describe a running related accomplishment, memory or interesting story. (If selected for the team, this will be used for introductions in the SCR Newsletter, Facebook, etc...)

Sponsor Spotlight



Remember, We Moved our Store!
Only two Blocks from our Old Home!
4 Harrison Street, Suite 102

Where does one go to find the right footwear, apparel, learn about natural running, meet like-minded running friends, and much, much more? Daddy Ultra Runs, located in historic Cocoa Village across the street from Riverfront Park, that's where!

Daddy Ultra Runs is more than just a running specialty store. They also host running groups, running-form clinics, product tryouts, and regular parties and events.

They also have a sponsored athlete program, where one can earn gift cards for purchases at the store. All it involves is wearing the new DUR singlet during the race and posting your finishing on their Facebook page!

Find them on [Facebook](#) and visit their [website](#) for more information and to stay up to date.



SCRVIP



Space Coast Runners Volunteer Incentive Program

The Space Coast Runners Volunteer Incentive Program (**SCRVIP**) was created to say THANKS to the SCR volunteers for their loyalty and giving of their time volunteering at various events connected to Space Coast Runners!

HOW IT WORKS

For every **SCRVIP** sponsored event you attend, you earn an incentive pack! Simply sign up to volunteer at a SCR event and then sign in AT the event! **SCRVIP** liaison, Linda Cowart will then keep a tally of all volunteer hours earned and hand out the **SCRVIP** packs. All volunteers will be considered for "SCRVIP Volunteer of the Year" which will be awarded at the club's annual banquet.

SCRVIP OPPORTUNITIES

Space Walk of Fame 8K — Apr 11, 2015

VOLUNTEER INCENTIVES for 2014-15

SCRVIP T-shirt * \$5 Gift Certificate to Daddy Ultra Runs or Running Zone * Chik-Fil-A voucher * Free Slice from Viera Pizza

**For more information contact Linda Cowart at linda@daddyultraruns.com.

Streufert, Dutra crowned victorious



Shane Streufert wasn't going to settle for another second place finish at the second annual Excalibur 10 Miler on Sunday, March 1. He went out to win it and that is exactly what the Viera resident did, breaking the tape in 1:00:28.

Melbourne's Tracy Dutra must have felt the same way as she took home the overall women's crown for her first place finish after placing third in 2014. Dutra shaved two minutes off last year's time with her 1:10:35 finish.

In addition to their Excalibur titles, Streufert and Dutra were both awarded State Championship 10-Mile medals by the RRCA's Florida chapter. The Excalibur was designated this year as the Road Runners Club of America Florida State 10-Mile Championship race.

A field of 759 runners along with 78 relay teams traversed the course as it wound its way around Viera's roads, both paved and dirt and on its sidewalks until it finished inside the Viera High School's track where participants sprinted across the mat which lie right beneath the finish line castle. The overall relay winners were Mike Acosta and Susie Meltzer of Team S&M. Their 1:11:26 finish led all the relay teams and was a course record.

Spectators loved seeing the participants who dressed for their run in medieval themed costumes. The high Florida humidity didn't deter the runners and walkers and they were rewarded with a stellar post-race party filled with food and drink from Pollo Tropical, Medieval Times, Viera Pizza, Planet Smoothie, and others.

For complete race results, [click here](#).
Race report by Brittany Streufert and photos from Excalibur Facebook page.

TOP-3 MEN

Shane Streufert, 1:00:28
Ed Donner, 1:01:56
Joel Kinnunen, 1:02:21

TOP-3 WOMEN

Tracy Dutra, 1:10:35
Dina Viselli, 1:12:20
Mem Nix, 1:13:25

MASTERS

David Basford, 1:11:01
Kristi Choate, 1:17:30

RRCA GRAND MASTERS

Doug Nichols, 1:15:01
Teresa Calio, 1:17:53

RRCA SENIOR GRAND MASTERS

Ron Getska, 1:23:37
Kim Showalter, 1:29:05

RELAY TEAMS

Co-Ed: Team S&M 1:11:26
Mike Acosta, Susie Meltzer
Female: Team Phteven 1:39:07
Patricia Lucas, Kelly Semenko
Male: We have to run, really?
1:21:15—Frank Hosey, Chuck Mathews



Left: Co-Ed Relay Team winners Susie Meltzer and Mike Acosta celebrate their new course record.

Center: Overall race winner, Shane Streufert at the finish.

Above: Cathy Chapman & Seher Swensen are all smiles post-race.

SPACE COAST



MILITARY APPRECIATION 5K RUN / WALK

**Saturday
May 2, 2015
7:30 AM**

Searstown Mall, Titusville

Beneficiary

**Astronaut, Titusville, and Space Coast
High Schools JROTC**

Contact: Marty Winkel

321-537-3526 • runsalot@cfl.rr.com

**Additional Information can be found at:
www.spacecoastmilitaryappreciation.com**

Awards

Top Active or Retired Military
Male/Female

Top 3 Overall Male/Female
Overall Master (40 and Over)
Male/Female

Awards 3 deep in Male/Female
8 & under, 9-11, 12-14
...and 5 year age groups thru 80+

Registration

Make all checks payable to:
Space Coast
Event Management and Timing
7 Indian River Ave. #605
Titusville, FL 32796

Entry Fee:

Military I.D. Holders &
JROTC Members - \$15 (thru April 18)

All Others:

\$23 thru April 18, 2015

\$28 Thru May 1, 2015

Race Day \$30

(Cash or Check Only)

online registration available

SCEVENTMGT.COM

Early Packet Pick-Up

Searstown Mall

Friday, May 1, 2015

3:00 - 6:30 PM

Day of Race & Packet Pick-Up

Saturday, May 2

6:15 AM - 7:15 AM

Near Entrance to Theater

Post-Race activities include

marching bands, displays,

exhibits, food booths

& Veteran's Benefits evaluation

Course

Race starts ... In the southwest corner (behind Cross Fit) of the Searstown Mall. The course runs the perimeter of the parking lot, west on Country Club Road, left onto Oak Hill Drive right onto Raney Road, right onto Country Club Drive and right into Searstown Mall and finishing at the main entrance near the movie theater.

ONLINE REGISTRATION IS AVAILABLE AT: SCEVENTMGT.COM

SPACE COAST MILITARY APPRECIATION 5K

Last Name _____ First Name _____ M.I. _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____ D.O.B. _____

T-shirt Size: XS S M L XL XXL

Military I.D. Holder

JROTC

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

Signature (Parent, if under 18) _____ Date _____



This Friday Night Race Was Totally Rad!

The Junior League of South Brevard hosted its 6th annual NEON Re-Run 5K on March 6 at 6:30 pm. There was enough neon to light up downtown Eau Gallie.

The overall winner of the race was Jon Williams, 46, with a winning time of 19:59. Second place Todd Sokodsky, 23, was not far behind with a time of 20:06, and David O’Leary, 54, finished up in third place with a time of 20:12. Art Anderson ran 20:42 which was good enough to secure the male Masters title.

For the ladies, the top three was a close race. The overall female champion was Dominique Coriell, 15, with a time of 22:16. Saiya Bonnett, 9, was a mere three seconds behind with a finishing time of 22:19. Following just 39 seconds behind Bonnett, was Melissa Kastanias, 37, with a time of 22:58. Ginger St. Pierre was the female Masters winner with a time of 24:12.

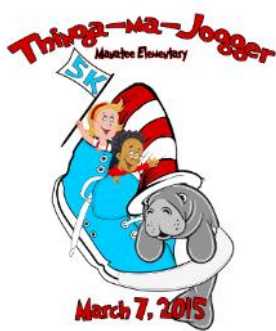
The race was organized by the Junior League of South Brevard. The proceeds help benefit local Junior League community grants and projects—Fueling Kids and Kids in the Kitchen. For complete race results [click here](#).

Race report by Lisa Hamelin. All race photos courtesy of Space Coast Event Management.





Oh, the Places They Ran!



The inaugural Thinga-ma-Jogger 5K and a whopping 530 participants crossed the finish line. The youngest was 2. The oldest was 73.

A wave of young runners took the top three overall spots at the race. Nathaniel Basford, 13, of Melbourne was declared the overall winner of the 5K followed closely by Morgan Levine, 18 of Rockledge. Basford clocked in at 19 minutes and 17 seconds which was the same time Levine ran. Mike Groppel, 18, of Viera rounded out the top three with a time of 20:01.

The words of Dr. Seuss saying, “Don’t give up. I believe in you all. A person’s a person, no matter how small.” rang true at Manatee Elementary in Viera the morning of March 7th. Lots of little runners and their parents lined at the start of the

Melbourne’s Susie Meltzer blazed to a first place for the women. The fifty-year-old speedster ran a 21:52 to lead the ladies. The next woman — 33-year-old Allison Urso of Rockledge — didn’t cross the finish line for another 101 seconds (23:33). She was followed in by third place Katelyn Dunegan, 12, also of Rockledge who finished in 23:41.

David Basford, 43, of Melbourne and father to the race’s winner took home the Male Masters title with his 19:57 finish. The Female Masters title was awarded to Gloria Lorenzo-Luaces, 44. The Melbourne resident ran 24:19.

Everyone was in great spirits from the many spectators to the volunteers who lined the Seuss-themed course to the happy finishers. Medals were awarded to age group winners and many raffle prizes were handed out. It seemed everyone walked away with a Seussical smile on their face.

Race report by Brittany Streufert. All photos courtesy of Strawbridge Studios.

RACE REPORT

Thinga-ma-Jogger 5K — Continued



Top Left: Manny the Manatee was on hand to help present the winners their award medal. **Top Right:** The Viera High School's girls lacrosse team made a "Thing" statement at the race. **Right:** Women's overall winner, Susie Meltzer crosses the finish line in full stride. **Bottom Left:** With the start of the race minutes away, everyone is super excited.

18TH ANNUAL TIGER DASH

TWILIGHT 5K CROSS COUNTRY, "LITTLE TIGER" KIDS' RUN, 1 MILE TRACK RUN



SUNDAY, MAY 17, 2015

HOLY TRINITY EPISCOPAL ACADEMY UPPER SCHOOL

4:15-5:15 PM PACKET PICKUP

5:30-6:45 PM 5K CROSS COUNTRY RUN

7:00-7:15 PM LITTLE TIGER FUN RUN

7:30 PM 1 MILE TRACK RUN UNDER THE STADIUM LIGHTS

5K CROSS COUNTRY RUN \$20

DAY OF REGISTRATION: \$25

1 MILE TRACK RUN \$10

DAY OF REGISTRATION: \$15

LITTLE TIGER FUN RUN FREE

REGISTRATION INFORMATION:

WWW.SMOOTHRUNNING.ORG

*Awesome Tiger Dash T-Shirt · Great Awards
After Race Refreshments · Beautiful Holy Trinity Campus*

AWARDS

Male & Female: Top 3 Overall, Top Masters (40+), Top Wheelchair

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

Overall Male & Female – One Mile Run, **FUN Family Awards**

HOLY TRINITY WELCOMES FAMILY AND FRIENDS TO JOIN IN THE FUN WITH A NEW "TWILIGHT" FORMAT FOR THE TIGER DASH. THE RACE OFFERS THE OPPORTUNITY TO CELEBRATE RUNNING AND A GREAT SCHOOL YEAR!

Flying High on Company Time



The 5th Annual Corporate 5K, hosted by FIT Aviation kicked off on March 12 at 6:45pm. The race start was held on the runway at FIT Aviation in Melbourne. Runners got to run past the planes that were lined up before heading out to roads leading to NASA Blvd.

The overall male winner was Tory Johansen from Northrup Grumman with a time of 16:59 and for the ladies it was Kim Hunger with Health First crossing the line in 20:22. There were also awards for top male and female CEOs. Mike Acosta of Viera Pizza was overall male CEO for the fifth year in a

row running a time of 21:14 and Angela Coram of Pepper Tree Sandwich Shop was overall female CEO with a time of 23:37.

There were 1161 finishers in the race that made it out to compete, team build, socialize and enjoy refreshments of free green beer and live music by Hot Pink post-race. All of the racers were part of a team, whether it was a corporation or group.

The race helped benefit United Way of Brevard. For complete race results [click here](#).

Race report by Lisa Hamelin. All race photos courtesy of Barry Jones.

RACE REPORT

Corporate 5K — Continued

FROM THE DESK
of

JOAN MEADOWS

As Captain of the Space Coast Runners Team for the Corporate 5k, I would like to personally thank all that ran for another fun race. We were awarded 1st place in the club category and 2nd place in the mixed team category. That is a huge accomplishment and it could not have been done without you! I would also like to thank the following for their contributions and/or help with obtaining the following which were used as door prizes. They were appreciated by all.

SCR & Carol Ball - hats and visors, entry to Space Coast Walk of Fame

Brittany Streufert & Mike Acosta (Viera Pizza) - entry to Eat My Crust 5k

Frank Webbe - entry to Downtown Melbourne 5k

Marlene & Dick White, Project Graduation - entry to Lucky Leprechaun 5k

City of Palm Bay – entries to Dash For Dogs 5k

Dunkin Donuts - gift cards

Thank you again SCR Team Members:

Steve Chin, Michael Walker, Douglas Wendel, Holly Wendel, Anne Dockery, James Krupp, Pat Kiesselbach, Wade Dauberman, Claudia Vargas, Alysson Lyons, Sara Griffin, Greg Griffin, Matt Mahoney, Joseph Joseph, Mary June Joseph, Lori Rattay, Michael Petrillo, Tom Ward, Jessica Barone, Andrea Lucas, Derik Smith, Sharon Smith, Sal Farino, Rebecca Maitlen and Robert Meadows.

Ed Springer was unable to attend due to the Space Launch. Hope you all will join me again next year.

See you on the roads and at the races. —Joan

Certon—Employees Less than 100

Intersil—Employees 100-999

Northrop Grumman—Employees 1000-4999

Harris—Employees 5000+

Space Coast Runners—Club Team

Life Care 5 Stars—Female Team

Northrop Grumman—Co-Ed Team





5K RUNNERS

RACE WITH PASSION

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.

“We are pleased to share that since incorporation in 2012, the Brianna Marie Foundation has raised more than \$140,000 which is used to advance the field of Fetal Medicine (surgeries performed on babies prior to birth) and offer hope to many,” said Race Director Aran Hissam.

The Third Annual Brianna Marie Foundation 5K reflects their passion and dedication. With 429 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.

The overall winner of the race was Chi Cam, 31, of Palm Bay with a winning time of 17:58. Alex Colon, 42, of Melbourne was close behind at 18:25. Chaise Goff of Viera took third place by running 19:04. Art Anderson, 55, from Melbourne, ran 19:55 to secure the male Master’s title.

For the ladies, fewer than 30 seconds separated the top three. The overall female champion was Melbourne’s Allison Streeter, 14, who raced into a 22:11 first place finish. Two seconds behind, Courtney Goodheart, Satellite Beach, dashed into second place in 22:13, which was twenty seconds ahead of Michele Longstreet, Indialantic, who ran 22:33. Kristina Pernfors, 41, of Vero Beach was the female Master’s winner as she ran 23:54.

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

Race report by Angela Leeds and photos by Space Coast Event Management.



Top: Allison Streeter prepares to cross the finish line. **Center:** Chi Cam and Alex Colon celebrate their first and second place finish. **Bottom:** Runners dash across the start line as the third annual Brianna Marie Foundation 5K begins.

Join us for the 3rd Annual Running Zone Foundation 'Kids Only' event:



BENEFICIARY:



Everyone's a Weiner!



**7:30am Start Time
Ryckman Park, Melbourne Beach**

School with the largest participation wins \$250!

REGISTER TODAY

Visit our Series website for details: www.runningzone.com/series
or stop by Running Zone: 3696 North Wickham Road • Melbourne, Florida 32935





Happy Running! JetStar 5K Runners Fly High

Race report by Rachele Butler

Gemini's 3rd Annual Sunset 5K was another huge success! Our volunteers, staff, sponsors, and the community all rallied together to support our school and raise over \$5,200 towards our technology campaign.

The course started on the grounds of Gemini Elementary and ran through beautiful Melbourne Beach neighborhoods, circling Ryckman Park and ending where it began at the school. We partnered with Running Zone and Melbourne Beach Rotary to provide a safe, fun, and professional race experience for seasoned as well as beginner runners. We had over 260 runners sign up for the race to compete for our fabulous awards!

Each 1st, 2nd, and 3rd place winner in each age group won a commemorative cowbell, while the overall winners won a bigger-sized commemorative cowbell. The overall top male and female adult winners also won a free entry into the 30th anniversary Melbourne Beach Rotary Pineappleman Triathlon, to be held on Sunday, June 7th, 2015. This prize was sponsored by the Melbourne Beach Rotary.

The top male and female youth winners won a free entry into the Pineapple Kidz Tri and Duathlon sponsored by Space Coast Youth Multisports. This race will be held Saturday, June 6th at the race site of the Pineappleman Tri.

To incentivize the students to participate, we held a "Gemini Students Only" Competition. Three teachers volunteered to be "Benchmark Runners," and if a student passed one of them they would earn a prize. Our first Benchmark Runner was our own principal, Joe Loffek. If a student beat Mr. Loffek's time, he or she was awarded a goody bag sponsored by Walgreens with all kinds of goodies in addition to a tumbler sponsored by Atlantis Urgent Care. Our second Benchmark Runner was our PE Teacher, Coach Bechtol. If a student ran faster than he did, he or she would win the goody bag in addition to a free ice cream sponsored by Long Doggers in Indialantic. Our third benchmark runner was our new 1st grade teacher, Mrs. Shushana Vignier. Any student who beat her time won the aforementioned prizes in addition to a free kids' meal from Long Doggers.

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





Fiorini Finishes First

“Top o’ the mornin’ to ya,” I muttered in delight.

Although fellow runners exchanged puzzled expressions after I greeted them with this saying, it was a necessity for where I was. It was the Lucky Leprechaun 5K, held at Bailiwick Mall in Cocoa Beach, and this Irish salutation fit this St. Patrick’s themed race perfectly.

It was a cool morning with a light breeze, but not cold enough for winter wear. People were gathered with garbs of green as St. Patty’s Day inspired décor. Pot of gold and rainbow shirts were worn, whimsical 4-leaf clover headpieces sported, and even a boy was dressed in a full leprechaun get-up. Families, both fast and there for fun, came out to support the race, which benefited the Cocoa Beach High School Project Graduation.

At 8:00 am the crowd of people started dashing down the street. People were running, jogging, walking, and even sprinting their way to the finish line. As typically seen in races, water was provided, but also beer stands were set near the finish line for 21 and up racers to stop for a mid-run sip. The course weaved through the scenic Cocoa Isles neighborhoods and finished back at Bailiwick Mall.

Daniel Fiorini won the race with a time of 18:28. I never saw him as my time was around 25 minutes, but I heard it was a remarkable finish. Closely behind him were Jamey Rimmey

running 19:07 and then Matthew Cummings in third with 19:22. Kristi Choate was the winner of the females with 22:10. Baleigh Hyatt finished second with 23:26 and Tricia Tezel placed third with 24:21. The overall race winners received a big pot of gold trophy while age category winners received little leprechaun statues.

After the race I noticed in the grassy knoll area a breakfast buffet. Fruits and bagels were provided as well as donuts from Dunkin’ Donuts. I scarfed down a bagel as I mingled with my fellow racers. A Little Leprechaun Kids Run was held at 9:00 am. Kids gleamed as they ran around the Bailiwick Mall and through the finish line where they received dog tags as prizes.

“We are going to do raffles now,” the Race Director informed us. I couldn’t wait! I love getting goodies for free! Lots of items were raffled off like complimentary race entries to other races, beer glasses, and even a cooler to hold beverages that Matt Mahoney won. He was so excited and the crowd screamed “party at Matt’s” when he won.

I truly enjoyed myself at this race. The course was a very flat, great for PR times. The staff and the participants were overly friendly, which I was able to meet and mingle with them from beginning all the way through raffles.

It’s a smaller race, but the size didn’t matter because it’s one of the most fun held in Cocoa Beach. The crowd was very welcoming (no overly competitive people), the trophies were really cute and the prizes were awesome. I will be joining them again next year for the Lucky Leprechaun 2016. Hopefully I will see you there.

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



All photos courtesy of Space Coast Event Management.

RACE REPORT

Splash Dash 5K & Water Safety Day — 3/7/15 — Melbourne



Runners went for a dash, then a splash, and then celebrated with a bash at the Splash Dash 5K and Water Safety Day. Held March 7th, runners and their families were encouraged to head down to this 5K and have fun in the sun as well as learn about water safety. The proceeds of the race benefited Swim Safe Forever, which is an organization that creates awareness for water safety and collects funds for survival swim lessons.

The day kicked off with The Ultimate Hero Challenge at 2:45pm, which was a type of obstacle course that tested strength, determination, and speed. Following the obstacle course, The First Flight Helicopter touched down at 4:15pm and at 4:45pm the 5K started. Leading the men to victory was Art Anderson with 18:01. Shortly after was Anthony Alaburda with 18:13 and in third Thomas O'Connor with 19:29. Dina Viselli was the winner for the females in 18:14. Lauren Ruiz scored second with 19:56 and Selah Hageman followed a little bit after with 20:49.

After the run, participants were encouraged to splash down a giant water slide. They not only could splash, but also enjoy in a plethora of family fun including a bounce house, face painting, raffle prizes, beanbag toss, and music. Even the little ones could enter in a free kid's race held after the 5K. The event was booming, lively and a fabulous way to celebrate the weekend with the little ones. This shouldn't be missed in 2016.

For complete race results, [click here](#). Photos from the day's events may be purchased at georgette-mcwilliams.smugmug.com ALL proceeds from photo purchases will directly benefit the Swim Safe Scholarship program.

Race report by Michelle Au and photos by Georgette McWilliams.



Top: Ready, Set, Go!
Center: Obstacles? No problem.
Bottom: Splish-splash during the dash

TO
WRITE
LOVE
ON HER
ARMS.

RUN FOR IT 5K

WHAT WILL YOU RUN FOR?

Saturday, April 18, 2015

David R. Schechter Center / Satellite Beach, FL

\$25 Early Individual Registration / \$30 after April 11

\$22 Early Team Registration / \$27 after April 11

Teams must have four runners

We'd like to invite you to join us for the 3rd annual **Run For It 5k**. The Run For It 5k is an opportunity to move for something that matters -- whether that is for health, recovery, or in memory of a loved one. We hope it will also be a chance to connect with your local community and to share the message of hope and help in a new way.

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.

WHAT WILL YOU RUN FOR?

Register: RunForIt5k.com / Follow & Share: [#RunForIt5k](https://twitter.com/RunForIt5k)

Questions: RunForIt5k@twloha.com

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Tom Ward (618) and Robert Meadows (626) start the 5K in stride.



One Morning = 2 5K Races

After a week of temperatures in the 80s, a spring cold front blew through just in time for the 33rd running of the Downtown Melbourne 5k, making for a brisk start for the men at 7:30 a.m. This unique 5k features separate races for the men and women, and this year the women were up next at 8:15. Frank Webbe once again did an excellent job in his 20th year as race director. This race is a favorite of many SCR members for its PR-course reputation, as well as for spectators as they experience the excitement of cheering on runners as they complete two loops along downtown Melbourne streets.



RACE REPORT

Downtown Melbourne is the eighth race in this year's SCR series, and members tore up the course in their quest for points. Julie Hannah won the women's race in 20:26, followed by Mem Nix (20:59) and Lisa Petrillo (21:21). Just three seconds behind the top three, Annie Caza snagged the master's prize. On the men's side, John Davis won in a time of 16:31, followed closely by Shane Streufert (16:34) and Joel Kinnuen (17:41) rounding out third. Joel Fenalson picked up the master's win in a time of 18:17.

In the team division, Space Coast Runners took the top award, followed by Up and Running Women and Harris DTMB15. The kids also joined in the fun with the SCR Kids' Run, earning medals and stuffed animals for their efforts. This race benefits The Haven, an organization that cares for children who have been neglected, abused, and abandoned. The Haven depends on government programs, private donations, community fundraising, and dedicated volunteers; more information about this very important organization can be found at <http://www.thehavenforchildren.com>.

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

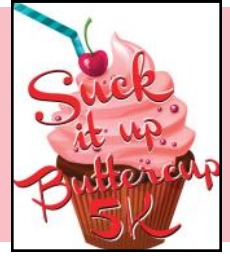
Race report by Marissa Flint. Race photos courtesy of Doug Carroll.



Top Right: John Davis has the lead on the first lap with Shane Streufert on his heels.
Bottom Right: The top 3 overall women—Julie Hannah, Lisa Petrillo and Mem Nix.
Bottom Left: Jessica Barone takes the turn looking strong, followed by Geraldine Avitabile.
Center: Carmine Lento accepts his first place AG 11– 14 award for his time of 21:08.



Titusville Runners Show Biggi Support



The weather could not have been sweeter as runners gathered at Chain of Lakes in Titusville on March 28 to support Joe and Terry Biggi in the Suck It Up Buttercup 5K. Joe has cancer and will need chemotherapy, and Terry has been diagnosed with Parkinson Disease. Race director Dennis Filler introduced the couple and then the runners were off for a beautiful run through the park.

The overall winner of the race was Justin Dragos, 31, with a winning time of 20:41. Second place Michael Mills, 43, was not far behind with a time of 20:59, and Frank Kapr 46, finished up in third place with a time of 21:39. Rex Hollinger, 53, ran 29:14 to earn the Male Master title, and Ken Flieder, 56, earned the Male Grand Master title.

For the ladies, the top three was a close race. The overall female champion was Christine Kennedy, 49, with a time of 23:27. Christina Russell, 36, was the second lady across the finish line with a time of 23:57. Following just seven seconds behind Russell, was Theresa Langley, 52, with a time of 24:04. Michele Jefferson, 47, was the Female Master winner with a time of 28:19, and Karen Blanton, 59, was named the Female Grand Master winner with a time of 28:56.

After the race, runners gathered for an award ceremony that included pink-frosted cupcakes as well as the usual after race treats.

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

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



Left: Runners sprint past the starting line to get to an awaiting cupcake at the finish line.

Center: Overall finisher, Justin Dragos crosses the finish line in a time of 20:41.

Right: Brett Trahan finishes after pushing a double stroller for 3.1 miles.



Runners Trot to Help Humanity



The Indian River Habitat for Humanity (IRHFH) hosted its 8th annual Habi-Trot 5K and 10K on March 28 at 7:30am. The race was held at South Beach Park, which is a beautiful venue and with the cooler temperatures, it made for perfect race conditions.

The overall winner of the 5K race was Bobby Gray, 45, with a winning time of 20:48. Second place Robbie Enlow, 37, was not far behind with a time of 21:35, and Tim Keithahn, 49, finished up in third place with a time of 21:37.

For the ladies, the overall female champion was Gabi Lapointe, 21, with a time of 22:56. Brianna Thygeson, 19, had a finishing time of 24:12. Following behind Thygeson, was Ann Weber, 49, with a time of 24:59.

The 10K male overall winner was Nick Cady, 36, with a time of 35:14. Our local runner, Ron Abel, 32, came in second at 37:14 and then Tomas Botero, 14, had a third place time of 41:25.

On the ladies side for the 10K race, Josephine Holtzclaw, 41, finished in 44:15. Sandra McRostie, 47, crossed the line in 45:50 and last but not least came Chelsea Lunny, 32, with a time of 46:19.

The race was organized by IRHFH. The proceeds help benefit the IRHFH Scholarship Fund, which was formed to help give Habitat homeowners and their children a chance at higher education and helps to provide educational after-school care and summer care by subsidizing costs of these services and grants scholarships for students and homeowners who are headed to either college or post-secondary educational programs. For complete race results [click here](#).

Race report by Lisa Hamelin. All race photos courtesy of Rene Donars.



Long Distance Relationships

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

Viva Las Vegas!

Article by Carol Ball

On March 15, Barbara Linton and I completed the Six Tunnels to Hoover Dam Half Marathon in Nevada. We stayed in Boulder City. Located roughly 30 miles east of downtown Las Vegas and just miles from the southern shoreline of Lake Mead, Boulder City typically sees March temperatures that average between 46°F and 65°F; rainfall is scarce year-round, with March as the 'wet' month of the year averaging just under an inch for the entire month! Race day weather was perfect, with clear skies and a 60 degree temperature at the start. (continued next page)

Long Distance Relationships

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



Top Left: The switchback turnaround point. **Center:** Barbara and Carol before the start of the race. **Right:** 1 of the 6 tunnels runners encountered during the race. **Bottom left:** Hiking in the Valley of Fire **Center:** Elevation profile **Right:** View of Lake Mead from the course.

We stayed at the Historic Boulder Dam Hotel, about a 5 minute drive to the race site. Getting to the start/finish area required hiking downhill for .3 mile on a narrow trail. (We were not thinking at the time that we would have to also hike OUT after running the race)

The course for the race was a mountainous trail road completely free of vehicular traffic, through the hills of Lake Mead National Recreational Area to the world-famous Hoover Dam. Named for the tunnels along the converted railroad track trail road to and from the Dam (yes, we actually ran through the six tunnels); the course once served as an access route for train cars and trucks hauling supplies to Hoover Dam.

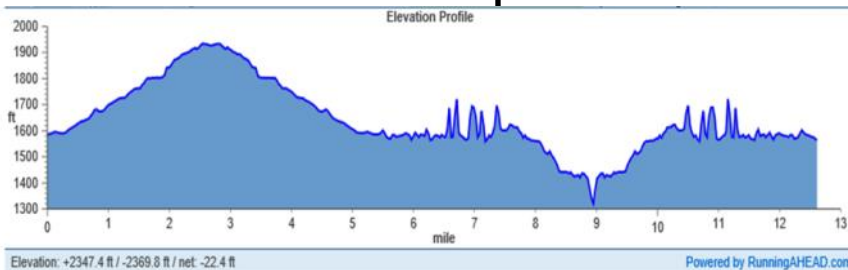
Thanks to its original construction, the route offers largely smooth, gradual inclines and declines, though there are some big climbs on the route. The views were also spectacular, including the mountains around the lake, the desert sagebrush and other vegetation, and the tunnels, a unique architectural feature.

The first few miles were a gradual uphill, rewarded

with a nice, fast downhill. However, the second half was a bit more challenging (See elevation chart). The turnaround point for this section was quite a surprise, consisting of several steep, quick, concrete switchbacks descending to a Hoover Dam parking lot – and, you guessed it – back up! After that, I was toast. The remainder of the course I spent struggling to run, and a few times even walking. Not a PR course by any stretch!

Barbara met the challenge by taking a flying leap and landing on the rocky trail at mile 7. Miles 7-13 were spent whining, taking pictures and enjoying the scenery! A big thank you to Carol, who helped select the right butterfly Band-Aids to close up the gash and was super patient about hobbling around Las Vegas after the race.

We were just happy to finish, get our medals, grab a banana, cookies, and a Subway sandwich, and head back to the hotel to shower. Whew! Even though it was not an easy course, it was truly one of the pretties courset we have seen, and the town of Boulder City is fun and picturesque. It is a definitely recommend!



Long Distance Relationships

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



Article by Marisa Flint

Pictured left to right: Christy Zeires, Debbie Rescott, Linda Cowart, Marisa Flint, Christy Tagye

Jacksonville's Gate River 15k is not only the largest 15k in the United States (with 14,918 participants finishing this year's run on March 14), it also serves as our national championship for the 15k. The race attracts elite runners, who compete for \$82,000 in prize money. Benjamin True scored his third consecutive win, this year in a time of 44:02, and Olympian Amy Cragg (nee Hastings) swept the women's field in 50:18.

Gate River attracts many runners from Brevard, and this year was no exception. Runners have the option of submitting race times to be put into seeded corrals, and the race features three more wave starts after this first seeded wave. Those who did not want to tackle the 15k could choose a 5k fun run, and there was also a one-mile Junior River Run for kids 9-13. The 15k course began on Gator Bowl Blvd, then moved through downtown Jacksonville before going over the blue Main Street Bridge, the first of two challenging bridges. The race continued along scenic Riverplace Blvd, and then through neighborhoods with picturesque homes. The neighborhoods were a highlight of this race; the folks are enthusiastic and offer refreshments along the way, ranging from fruit, candy, and popsicles to sausages, beer, and

mimosas. The 15k's last stretch included the Hart Bridge, affectionately known as the Green Monster. The finish line was outside of the Jacksonville Fairgrounds, and after receiving the finisher's medal, runners moved into the fairgrounds for a well-earned post-race party. There runners could relax, listen to music, and enjoy refreshments from Publix, and if so inclined, a cold Miller Lite from the beer booth.

Gate River reflects its years as a well-run race that deservedly attracts such a large field. The race is very well-organized, with efficient packet pick-up and well-stocked expo. Runners could choose from men's- and women's-style tech shirts. The race itself featured organized pace corrals, a scenic and interesting course with terrific crowd support, and a fun post-race celebration. This race is definitely worth the road trip!

SCR Gate River Run 15K Finishers

Ron Abel, 32, West Melbourne, 59:18; Danny Barrett, 50, Cocoa, 1:04:21; Joanna Beckes, 33, Titusville, 1:18:54; Cyndi Bergs, 44, Merritt Island, 1:21:22; Jerry Bird, 60, Rockledge, 1:13:55; Bill Buonanni, 54, Merritt Island, 1:37:34; Nancy Buonanni, 53, Merritt Island, 1:16:29; Gary Castner, 69, Melbourne, 1:32:57; Steve Chin, 46, Satellite Beach, 2nd 45-49, 55:57; Jim Christian, 66, Merritt Island, 1:32:02; Shelley Christian, 59, Merritt Island, 2:06:21; Linda Cowart, 52, Cocoa,

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1:24:13; Suzie Enlow, 52, Merritt Island, 1:15:07; Tommy Enlow, 49, Merritt Island, 1:42:47; Marisa Flint, 49, Cocoa, 1:30:55; Rick L. Foresteire, 68, Rockledge, 2:55:43; Charis Gaines, 48, Melbourne, 1:22:25; Kathy Gay, 57, Merritt Island, 1:56:25; Daryl Gilbert, 59, Viera, 1:57:40; Lisa Hamelin, 43, Indian Harbour Beach, 1:41:44; Diane Hardos, 63, Rockledge, 2:03:13; John Hardos, 65, Rockledge, 1:26:02; Kelly Hunter, 49, Cocoa, 1:25:14; Harry Prosser, 46, Rockledge, 1:04:47; Kimberly Prosser, 47, Rockledge, 1:24:05; Debbie Rescott, 56, Merritt Island, 1:31:35; Ron Roff, 44, Palm Bay, 1:29:22; Christina Russell, 36, Melbourne, 1:28:55; Kurt Russell, 37, Melbourne, 1:17:38; Loran Serwin, 60, Merritt Island, 1:20:11; Tom Sim, 53, Melbourne, 2:43:52; Veronica Sim, 47, Melbourne, 1:17:14; Chris Slusher, 36, Melbourne, 1:17:27; Christy Tagye, 43, Cocoa, 1:23:05; Shane Turner, 27, Cocoa, 1:22:50; Nancy Wingo, 61, Rockledge, 1:43:21; Christy Zieres, 54, Merritt Island, 1:55:17.

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Long Distance Relationships

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

Icarus Florida UltraFest Spring Race

Article by Jim Schroeder

January 22 – 25, 2015

Snyder Park, Fort Lauderdale



Group photo after finish from left: Laura Hanson, Scott Maxwell, Jim Schroeder, Kent "Bull" Dozier.

The event, consisting of 12, 24, 48 and 72 Hour races, was staged in Snyder Park, Fort Lauderdale, FL on flat shaded park roads to form a USATF and IAAF certified loop 1.0408 Km in length. There was a single well stocked aid station at the start / finish line, staffed with able volunteers Tim O'Malie, Scott Richards, Claire Nana and Andrei Nana, who kept the runners fueled and satiated with a variety of hot and cold food, excellently prepared. As always, the home cooking was delicious including scrambled eggs, grilled ham and cheese sandwiches, soups and other hearty fare. A special treat, not unlike a powerful drug, was Claire's new smoothie that consisted of Mint Oreos, a LOT of coffee, bananas and who knows what else! The weather was ideal, the camping free. The event was double chip timed by the venera-

ble Mike Melton, [MCM Timing](#), who apparently does not require any sleep.

I have often been asked what point there is to running around a road or trail loop all day, night, the next day and up to six days and nights (Note: The Sri Chimoy is 3100 Miles with a 52 day cut-off). I and other fixed-time runners admit that it is not for everyone, but yet has an attraction that is unlike other types of running. To quote one well-known director of trail races:

"I see a lot of advantages to fixed time events, and especially ATY [Across the Years in Phoenix]. It's a great confidence run for people just getting into ultras to see how far they can go. It's good for older and slower runners who have a problem meeting cut-offs. It's something a young runner can enter. It's a highly social event. It's a

Long Distance Relationships

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

good way to find out how fast you can run a certain distance. If folks can't see the benefits, if they dismiss fixed time events as "boring," they're missing out." ~Geri Kilgariff

I fall into the category of, "older, slower with a problem of meeting cut-off times," especially for any number of reasons that I am having a bad day in a 100 miler. Although I have finished ten 100 milers, I have also DNF-ed numerous times. Only once have I DNF-ed due to injury, the rest have been failure to make cut-off against any reasonable probability of finishing. For an ultra-runner like myself, who incidentally enjoys running loops for a few days and nights, the multi-day events are a treat. I am eternally grateful to my multi-day mentor, inspiration and close friend, Justine "Dusty" Hardman, for encouraging me to give a multi-day a try.

The social aspects are important and enjoyable as well. Most participants set up tent and camp for the duration so a "tent city" is formed. The many hours and hours and days of running a generally short loop puts everyone in close proximity. Even though we are greatly relieved to finally finish the run (sleep deprived zombie running) it is always sad to break camp and say our goodbyes. A pronounced and often painful reentry follows as one returns home to their own "real world."

A number of firsts occurred at Icarus. I apologize for any missing firsts, however the following are the ones that I remember through my own 48 Hour fog with little sleep. Laura Hanson is a developing ultra runner in Indialantic who in the past several months has completed a marathon, 50K and 50 miler, however not in that order. Since her goal for 2016 is to complete a 100 miler, a logical next step in training would be a 100K. When she was given an opportunity to enter the Icarus 48 Hour she signed up with the goal of finishing a 100K without injury. Well, Laura finished the 100K in 18 hours and change so with many hours on the clock she took a nap then started running again. At 81 miles it was starting to dawn on her that a 100 miles was possible. Well, when just over 39 hours she passed the 100.2 mile mark, then went to bed for a nap. Laura was not done

yet of course. In the morning, in sandals, running with Kent "Bull" Dozier she tacked on another 1.175 miles!

Bronwyn Miller from Miami blasted through a 100K (62.759 miles) to place 1st overall in her 12 hour event, a terrific 100K time. Melissa Smith Knight entered her first 12 hour run and under the crew support and coaching of her husband, Christopher Knight, coasted through her first 50 Miler (52.031) for 2nd overall.

Bob "Badwater" Becker ran his first 24 Hour race turning in a great effort at 86.051 miles completed! Brendan Barry showed a strong 63.406 mile performance in the 24 Hour.

In my first 48 Hour run I finished 1st out of 3 entrants with 118.536 miles or 190.682 kilometers with Scott Maxwell hot on my heels at 115.166 miles as we see-sawed backed and forth for two days. Laura Hanson, as mentioned, came in close behind Scott and me with 101.175 miles.

Kent "Bull" Dozier from San Jose blazed through the 72 Hour event, never showing fatigue that I noticed, racking up 204.695 miles. Tim Loudermilk made the drive from Kentucky to run 162.397 miles for 2nd overall. K-G, who has possibly run more ultras than anyone on this planet (>1200 it has been estimated) suffered an injury early on and pulled out at 32.350 for a nice 50K. K-G, being K-G, stayed at Icarus to volunteer and cheer us all on!

To view the preliminary results for all events, [click here](#). Thank you Andrei, Claire, all the volunteers and ultra-runners, for another fantastic multi-day ultra- running experience. I will see many of you, my family, in November at the Icarus 6-day!

The Surviving 72 & 48 Hour Runners (From left: Tim Loudermilk, Scott Maxwell, Kent Dozier, Laura Hanson and Jim Schroeder) Magically came together in time & space for a loop!



Photo by RD Andrei Nana.



Saturday, May 16, 2015
The Avenue - Viera
2261 Town Center Avenue
Viera, FL 32940

Register Online at www.promisewalk.org/SpaceCoast



Contact: Laney Poye
Laney.Poye@preeclampsia.org

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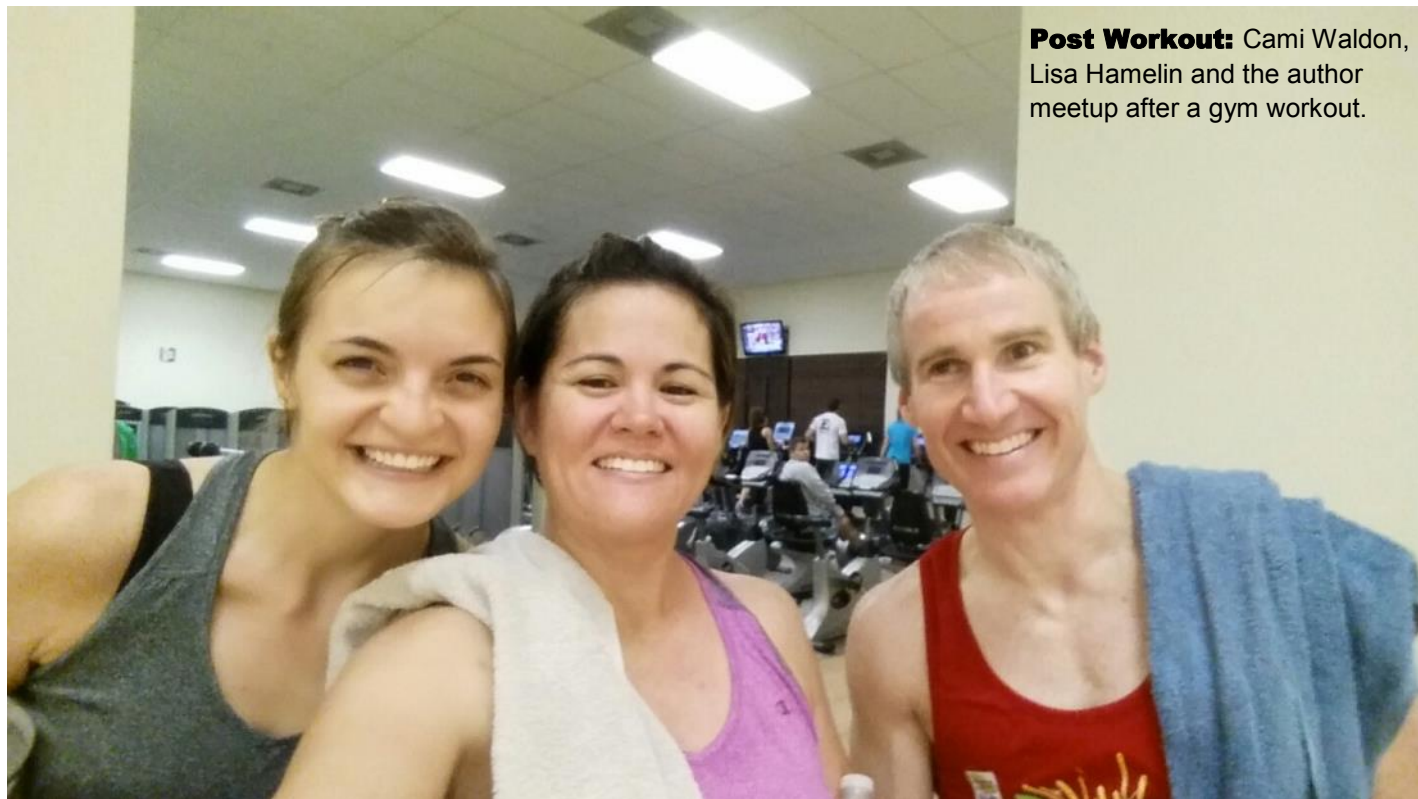


When Injury Strikes Part 2

by Jonathan Howse

THE SECOND IN A THREE PART SERIES
OF A LOCAL RUNNER'S JOURNEY
BACK TO HEALTH

Post Workout: Cami Waldon, Lisa Hamelin and the author meetup after a gym workout.



I am writing this account of my injury in hopes that you, my fellow runners, may benefit from my experiences and from what I have learned. Last month, I discussed how I sustained my sacral (tailbone) stress fracture, and the immediate actions I took. This month, I discuss the cross training I undertook while I waited for the injured bone to heal. Again, I will caveat all of this by stating that each person is unique. We all heal at different rates, and we all adapt to training stresses in unique ways. Also, no two injuries are alike.

Initially, when I first presented with my symptoms at my primary care doctor's office, we agreed that I could do anything that was pain free while I waited on my diagnoses. After my diagnosis, my orthopedic specialist and I both agreed that pain free cross training was an appropriate and necessary component in my healing journey. In my particular case, I have several avenues for cross training when I'm not using a gym membership:

Yoga — Riding my bike — Swimming
Deep water running — Brisk/race walking

Thanks to two friends, Preston Edelstein and Lisa Petrillo, I became the proud owner of a used

bike trainer and a 1 month pass to South Beach Fitness, respectively. I also had a 2 week pass to the YMCA from the Space Coast Marathon. I also have a membership at the Gleason Park pool. The gym gave me additional cross training options:

Spin class — Stationary bikes
Ellipticals — Weights

I also borrowed a 29er MTB that was gathering dust from another running friend so that I could reduce bike crash odds and keep my TT bike on the trainer. Marshalling resources for maintaining fitness during the downtime is important here, especially if you don't normally have access to a gym. I have heard of injured runners going from gym to gym to take advantage of free pass offers and get completely through an injury without paying membership fees!

While cross training is not running, it does stand in well to maintain fitness, when running is simply not an option and provides some of the endorphins (but not all). It also provides a sense that you are doing all you can while your injury heals. Lastly, cross training provides increased blood flow to the injury site, promoting a faster healing

response.

The key thing is that in the early healing stages, cross training has to be pain free! Any continuous sensation of pain at the injury site is a potential setback in the healing process, and continuous aggravation of the injury will either result in delayed healing or no healing. The medical world terms these as delayed union and nonunion, respectively. Both are bad as the injured runner could be out for many months to years or, worse, may have to permanently give up running. Because of this “no pain” rule, I cut out my yoga practice for about three weeks. Swimming, spin classes, cycling, and the elliptical seemed to be OK for my situation as these were all pain free. I have since resumed yoga and used my practice as a barometer for when to resume running. Let’s first investigate my cross training.

For the first half of the first week, I focused more on healing and marshalling my resources for cross training. By midweek, I had cashed in the month pass at South Beach and took my first spin class. The next six weeks of cross training with gym accesses at South Beach and the YMCA alternated swimming, stationary cycling, MTB rides, spin class (stand in for speed work), and the elliptical. I found a masochistic love for spin class! If you haven’t tried it, I suggest you do, especially if you are a triathlete or cyclist! The group setting gave a similar sensation of group rides or group runs, and I even ran into a few of my running friends at class! I also swam hard sets with my usual swim friends. Finding ways to work out with your friends while injured really does help as you can otherwise feel isolated from your running friends.

After my gym passes ran out, I had my bike trainer and my pool membership left. I decided to try out Pete Pfitzinger’s 9 week water running schedule for injured runners. You can find the article and schedule, here, and you will quickly find that Pfitzinger focuses on high intensity interval training. At this point, I was close to starting my comeback, but other than the revolutionary AlterG treadmill, this means of cross training is

as close as you can get to running without running on land. All of the Gleason early AM swimmers are now familiar with my routine of doing a deep water run interval set before switching to a swim set as a way of starting my day! If you haven’t tried deep water running and especially if you are injured, give this article a look. Even if you aren’t injured, this form of cross training is excellent and can be used to add non-impact speed work to your routine.

To keep with the idea of the intensity of spin class after leaving the gyms, I searched YouTube for some cycling workouts, and I found a few good ones that simulated riding outside while also providing high intensity interval training. Here are a few I recommend:

45 minutes - www.youtube.com/watch?v=zSFYRiqodvU

60 minutes - www.youtube.com/watch?v=BDAZbBgxB-c

90 minutes - www.youtube.com/watch?v=M45BSE6Qz3E

Did you notice the theme of interval training in the workouts? The idea is since there is little to no impact in cross training; you are able to do more interval work in cross training than in running. The workout is superior to steady state moderate efforts, and the intervals help break up the monotony. Moderate to easier efforts were reserved for walking and swimming. Walking is important, too, as that helps to prepare the legs for the eventual return to running. If you can when injured, consider a weekly long walk of at least an hour. A day walking at the zoo or the theme parks with the family can stand in as that long walk. If your body isn’t ready for long walks, and you can tolerate standing, serving as a race marshal at an SCROY race, for instance, can provide that standing stimulus to get you ready for walking and eventually running.

When I and others noticed that I no longer had a limp while walking, I started adding brisk walking that progressed to race walking as a cross training activity. I also resumed my yoga practice.



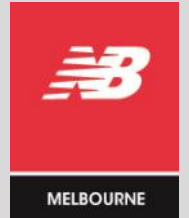
Above: Jonathan readies the Jingle Bell 2 Miler crowd with spirited Christmas carols.

Both of these activities were not available to me in the early days of my healing. This is where I want to emphasize the idea of listening to your body. When you're injured, the cross training has to be pain free. For most running injuries, you can swim and deep water run. The other forms of cross training could aggravate your injury, so it's important to both listen to your body and also to your doctor on what you can and can't do. At any rate, you can still volunteer at the races, and the help is greatly appreciated. I had the unique opportunity to provide Christmas carols and the National Anthem at the Jingle Bell 2 Miler. I have heard it said that "Injured Runners Anonymous" provides many wonderful race volunteers!

Keep cross training, and come back, next month, when I talk about my return to healthy running.

SCR MEMBER DISCOUNTS!

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



The Fifth Annual Blueberry 5k Run/Walk

Saturday, May 16, 2015

Registration & packet pick-up begins at 6:45 a.m.

Race begins at 8:00 a.m.



5TH ANNUAL
Blueberry 5K Run / Walk

Presented by:

NUTRIMOST
On the Coast

Lose 20 to 40 lbs or more in 40 days
Dr. Richard Wurzler – 321-268-1999

LOCATION:

Holland Family Blueberry Farm, Mims, FL

Parking: 4400 Bouganvilla Drive, Mims, FL 32754

Directions: Take US1 North from Titusville. When you cross SR46 in Mims, continue 4 miles further on US1 and turn LEFT (West) onto Burkholm. (See BIG Holland Family Farm sign) then follow the signs to the field!

COURSE:

The course begins at the blueberry farm, goes onto very well-maintained residential streets, and runs through a short wooded trail taking runners onto a rails-to-trails area and then finishes back at the blueberry farm.

ENTRY FEES:

\$23 Early Registration (by May 1st)

\$28 Registration (by May 15th)

\$30 Day of Race Registration

T-shirts only guaranteed if registered by May 1st

PROCEEDS BENEFIT:

Hidden Acres Rescue for Thoroughbreds (HART), a 501(c)(3) non-profit committed to preventing the deeply troubling fate that some off-the-track thoroughbreds face. HART rehabilitates and finds homes for these horses, provides riding scholarships to families of limited resources, accepts at-risk youth into their volunteer program, and offers an equine-assisted therapeutic riding program for disabled children and adults.

AWARDS:

Top 3 males and females OVERALL; Top 1 male and female MASTER; Top 3 males and females in the following age groups: 8 and U, 9-11, 12-14, 15-19, and 5-year age groups through 75-79, then 80+

CONTACT:

Nancy Boffo 321-693-7213 blueberry5kpace@gmail.com

Marty Winkel 321-537-3526 sceventmgt@gmail.com

Chip timed & managed by Space Coast Event Management

Pick a free pint of blueberries after the race!

ONLINE REGISTRATION AVAILABLE AT: sceventmgt.com

The Fifth Annual Blueberry 5k Run/Walk Registration Form - May 16, 2015

Last Name _____ First Name _____ M.I. _____

Address _____

City _____ State _____ Zip _____

Telephone (_____) _____ Email _____ Male _____ Female _____

Date of Birth _____ Your Age on the Day of the Race _____

Adult shirt size XS S M L XL 2X

T-shirts only guaranteed if registered by May 1st

Make checks payable to:

HART
6360 Arborwood Ave.
Cocoa, FL 32927

Amount Enclosed

\$

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, officers, volunteers and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

Signature (Parent, if under 18) _____ Date _____

RUN A MILE WITH... *Ceal Walker*



Name: Ceal Muldoon Walker

Age: 52

Family: Lex Buchanan, 23 (daughter), Kara Walker, 15 (daughter), Rylie, 3 (granddaughter)

Originally from: WPAFB, Ohio (My dad was an Air Force Pilot)

Grew up where?: Cocoa Beach, FL (I moved away after college and moved back in the early 90's)

Occupation: Art teacher at Cocoa Beach High, Cross Country and Track coach, Personal Trainer, USATF Certified Running coach

Dream profession: Adventure Guide

Number of Years Running: On and off for 38 years...can that be true?

I ran at:

Cocoa Beach High 1977-81

University of Florida 1984-86

Team Adidas 1987-89

Began Running Because/To: Beat my brothers in the races that we did on the street next to our house.(I grew up with 8 brothers and

2 sisters). Also, my dad used to take us to the Junior Olympic Games on the beach in Cocoa Beach in the early 1970's. I realized then that I enjoyed competing.

I Knew I Was Hooked When: I realized that my day felt complete if I ran...This probably happened in high school when I was a freshman.

Race PRs (personal records): I have young PRs and after 45 PRs

Younger:

Mile- 4:46 5K- 16:25 10K- 34:38

½ Marathon- 1:19

After 45

5K- 18:51 10K- 38:50 ½ Marathon- 1:27

Most Satisfying Race Performance(s):

1979: Winning the state championship as a sophomore in High School in the 330 hurdles and breaking the state record. I went undefeated in the hurdles in my high school track career.

Recently: On Aug. 9 I ran the Haulin' Aspen Trail Marathon in Bend, OR. It was my first attempt at running the marathon distance. I have never had the desire to run a road marathon, but I am interested in running longer trail runs. Any-

RUN A MILE WITH... *Ceal Walker*



way, the feeling that I got while crossing the finish line was very emotional and accomplished!

Favorite Race(s): Why? Wahsatch Steeple 17 mile (Utah..even though I broke my ankle during the race),- It was a beautiful and very challenging course. I am terrified of heights, and there was a boulder scramble at the top with scary drop-offs on both sides. I didn't think that I could make it across. Some fellow racers talked me through that part and I made it across. That's why I love runners, they are the friendliest group of athletes!! Beaches to Bridges Half, Space Coast Half, White River Snowshoe Race, Mt. Hood.

Favorite Race Distance: Why? I don't have a favorite distance. I go through phases. Right now I'm enjoying longer trail runs. A few years ago, it was the 5K. 30 years ago, it was anything under a mile!

Favorite Place(s) to Run: Out west on the trails...Utah, Oregon, Colorado, New Mexico

Running Goals: To complete a 50K trail run soon. I am eyeing the Bryce Canyon 50K

Running Partner(s): I have run with various people over the years. Right now I am enjoying running with the people in my RunFit4Life camp

and the Cocoa Beach Fun Runners.

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

That would probably be Paul McCartney (he used to run)..need I explain? Or the Dalai Lama for an enlightening run. I love his wisdom mixed with humor.

Funniest or Oddest Thing I've Seen While Running:

Last summer I ran over a berm on a trail run in Utah and came face to face with a moose. There was maybe three feet between us. We both froze..It seemed just as surprised as I was! I backed up and ran away with my heart pounding through my chest. I ran further down the trail and came up over the berm again and we were face to face AGAIN! I finally backtracked, then went the opposite way...I think that my heart rate reached an all new high!

Training Philosophies: Listen to your body...rest is part of training

One Piece of Advice That I Would Give to a New Runner: Be patient and consistent and the results of your work will show. If you want to improve...follow a training plan and stick with it.

Other Sports & Interests: most outdoor

RUN A MILE WITH... *Ceal Walker*

activities-Surfing, snowboarding, snowshoeing, hiking, camping, mountain biking, stand up paddle boarding, snorkeling, painting

Favorite Reads: Historical fiction

Favorite Movies: Wild, When Harry met Sally, Shawshank Redemption

When Nobody is Looking I Like to: sing really loud and pretend that it sounds good...

Favorite Meal: Any good vegetarian food, but I am partial to Vegetarian Thai or Southwest

Dream Vacation: There are so many of these!

A yurt to yurt run in the Dolomites, Staying in one of those above-water huts in Tahiti, Pompeii (or anywhere in Italy) - I want to run to the top of Mt. Vesuvius.

Running, hiking or biking across a country.

Why did you join SCR? To be a part of the local running community. I think it is a great organization. I use the site to find all the local events, results and news.

I Think That SCR Could Do A Better Job: They do a great job of promoting races and running in the local community!!! SCR is awesome and I am proud to be a member!



WHERE IN THE USA WAS CEAL RUNNING?

- PAGE 50—** LEFT: Snowshoe Nationals at Mt Hood, OR
 CENTER: Utah at Big Cottonwood Canyon (after the moose encounter)
 RIGHT: Haulin' Aspen Trail Marathon in Bend, OR
- PAGE 51—** LEFT: Redwood Forest in CA last summer
 RIGHT: Pacific Crest Trail on Mt. Hood, OR
- PAGE 52—** ABOVE: USA Beach Running Championships last year at the pier 10K



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The Rall Capital Management Team



Marty Winkel
 321-537-3526
sceventmgt@gmail.com



Making Virtual Strides

Article by Patti Sponsler

VIRTUAL RACING. FUN FITNESS. BETTER HEALTH.



Mark & Lisa Petrillo along with Cooper ran their Virtual Run at the Corporate 5K.

Since 2006, the organization, MCM Forward, has helped more than 1,600 military members join those running the Marine Corps Marathon. Instead of racing through the nation's capital, however, these athletes have covered the 26.2 miles in remote locations including desert heat and sand, embassy compounds and aboard U.S. Navy ships.

In 2006, Astronaut Sunita 'Suni' Williams qualified for the Boston Marathon

THE RUNNING IS REAL. THE RACING IS VIRTUAL.

in Houston with her 3:29:57 finish. On Patriot's Day in 2007, she 'ran' the race on a gravity-altered treadmill aboard the International Space Station as fellow participants cruised the historic course some 210 miles below.

While the concept of virtual racing is no longer new, per se, the definition and parameters have become, well, virtual. There is no longer the requirement of an actual physical racecourse. Instead, athletes sign up, receive their race numbers on-line and then choose the time and location to complete the required distance. Once they have sent their results to the race director, they receive their medal and any other race swag in the mail.

Through the launch of his new company, [Virtual Strides](#), Mark Petrillo is on the forefront of this new format. The company's mission is simple: To raise money for charity while promoting physical fitness and better health.

"I feel like Virtual Strides is a way for me to take the charitable work I do to the next level, reaching a larger audience and supporting more charities," he said. "We donated \$2,300 to the American Heart Association after our February event, much more than I expected to be able to achieve this quickly. I don't know whether Virtual Strides will eventually raise \$5,000, \$50,000 or \$500,000 for charity, but I'm already thrilled."

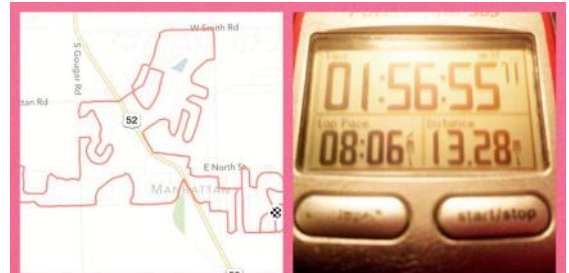
If anyone can make a go of it, Petrillo can. In 2010, he resurrected the Sea Turtle Preservation Society's Turtle Krawl 5K and turned it not only into Brevard's largest 5K but one that generated enough profit to help fund the 2,400-square-foot Sea Turtle Healing Center that opened last April at the Brevard Zoo. And, continuing to believe in Petrillo's continued and strictly volunteer success with the event, the STPS has committed to donate \$25,000 per annum to the zoo for at least the next three years.

Petrillo's dedication, hard work, ingenuity, humor and communication skills have not gone unnoticed by the community. In November 2014, he became a [Florida Today Volunteer-of-the-Year](#) finalist. Ironically, it was the popularity of the Turtle Krawl that alerted Petrillo to the possibility of totally virtual events.

"I actually didn't even realize that virtual races were a thing until people started contacting me about doing the race virtually. Prior to 2014, there were only a few people here and there, and I knew of people who would register with no intention of participating; they just wanted to get the shirt," he said. "But when we introduced the finisher medals last year, I started getting that question from people all around the country."

As Petrillo did the research, he discovered what appealed to virtual participants. "Virtual races can be run where you want and when you want and with whomever you want, which is appealing to many people for a variety of reasons," he said. "We

THE VIRTUAL RACE EXPERIENCE



FEEL GOOD ABOUT YOUR RUN.

are lucky in Brevard County to have several races to choose from every weekend, but that is not the case everywhere - some people live in areas where the closest race is several hours away. Virtual races provide a way for people to earn medals, regardless of their finishing times, without having to travel to a specific location at an exact time, usually very early in the morning."

"Some people also suffer from large crowd anxieties or simply don't enjoy running in crowds, so virtual races are a great option for them as well. And, virtual races are a great way for novice runners to set goals and hold themselves accountable, earning a reward for achieving their goals."

"As (SCR member) Kimberly Prosser so nicely put it, 'the running is real. It's the racing that is virtual.' I like that."

Although Virtual Strides is not a non-profit organization, Petrillo and his crew are committed to donating a minimum of \$4 per race entry – including the ones given away during promotions – to their selected charities. They are also completely transparent about their donations, which is something very few race promoters – virtual or otherwise - are willing to do.

"Everything is spelled out very clearly on our website," said Petrillo. Some businesses say "a portion of proceeds will be donated to..." and then decide that a penny is a portion. The Spartan Race was criticized for this a while back when they donated less than 40 cents per \$70-\$100 registration fee for their race in Tampa." [Click here](#) to read article.

"Some of our competitors also claim they will donate a portion of proceeds to charity, but don't even name the charity and don't post proof of the donations, so with zero accountability, who knows if they actually do? I think that is terrible. We post a receipt or acknowledgement letter for every donation we make."

Virtual Strides made the commitment to a minimum

of \$4 per entrant to ensure that charities benefitting from their early races would receive a meaningful contribution.

"Being a new business, we had quite a few startup costs and have advertised pretty heavily to try to reach a wide audience quickly," said Petrillo, who also works full-time as an E-Philanthropy Web Developer at Florida Institute of Technology. "I didn't think it was fair to the charities we selected early to only receive a portion of our net proceeds when we had so many initial costs to overcome and those net proceeds could very well end up being negative. We were fully prepared to lose money for a few months if that's what it took to get up and running, but making significant donations from the start was very important to us."

While still working their full-time day jobs, Virtual Strides is run by Petrillo, his creative-genius wife, Lisa; long time friend and number cruncher, Mike Douglas and Cooper, the vivacious Weimaraner, described on their website as the "true heart and soul of the team".

How far anyone can take a virtual racing business is anyone's guess but the new frontier is wide open for risk-taking, e-commerce and savvy-minded teams like Virtual Strides.

In spite of those who believe that to be legitimate, a race must have a physical presence, the response to Virtual Strides has been extremely positive. In the three months since their inception, their Facebook page has garnered more than 5,500 followers; they are on schedule to produce one race per month and have almost tripled their charitable donations from \$800 on February 1 to \$2,300 on March 1.

Petrillo's goal is to create a win-win-win combo for his customers, charities and the Virtual Strides team. He is combining a core desire to grow Virtual Strides charitable donation with a fundamental belief in the benefits of capitalism, to create a viable business that can continue its mission for years to come.



Did you know that **SCR members** receive a **20% discount** on all Virtual Strides events by entering discount code 'SCR' during registration? Up next is Virtual Strides Earth Run 5K, 10K or Half-Marathon to benefit EarthShare. Athletes may participate from April 1 through April 30. [Click here](#) for more information and registration.

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



APRIL 2015



EA SPORTS RIVERSIDE DASH
Riverside Dash
 4/12— Sanford, FL

Heather Mitchell, Marty Ransom

Carmel Marathon 4/18—
Carmel, IN

Ilse Berube, Cindy Bishop,
 Brittany Streufert, Marie Thomas



Boston Marathon 4/20—
Boston, MA

Ron Abel, Charis Gaines,
 Molly Kirk, Abe Oros, Harry Prosser



St. Jude Country Music Marathon & Half Marathon
 4/25— Nashville, TN

Monique Pridgin

Kentucky Derby Festival Marathon
 4/25—Louisville, KY

Ed Jerdonek



St. Anthony's Olympic Triathlon
 4/26— St. Petersburg, FL

Daryl Gilbert



Pro Football Hall of Fame Marathon
 4/26— Canton, OH
 Doug Nichols



Rock 'n' Roll Madrid Half Marathon
 4/26 — Madrid, Spain
 Mitch Varnes

HyVee Half Marathon
 4/26 — Des Moines, IA

Carol Ball, Lisa Hamelin,
 Barbara Linton



MAY 2015

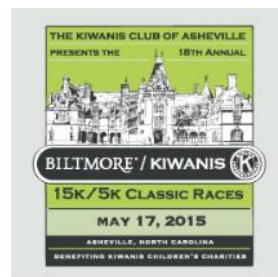


Run To Remember Half Marathon
 5/25— Boston, MA

Rick Foresteire, Nancy Wingo

Biltmore Kiwanis Classic 15K
 5/17—Biltmore, NC

Daryl Gilbert



Mystic Half Marathon
 5/31 — Mystic, CT

Shannon O'Boyle

TO BENEFIT THE CHARITABLE WORKS OF THE ROTARY CLUB OF MYSTIC

JUNE 2015



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

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



Where in the World are Space Coast Runners Running?

JUNE 2015



Echo Half Marathon 6/7— Osteen, FL
Mike Acosta, Naweed Akram, Molly Kirk, Susie Meltzer, Brittany Streufert, Dave & Marie Thomas

Yellowstone Half Marathon 6/13—West Yellowstone, MT

Loran Serwin, Christy Zieres, Dick, Marlene & Rachel White



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

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

JULY 2015



Peachtree Road Race 7/4—Atlanta, GA

Daryl Gilbert

The Scream Half Marathon 7/18—Asheville, NC

Daryl Gilbert



AUGUST 2015

Lake Logan Half Ironman 8/8—Canton, NC

Daryl Gilbert



SEPTEMBER 2015



ARX Half Marathon 9/5—Asheville, NC

Daryl Gilbert

Berlin Marathon 9/27—Berlin, Germany

Shane Streufert



OCTOBER 2015

Ironman Maryland 10/3— Cambridge, MD

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



Detroit Free Press/ Talmer Bank Marathon 10/18 Detroit, MI

Ron Abel

NOVEMBER 2015



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

Jay Claybaugh, Lisa Hamelin, Christine Kennedy, Dana Maughn

Race Calendar



4/3	Village Has Lost Its Idiot	7:33 pm	Village Idiot Pub, Cocoa Village	321-213-5662
4/4	Pirate Plunder 2 Miler	6:30 pm	Meg O'Malley's, Melbourne	info@runningzone.com
4/4	Egg Scramble 5K	5:30 pm	Palm Bay Regional Park, Palm Bay	eggscramble5k@gmail.com
4/11	Long Doggers Kid's Marathon and Half	7:30 am	Ryckman Park, Melbourne Beach	info@runningzone.com
4/11	Grant-Valkaria 5K Country Run	7:30 am	Grant-Valkaria Park, Grant	GVCABrevard@gmail.com
4/11	Space Walk of Fame 8K & 2 Miler	8:00 am	Space View Park, Titusville	runs alot@cfl.rr.com
4/18	To Write Love on Her Arms 5K	8:00 am	David Schechter Center, Sat Beach	runforit5k@twloha.com
4/18	Dash for the Dogs	8:00 am	Palm Bay Regional Park, Palm Bay	twcc@brevardparks.com
4/18	Fun 'n the Sun 5K	8:00 pm	Suntree United Methodist, Melbourne	williamk@suntreeumc.org
4/25	Melbourne Art Fest 5K	7:30 am	Downtown Melbourne, Melbourne	michaeldhiggins@gmail.com
4/25	Expedition 5K and 10K	8:00 am	Viera Wetlands, Viera	bmoore@eccc.us
4/25	Parrish to YMCA 5K	8:00 am	2210 Hwy 50, Titusville	321-268-6200
5/2	Two Mile Bulldog Pineapple Run	7:30 am	Ryckman Park, Melbourne Beach	mhsdistanceboosters@gmail.com
5/2	Move Your Mutt 2 Miler	7:30 am	Sat Beach Dog Park, Sat Beach	info@uprunningfitness.com
5/2	Military Appreciation 5K	7:30 am	Searstown Mall, Titusville	runs alot@cfl.rr.com
5/3	Eat My Crust 5K	7:00 am	Viera Pizza, Viera	brittany@eventsviera.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.*



April 2015

Birthstone: Diamond

Flower: Daisy

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Bernadette Beck Jared Gannon Bernie Sher	2 Cyndi Bergs Anne Doerflein Karen Sparks Sara Gielow Judy Koh	3 Tammy Karr Doug Nichols Keely Crovo	4 Sydney Freidel Susan Then Madden Lorraine
5 Victoria Deen	6 Charlotte McClure Travis Pond	7 Cammie Carman Robert Daniels Jeffrey Hizer Dawn Kosa Dick White Jacquelin Maisto	8 Tony Tagye	9 Joshua Farnar Sharolee Huet Steven Raymond Thomas Stokes Erin Berube	10 Elizabeth Dore Bailey Castner	11 Kim Bissonnette Stephanie Kinnunen
12 Mitch Varnes	13 Angela Leeds	14 Nick Flint	15 Liam Buchanan	16 Eric Bissonnette Rachel Redlien Christina Russell	17 Cailin Buchanan Lisa Farrall Carole McCoy Joan Meadows Debra Stokes Larry Timmons	18
19 Kevin Tezel	20 Jason Dieterle Lillian Robertson	21 Lynnda Floyd Alan Smith John Jacobs	22	23 Christina Martin Robin MacDonald Claudia Vargas	24 Patti Chapman	25 Aaron Netterstrom
26 Daniel Redlien Suzanne Johnson	27 Susan Baker	28 Sienna Guinn Shane Turner Erik Prince	29 Lana Jobes Bob Harvey	30		

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