

SPACE COAST RUNNERS

APRIL NEWSLETTER



RUN A MILE WITH

>> Jack Lightle

RACE REPORTS

>> Downtown
Melbourne 5K

>> Lucky
Leprechaun 5K

>> Brianna Marie
Foundation 5K



**Promoting fitness in Brevard County
through running & walking**



The Starting Line

April 2014

DEPARTMENTS

- 04 [From the Editor](#)
- 08 [Marisa's Musings](#)
- 21 [ROY Series Calendar](#)
- 48 [Birthday Calendar](#)

RESOURCES

- 03 [Member Discounts](#)
- 06 [SCR Board Members](#)
- 10 [Local Fun Runs](#)

FEATURES

- 11 [SCR Central](#)
- 14 [A Week's Worth of Ways to Wear Your Hair Running](#)
- 17 [Running in Wild Florida](#)
- 18 [Tips 'n Tricks](#)
- 19 [ROY—Full Speed Ahead](#)
- 34 [Run a Mile With...](#)
- 36 [Long Distance Relationships](#)
- 41 [A New Journey](#)
- 43 [Where in the World?](#)



RACE REPORTS

- 26 [Downtown Melbourne 5K](#)
- 28 [Splash Dash 5K](#)
- 29 [Lucky Leprechaun 5K](#)
- 31 [Brianna Marie Foundation 5K](#)
- 33 [Local Race Roundup](#)

ON OUR COVER: Photo by Doug Carroll

Marlene White and her daughter Rachel pound the pavement together at the Downtown Melbourne 5K.



Photo by Steve Colella



WHO WE ARE

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 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.

CONNECT WITH SCR

twitter



Visit us on
Facebook



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!

Website: SpaceCoastRunners.org

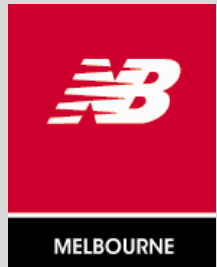
Website Editor: Loran Serwin, LSerwin@cfl.rr.com

Results/Calendar: Matt Mahoney, MatMahoney@yahoo.com

LinkedIn Group Mgr: Bob Rall, Bob@RallCapital.com

SCR MEMBER DISCOUNTS!

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



FROM THE EDITOR



From the Editor April 2014

I've commented in this space before about the high level of activity of Space Coast Runners members. Almost every weekend there are several

local races available, making many of you choose which one to participate in...unless of course your name is Matt Mahoney and you just do them all.

But we're not just active locally. If you check out the "Where in the World" feature in this newsletter, you'll find that we have runners traveling all over the country, from Maine to Hawaii, to participate in a variety of events. We also can find Space Coast Runners members traveling the world. Mitch Varnes will be doing the Marathon de Paris this month; Abe Oros will be in Denmark for the Copenhagen Marathon in May; Dick, Marlene and Rachel White will be doing the Les Courants de la Liberte' 10k in Normandy, France in June; and Cathy Freidel will be traveling to Quebec in September for the IronMan World Championship 70.3.

Apparently, we're pretty active in other ways as well. We have welcomed a number of new members recently...young new members...like just-born new members. Congratulations to Ed and Kara Springer on the arrival of one of our newest club members, their brand new son, Payse Springer. And, at about the same time, Mike Acosta and Shay Crocker welcomed another runner to their family with the arrival of their son Urijah. And just a few months ago, Andy and Tracy Dutra brought a new daughter into the running community with the birth of Waverly. I'm sure I've missed a few, but it looks like the next gener-

ation of club leadership is on the way.

Not only are we active, we stay active! Check out this month's "Run a Mile With..." column putting the spotlight on 82-year young Jack Lightle, a regular fixture, and perennial age-group winner at many of the local races. Jack is a long-time member of the club and has been featured in "Run a Mile With..." before, but it's been a lot of years and we figured that a lot of new members might not know that tall guy that they see all the time.


Enjoy this issue of your club newsletter. Thanks, as always to Brittany Streufert and Lisa Hamelin, my Associate Editors, and to Contributors Jennifer Ogburn, Michelle Smurl and Michelle Au. Without your help, this wouldn't happen! Also, thanks to Kimberly Prosser, who contributed a Long Distance Relationship report this month reporting on her trip to Jacksonville for the Gate River Run.

See you on the roads!

Bob

BOB RALL, Editor-in-Chief

Bob@rallcapital.com



**To advertise an upcoming race in the
SCR Newsletter, please contact
Editor, Bob Rall at bob@rallcapital.com.**

**It's an affordable way to get the word
out to the local running community.**

NEWSLETTER CONTRIBUTORS



LISA HAMELIN
Associate Editor



BRITTANY STREUFERT
Associate Editor



MICHELLE AU
Contributor



JENNIFER OGBURN
Contributor



MICHELLE SMURL
Contributor



ADVERTISER INFORMATION

There are two ways to advertise in the Space Coast Runners newsletter. Give our members a discount and we'll give you a free small ad space (see page 3).

For other ads like business or race advertisements, we charge \$25 for a half page and \$50 for a full page.

Contact Bob Rall, Editor-in-Chief
Bob@RallCapital.com

Like Space Coast Runners on

[Facebook](#)

Follow us on Twitter

[@SpaceCstRunners](#)



2013 2014

SCR Board of Directors

OFFICERS



Ed Springer springer993@gmail.com
President

Marisa Flint
artmommarisa@bellsouth.net
Vice President

Cyndi Bergs mcborgs@att.net
Secretary

Carol Ball cball1@cfl.rr.com
Treasurer

BOARD MEMBERS

Morris Johnson
johnsonmr@acm.org

Bob Rall—Newsletter Editor
Bob@RallCapital.com

Mary Ramba
mramba@aol.com



Loran Serwin—Membership &
ROY Chair LSerwin@cfl.rr.com

Kara Springer
karaniedermeier@hotmail.com

Dick White
dickwhite@cfl.rr.com

Marisa's Musings

A Special Guest Column from SCR Vice President, Marisa Flint



Space Coast Runners,

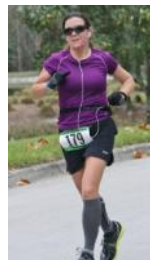
I am happy to fill in for Springer's Spiel this month. As I write this, Ed and Kara have just welcomed baby Payse into our running community! Of all the benefits of running, I think belonging to our community ranks high.

Besides being a part of the running community, I am also a teacher and coach. One community project that SCR is involved in is that of student scholarships; SCR offers two \$1,000 scholarships each year, one to a male and one to a female runner who are either a member of SCR or on a high school cross country or track team. This year, applicants must write a 250-word essay on the topic "How running has impacted my relationships with community, family, or friends." In solidarity with my students and athletes, I thought I would challenge myself to answer that prompt as my topic for this month's column, focusing on community.

Though I enjoy my solo runs listening to podcasts, music, or just the voices in my head, I am also so appreciative of our running community. My first 5k was eight years ago; I walked it with teachers from my school. While I enjoyed it, I was a little dismayed to find that I finished behind teachers who were twenty years older than I. So I decided to begin walk-running with the popular couch-to-5k program. As a late bloomer who took up the sport at age 40, it wasn't easy. I was 65 lbs heavier and usually finished a run red

-faced, huffing and puffing. After a year or so of running on my own and entering the occasional 5k, I stepped it up by participating in Coach Butler's summer camp. It included a great bunch of people of all ages and abilities. My son Nick, who was 14 at the time, was able to run with a group of high school athletes who motivated him. I met encouraging runners who gave advice as well one who has become a dear friend, Sharon Gillette. When camp was over and we were back to school, Sharon invited me to a join another running group, Up and Running, coached at the time by Rebecca Sparks. Rebecca is a gifted coach who brought out the best in her athletes, from middle-of-the-packers, like myself, to some of Brevard's best. Tuesday night workouts became something I both looked forward to and dreaded a little, as I knew Rebecca would often ask more than I thought myself capable of doing. Under her coaching, and by continuing to run with the inspiring people I met at her camps, running is firmly entrenched in my lifestyle now. I am proud to be part of this running community and look forward to helping it grow.

It is with joy that we welcome the community's newest Springer, and I also want to give kudos to the student-athletes who apply for our scholarships---I wasn't able to keep it at 250 words!



Happy Running,
Marisa



APRIL BOARD MEETING

The next SCR Board Meeting will be held at 7:00 pm,
April 21st at the Health First Pro-Health & Fitness
in Merritt Island.

Voted One of the Top 50 Running Stores in America

RUNNING ZONE



All Your Favorite Brands

Shoes • Apparel • Accessories
Runners • Walkers • Triathletes

Free gait analysis for proper shoe fit.

321-751-8890

www.running-zone.com

We want you to feel good when you exercise!

10% DISCOUNT
TO ALL SPACE COAST RUNNER MEMBERS

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

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

Local Fun Runs & Walks



It's always better to run and walk with friends. Our fitness community offers several opportunities to find a group to train with. Below are the details on the groups currently meeting on a regular basis. If you know of others, let us know and we'll list them here. If you are the Organizer of a group event, please check to make sure we have the details correctly listed

| Day | Location | Time | Organizer |
|-------------|--|---------|-----------------------------|
| Sun | Riverfront Park, Cocoa Village | 6:30 am | Space Coast Runners |
| Sun | Oars and Paddles Park, IHB | 6:30 am | Up & Running Fitness |
| Mon | Pizza Gallery & Grill, Viera | 6:00 pm | Running Zone |
| Mon | LongDoggers, Indialantic | 6:00 pm | Jessica Crate or Steve Chin |
| Mon/Wed/Fri | Fay Lake Wilderness Park, Port St. John | 5:30 am | Christy Tagye |
| Tues | Palm Bay Rec Center | 5:00 pm | Dave Hernandez |
| Tues | LongDoggers Running for Brews, Satellite Beach | 7:00 pm | Danielle Pirolo |
| Wed | Bob's Bicycle Shop, IHB | 6:00 pm | Jesse Hall |
| Wed | Daddy Ultra Runs, Cocoa Village | 6:00 pm | Hernan Garcia |
| Wed | Squid Lips, Melbourne | 6:00 pm | Running Zone |
| Thurs | Palm Bay Rec Center | 5:00 pm | Dave Hernandez |
| Thurs | Running Zone, Melbourne | 6:00 pm | Running Zone |
| Thurs | Chase Bank (Riverside/Melb Cswy) | 6:00 pm | Up & Running Fitness |
| Thurs | LongDoggers Running for Brews, Viera | 7:00 pm | Jessica Schecher |

SCR Central

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

Space Coast Runners Annual Meeting & Runner of the Year Celebration Dinner

Saturday, May 10, 2014

6:00 PM at Indian Harbour Beach
Community Center

\$10 (adults) & \$5 (under 12)

Purchase tickets for the dinner by mail by
May 1st. Checks made payable to:

Space Coast Runners.

SCR ROY

PO Box 541837

Merritt Island, FL 32954



It's a night of fun for runners and walkers of all ages. Join us to celebrate what makes our Space Coast running community truly special.

Let's get social. Enjoy great food and drink. And recognize the many individual accomplishments of the year with well-deserved awards. RSVP on the Event Facebook page by clicking [here](#).



Streaking Since 1978

42 runners have completed every Gate River Run since 1978. SCR member, Gary Castner is one of them.

Years ago the Gate River Run directors decided to call runners who had completed all of the River Runs "Streakers". After this years race 42 runners still have their streak going. I am still one of them, having myself completed all 37 races. The races I remember best are those in which various members and combinations of my family also ran. My son, daughter, wife, a brother, sister in law, daughter in law ,etc. have all run in various years, my wife and son many times. My best race was a year my son was running in college and we paced each other and we ran a 60 minute 56 second time. The worst years have been running when I had a bad cold but ran anyway to keep streak intact. I graduated from Lee High School in Jacksonville and since some of my family still lived there the 1st year of the race I was visiting and as there weren't as many races back then I unknowingly began the streak still going today.

SCR Central

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

Join Us for the SCR Fun Run on Sunday Mornings!

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



Congratulations to the SCR Corporate 5K team!

The SCR Corporate 5K Team took home third place in the Co-Ed Team division and was the top Club Team on March 3 at FIT Aviation. Thanks to Joan Meadows and Tricia Lucas for being the fearless co-captains.

SCR Central

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

You'll have to ask Matt about The Barkley 100...



Matt Mahoney took on The Barkley Marathons, the world's toughest and most secretive trail race last weekend in Frozen Head State Park in Tennessee. Gary Cantrell, the race's director and creator, has said. "All the other big races are set up for you to succeed. The Barkley is set up for you to fail."

Less than 2 percent of the nearly 800 ultrarunners who have subjected themselves to this punishment — 12 men, the same number as have walked on the moon — have finished the race in its current iteration. The only prize is that after 100 miles, they get to stop.

Matt Mahoney (far right) with other Barkley 100 participants.



Fashion Police: "Giddy Up Y'all"

Boot scootin' running in Brevard County? It sure seemed that way at the ~~County Line~~ ReRun 5K on March 22. Daisy Duke's cutoff jean shorts were in attendance as well as a herd of cowboy boots and Western-inspired fashion from blue jeans to overalls.

We've got to hand it to the entire Jetsons & Joggers team which included Andy "Luke" Meschner and Betsy Butler (both pictured left) who showed off their Dukes of Hazzard ensembles at the race. They totally embraced their "looks" so we knew there was no chance the Fashion Police could run these rascals out of town. Photo credits: Doug Carroll

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.

A Week's Worth of Ways to Wear your Hair Running

By Michelle Au

This one is for all the lady SCR members. Want to get creative with your hairstyles when you're out there on your daily run? Michelle Au shows us how you can change things up every day of the week. Combine your running and racing with these cool hairstyles.

Check out the next page as Michelle gives an in-depth review on each of the seven looks.

1



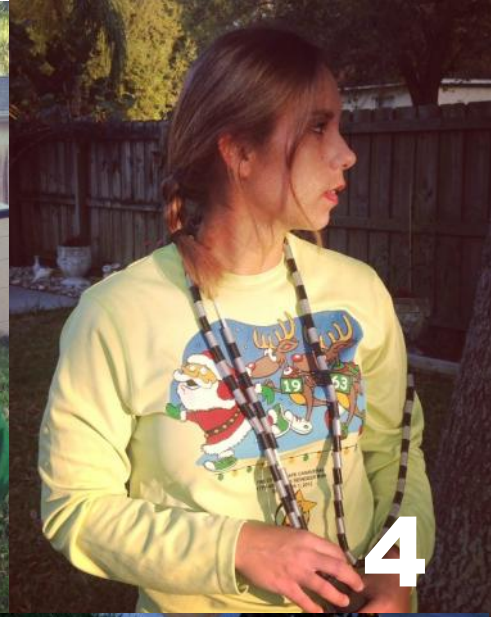
2



3



4



5



6



7



Running has been a part of my life since high school. It helps me get through challenging times and also supplements the happiest of days. I started with just 1-2 runs per week, but after rediscovering how running positively affects my life, I started running 4-5 runs per week. While putting on the same running shorts/pants and tank tops, I wondered how I might spice up my running wardrobe. As running clothes provide the support and ventilation for sweat, I knew I couldn't give up my Nike sweatshirts and Adidas shorts. However, a notion came to mind; why not change my hairstyles? I would run with something else instead of the basic ponytail. So I completed seven runs with seven different hairstyles:

1) You'll Never Guess the First Hairstyle.....(Picture #1)

Yes, the very first hairstyle was the popular and basic ponytail. However, I threw in some flare by making it a high ponytail. I would have to say that this is my favorite hairstyle, as it doesn't get in my face when running.

2) Out of the Way Low, Side Bun (Picture #2)

A low, side bun could keep all my hair out of my face...or so I thought. As I was running, my hair fell out even before one mile and I ended up with sweaty tendrils at the end of my run. Maybe it will work better on those that don't have layers in their hair.

3) The Prominent Pigtails (Picture #3)

Occasionally runners wear pigtails, but not as frequently as the ponytail. I thought it would stand out and be an interesting hairstyle to work with. It was fine for slow runs, but not for sprints. The hair whipped and flew in my mouth as I pounded the pavement for 3-minute sprints. Maybe it will be ideal for long distance runs.

4) Katniss Braid (Picture #4)

For those that haven't seen *The Hunger Games*, the main character wears a signature braid. She is tough, survives the harsh wilderness and wins the tournament. I thought wearing a braid would channel my strong side and help me in achieving success. However, with wearing the braid, my layers came out of the hairstyle and at the end of the run it was completely down. Not good for me.

5) Pocahontas (Picture #5)

Pocahontas is fast. She runs through the woods like the wind and her hair is down. Why not try wearing my hair down? It is a low hassle hairstyle that requires no work, except by the end of my run it wasn't pretty and flowing. It was sweaty and stuck to my head. It also made me hotter than if my hair was up. I will not be leaving my hair down for any more runs and it didn't make me run any faster like Pocahontas.

6) Half Up Pony (Picture #6)

So I decided I want to be like Pocahontas, but not have it sweaty and stuck to my head; so why not wear a half up, half down ponytail? It's the best of both worlds! However, at the end of my run, the half down portion was drenched in sweat and it made me feel sweater than I was already feeling. Maybe this hairstyle is for some who cut their hair really short, but it doesn't work for me.

7) Let's Bring Back the 80's! (Picture #7)

Everyone enjoys dressing up to intimate the 80's decade with the neon colors, leg warmers and fingerless gloves. Why not bring the side ponytail back as well? Well, it was in my face the entirety of the run. Cute for an 80's themed party, but not for a run.

Although I completed seven different runs with seven different hairstyles, the ponytail still triumphed over the other styles with the pigtails in second place. The ponytail kept my hair out of my face and allowed the hair to not become extremely sweaty. Perhaps the ponytail isn't so bad after all.

COME FOR THE RUN STAY FOR THE PARTY!

1st Annual Holiday Inn Devereux Dash 5K

Sunday
April 13th
7:30 am



Adults \$28
Kids \$18
Sponsorships
Available



REGISTER ONLINE: www.HIMelbourneFL.com/dash5k

5K Run/Walk
Benefitting



For registration or sponsorship information, visit www.HIMelbourneFL.com/dash5k or call 321.255.0077



RUNNING in Wild Florida

Running on the trails in Brevard County frequently involves encounters with wildlife. Sharing the trail with harmless squirrels, birds, butterflies and tortoises enhances the connection with nature while trail running. However, what do you do if a coyote, bobcat, feral hog or snake crosses your path?

Coyotes, known as elusive canines, will most likely flee before you even realize it isn't a lost dog. Coyotes are more interested in our fluffy companions, namely, our pets, and are of little threat to humans. Fortunately for small dog breeds, runners don't consider them a great workout partner on the trails and leave them at home. On the rare chance this wolf like carnivore isn't scared off by your loud, stern voice and/or rocks thrown its way it may be an indication that a den with coyote pups is nearby and the adult is trying to steer you clear.

Florida's bobcat, a medium sized feline, is a native we hardly see, unless we're lucky. I've had many visual encounters with wild bobcats both on Environmentally Endangered Lands (EEL) Program trails, and at Brevard Zoo. I have had the pleasure of witnessing two kits in a friendly tussle while the mom kept a watchful eye on me. The Enchanted Forest, an EEL property in Titusville, is home to a large bobcat that might "greet" you behind the visitor center, or on the trail before you enter the Magnolia Loop. The best approach to take if you are uncomfortable with a bobcat encounter is to calmly back away without turning your back on the animal. Never run away from a wild cat. That's a race you surely won't win.

Feral hogs are common in Florida and their presence is easily detected along a trail by the upturned soil in areas where hogs were looking for a meal. A sow, or adult female, and her young will most likely scamper away once your presence is detected unless you go off trail and near the area where the family beds down at night. Boars, or adult males, will most likely flee but have been known to stand its ground. Approach this situation as you would the bobcat. Slowly back away without turning your back until you are safe to continue on the trail without worry.

Keep a watchful eye for snakes on sunny patches of trails, where they are known to seek warmth. There are various modes of managing and reacting to a snake encounter which include; leaping over the snake like a hurdler, screaming at the top of your lungs while running backwards, stopping to observe this fascinating reptile from a safe distance or fainting. However you decide to handle the situation please don't do anything to harm the snake, as they serve a most valuable role in our ecosystem.

By and large, the above mentioned animals are not known to be threatening to the welfare of the Florida trail runner; however, they still need to be treated with respect, as do all wildlife that we happen upon in the great outdoors.



Coyote in Florida—Photo courtesy of www.octrackers.com

By Michelle Smurl, avid runner and
Director of Animal and Conservation Programs at Brevard Zoo

TIPS 'N TRICKS

(you can thank us later!)



Have a question you want answered? Need help?

Email me at

lisahamelin@gmail.com

and your question may be featured in an upcoming issue!

Shoes, Shoes, Shoes

After 300-500 miles each, a regular runner tends to accumulate a lot of shoes! What to do with all of them?

- **Donate them** (Soles4Souls, Green Sneakers, One World Running, etc.)

- **Repurpose them**—Nike will grind them and create material for athletic and playground surfaces (Nike Re-use-a-Shoe)

April Showers

Running in the rain. It's really not as bad as you think; in fact it can be quite satisfying! Here are some tips:

- You're going to get wet regardless, so the best bet is to dress similarly to how you would on a dry day, given the temperature.
- Be visible—rain reduces visibility for drivers, so make sure you are wearing appropriate gear to be seen.
- Avoid chafing—use Body Glide, Vaseline or your other favorite lubricant on areas that normally chafe

(feet, underarms, inner thighs)

- Protect your electronics. Or maybe this is a great opportunity to keep the electronics at home and have a peaceful, quiet run without the pressure of timing.



Space Coast Classic 15k (Nov 1)

We are giving away a free entry each month! March's question was **If Usain Bolt ran a marathon at the fastest speed he's ever achieved (for the duration of the race), how long would that take?**

This was a tough one, I'll admit! Every entry received was a different time (=) The answer I was looking for was based on Bolt's 9.58 second 100m world record pace. The winner with that exact time is **Kimberly Prosser** (1:07:22)

BUT, Mark Petrillo offered a perspective that I didn't think of and that was with his 27.79 mph top speed during that same run (56:36). I deem both to be winners! Congratulations and I will be contacting you both right away!

For April's contest, send an email to lisahamelin@gmail.com with your answer to this question—**Who will win the Boston Marathon 2014 for the females?**

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



**April SCR Race
Space Walk
of Fame
8K & 2 Mile
Run to score points
in the ROY series**

Ron Ritter races to the finish line with a look of pure determination at the Downtown Melbourne 5K as his wife, Cheryl Ritter cheers him on.

Photo credit: Doug Carroll

Full Speed Ahead

The Space Coast Runner of the Year Series is fast approaching the final race of the season. The Downtown Melbourne 5K provided a leader board shift for both the men and the women in points. After the drops were factored into the ROY standings, John Davis leapt to first place in the men's standings and has secured this position for the series. Steve Hedgespeth who had been in the lead moved to second with Shane Streufert taking

ROY SERIES CALENDAR

third. For the women, Annie Caza kept the top spot despite racing with an injury. Betsy Butler has reappeared on the leader board in third position while Brittany Streufert maintained second by a slim margin.

The women's series race is far from over with many members capable of capturing a spot in the top three. The Space Walk of Fame 8K will be the final chance for series points so everyone will be watching the ladies on April 12th.

For complete Runner of the Year series results [click here](#).
For Complete 2013-2014 ROY Rules [click here](#).



THE LEADER BOARD

(after 10 races)

MALE

First place: John Davis
Second place: Steve Hedgespeth
Third place: Shane Streufert

FEMALE

First place: Annie Caza
Second place: Brittany Streufert
Third place: Betsy Butler

| | | |
|--|-------------------------------|---|
| Running On Island Time 5K | | Overall Male—Carlos Jones Overall Female—Mikaela Hakamaa |
| Turtle Krawl 5K | | Overall Male—Christopher Cacciapagli Overall Female—Kaitlin Donner |
| Wild Shrimp Shuffle 10K & 5K NEW! | | DQ |
| Space Coast Classic 15K & 2 Mile | | Overall Male 15K—John Davis Overall Female 15K—Holly Wooley |
| Space Coast Marathon & Half Marathon | | Overall Male Marathon —Marc Burget Overall Female Marathon—Hannah Jennings |
| Reindeer Run 5K | | Overall Male —John Davis Overall Female —Holly Wooley |
| Tiger Dash 5K | | Overall Male —Steve Hedgespeth Overall Female —Tracy Dutra |
| Tooth Trot 5K | | Overall Male —John Davis Overall Female —Tracy Dutra |
| Eye of the Dragon 10K & 2 Mile | | Overall Male —Steve Hedgespeth Overall Female —Andrea Binney |
| Downtown Melbourne 5K | | Overall Male — John Davis Overall Female — Dina Viselli |
| Space Walk of Fame 8K & 2 Mile | Saturday, April 12—Titusville | |

FEATURED SCR RACE OF THE MONTH ►



Space Coast Walk of Fame 8K & 2-Miler is eleventh and final race of the 2013/2014 Runner of the Year Series. This year's course has been USAT&F certified so it's time for some new course records!

WHERE ► Space View Park, Titusville—Indian River Avenue and Broad Street

WHEN ► Saturday, April 12 at 8:00 AM

Both the 8K and 2-Miler will start at the same time. A free competitive event for children 10 years and younger will follow as

part of the SCR Kids Run Series Event.

WHAT TO EXPECT ► Prize Money for the very first time!

- 1st place overall M&F—\$100
- 1st place master M&F—\$75
- 1st place grand master M&F—\$50
- 1st place sr grand master M&F— \$25

Designed to go the distance

THE SCR SINGLET



Pairs perfectly with running shorts or skirts, the *NEW* Race Ready SCR singlet features the Space Coast Runners logo and is available in both men

and women's sizing.

Represent your favorite running club at out-of-town races, on the streets of Brevard County or give as a gift to a fellow member.

To purchase the SCR Singlet visit **Running Zone** in Melbourne.

Men's M-L-XL-2XL Women's S-M-L-XL
\$19.99



Space Coast Runners

WELCOME NEW MEMBERS!

Amanda Watson

.....

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

ROY SERIES SURVEY



Survey Says...!!!

By Dick White, SCR Board Member

Greetings All! The response to our annual survey is in. 32 people chose to provide "additional feedback" to the survey. I will attempt to respond to some that ask specific questions and hopefully clarify some of the club's actions.

Input # 1

- "Need fewer races so far up in North Brevard. At present there are 5 in North. As they have the Titusville series maybe we could have a couple more races in South or Central Brevard? Could we also have more races included in Florida Running and Triathlon race choices? So nice to see the names of SCR runners there."

I took a ruler to a map of Brevard County. The center is Barnes Blvd in Rockledge. Barnes Blvd is also the approximate center between Hwy 528 and the Pineda Causeway, the area we refer to as Central Brevard.

The 2013/2014 series has 2 races in Titusville (Wild Shrimp Shuffle and Space Walk of Fame), 3 races in Central (Island Time, Reindeer Run, and SCR Marathon), 6 races in the South County (Tiger Dash, Tooth Trot, Eye of the Dragon, Turtle Krawl, Downtown Melbourne and Space Coast Classic). For the 2014/2015 series one of the Titusville Races (WSS) and one of the South County Races (Tiger Dash) have been eliminated. The Eat My Crust 5K has been added making North and Central combined equal to the 5 races in the South County.

I have sent an Email to flrunn@cfl.rr.com asking them how they choose the certified courses they list in their magazine. Or maybe someone in our membership already knows?



Input #2

- "How come there aren't more Board Members from the South County?"

We started this session with 4 members from the South County. Before the year was half over, all had resigned for various personal reasons (one moved to Massachusetts). If you will contact our president, Ed Springer, at springer993@gmail.com your name can be put on the ballot for this year's election. Please let me remind you that the board always welcomes a member's ideas and input, but a Board Member is a working position requiring significant amounts of volunteer time and effort.



**WE WANT YOU
TO JOIN OUR
BOARD OF DIRECTORS!**

ROY SERIES SURVEY

Input #3

- “Might help if you have meetings and club events in south and central Brevard where people live”

We hold our monthly meetings at Health First HealthPlex. We alternate 3 months in Merritt Island (the North Side of Central Brevard), then 3 months in Viera (the South side of Central Brevard) specifically to allow fair access to North and South members. The ROY awards banquet is held annually at the Gleason Park Facility in Indian Harbor Beach (South County). Summer and Winter Socials have been held in Viera, Cape Canaveral, Suntree, Cocoa Beach and Cocoa Village, where the person who volunteered to locate the venue found the best deal.

Input # 4

- “I was disappointed with the awards for the Reindeer Run 5K this past year”

Reindeer Run had a new RD last year who seriously thought he was doing everyone a favor by giving them a \$20 gift card to Beach Wave. I personally informed him of ALL of us runners’ penchant for new dust collectors, and there will be Overall and Age Group awards at this year’s race.

The SCR Board and its Officers thank you for your input. PLEASE feel free to call, Email, text or otherwise contact us throughout the year.

Run Strong, Run Long

Dick White



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

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

RUN EMC³ 5K 2014



3rd annual

Eat My Crust 5K

Sunday, May 4, 2012

7:00 am—5K Run/Walk

8:15 am—Free Lil' Pepperoni Run

\$2,000 Prize Purse

- * Biggest 5K Award Medal in Brevard County
 - * Post Race Party & Prizes
 - * Hot Pizza, Cold Drinks & much more
 - * Grand Prize drawing for a **\$500 Wesche Jewelers Gift Certificate**
- Benefiting Viera High School Athletics**

Early Registration is only \$20 for adults & \$18 for kids now through 4/25/14

[CLICK HERE TO DOWNLOAD THE REGISTRATION FORM](#)

[CLICK HERE TO REGISTER ONLINE](#)



Plus! Enter to win the
**Great Golf Cart
Giveaway!**

\$5 per ticket—3/\$10—20/\$50
Benefits Special Olympic Athletes
& Early Steps of Brevard County

Winner to be drawn at the post-race
party. Need not be present to win.



Davis and Viselli take top spots at the Downtown Melbourne 5K



The morning of the 32nd annual Downtown Melbourne 5K was rainy but skies cleared in time for the start of the women's race at 7:30 am. The streets were wet but that didn't stop Dina Viselli, 29, of Satellite Beach from capturing the overall women's title in a time of 20:21. This was Dina's first Space Coast Runners Runner of the Year race title. She was followed to the finish line by eighteen year old Rebecca Fleeman in 20:49 and Tracy Dutra in 20:56.

Tina Kraver took home the women's Master's title with her 21:24 finish. In the team competition, Running Zone was the top team running 1:31:12 followed by the Space Coast Runners. Mary Hofmeister, Laurie Paul, Sherri Lorraine, and Joan Meadows all scored for SCR for a total time of 1:31:12. Up & Running Fitness was third with their time of 1:44:41.

With the temperature rising a bit and lots of humidity in the air, the men toed the starting line at 8:15 am. It was going to be a battle in the hotly contested ROY points race between Steve Hedgespeth and John Davis. Davis needed to beat both Hedgespeth and Shane Streufert to take over the first place position in the series.

Streufert started off running strong but started to fade mid-race. Davis who was running in fourth at the first mile was able to overtake Streufert, Hedgespeth and Ed Donner to finish first in a time of 16:46. Donner ran to a second place finish in 17:00 flat while Steve Hedgespeth settled for third with his 17:20 finish. Shane Streufert held on to win the men's Masters with his 17:28.



Top: Rebecca Fleeman flies to her second place finish in the women's race.

Right: And they're off! The men's race started off at a fast pace.

The 32nd Annual Downtown Melbourne 5K (continued)



The men's team competition was a nail biter. Only forty one seconds separated the two teams with the Space Coast Runners landing just ahead of the Running Zone's team. Shane Streufert, Ed Springer, Christopher Hess, and Wade Dauberman scored for SCR with a total time of 1:14:09. Running Zone was 1:14:52. Up & Running Fitness placed third in 1:28:14.

Race director, Frank Webbe put on another stellar event that provided a lot of fun for the runners and their families. It's always great to be able to see a race or two and run one in the very same morning.

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

Race report by Brittany Streufert and photos by Doug Carroll



Splash Dash 5K & Water Safety Day

March 8, 2014 — Wickham Park— Melbourne



Ever participated in a race with a giant water slide at the end? The Splash Dash 5K on March 8th provided that opportunity. The 5K started at 4:45 pm with 155 runners dashing the course and splashing in the slide afterwards. This 5th annual race was just one of the many fun activities planned for Water Safety Day in Melbourne on March 8th. The day also featured an Ultimate Hero Challenge, a course testing your strength, speed and determination, and Kid's Dash. All proceeds from the 5K, hero challenge and kid's race went to Swim Safe Forever, which was founded to educate the community about water safety, specifically about drowning prevention.

Overall winners of the Splash Dash 5K received plaques and the winners of the individual age categories won medals. The overall male winners were Nick Knowles (18:22), Wade Dauberman (19:49) and Art Anderson (20:06). The overall female winners were Robin Hernandez (21:26), Jodie Wall (22:21) and Melissa Kastanias (23:09).

Race snacks were also provided for participants such as Starbucks coffee, Krispy Kreme Donuts and fresh fruit from Suntree Produce Place. It was a great event with fun activities for both runners and their children. "It was definitely a record attendance for Water Safety Day," stated Race Director Carmen Glasser. This was a great event for running families to partake in and one they will look forward to for 2015.



Race report comments from Race Director, Carmen Glasser.

Lucky Leprechaun 5K

March 15, 2014 - Baliwick Mall—Cocoa Beach



A sea of people dressed in green gathered to participate in the 2nd annual Lucky Leprechaun 5K on Saturday, March 15th at 8:00 am. Presented by Nolan's and Paddy Cassidy's Irish Pubs, the race featured a 5K, kid's races, costume contest and even the opportunity to participate in the Cocoa Beach High School Team category. The proceeds of this festive St. Patrick's Day race benefited Cocoa Beach Project Graduation. Linda Bunting, the Lucky Leprechaun 5K Race Director, stated, "We are still tallying up our expenses but we are estimating raising \$5,000." The race featured 298 participants all uniquely dressed in green to display their love for St. Patrick's Day. The 5K started at 8:00 am with the kid's races starting around 9:00 am.



Awards were provided to participants who came in overall (pots of gold trophies) and to the top finishers in the age group (Leprechaun trophies). The top three male finishers were Costa Stathis (17:18), Jarod Vogt (19:18) and Brandon Kern (19:25). The three ladies who finished overall were Ceal Muldoon-Walker (20:17), Andi Binney (20:36) and Emily Nelson (21:13). In the Cocoa Beach High School Team category, the Boy's Lacrosse Team triumphed and finished the 5K with a win. For complete race results, [CLICK HERE](#).

After the race, the fun didn't stop there! Drawings were announced for over 40 door prizes including the grand prize of a 2 night stay at The Resort on Cocoa Beach, Azteca II gift card, bottle of champagne and chocolate. Breakfast was also provided to the participants such as fresh fruit, healthy subs from Subway, scrumptious Krispy Kreme Donuts and Dunkin' Donuts donut holes, yummy bagels and more. This event was fun, well organized and fit in perfectly with a runner's St. Patrick's Day celebration.

"There is so much involved to planning a race and there is no way I could have done this alone, the exceptional team we had did a fantastic job putting this together. The City, sponsors, and community came together. I was amazed at all those that came out in their green to support our cause. We will be back next year."

Race report comments from Race Director, Linda Bunting.



Lucky Leprechaun 5K (continued)



Brianna Marie Foundation 5K

March 15, 2014 - Wickham Park—Melbourne



Brianna Marie Hissam was born on March 16, 2012, and passed away 15 hours later. She suffered from a fatal illness known as Fetal Hydrops, which effects 1 in 1000 pregnancies. While a parent is never prepared for the loss of a child, Brianna Marie's parents fought hard to save her before her birth, and have turned her loss into a cause that will, hopefully, help to eradicate this condition. Brianna's memory lives on through the Brianna Marie Foundation, an organization created by her parents with the goal of raising funds for research that may help other families from going through their heartache. Through various fundraisers over the last two years, they have been able to donate a total of \$75,000 so far.

One of the organization's fundraisers is the Brianna Marie Foundation 5K race, which was held on March 15th at the Wickham Park. More than 250 runners and walkers completed the 5K course in this second annual event. A day full of fun activities brought out more than 600 people, raising a lot of awareness of the cause.



Mike Fretz led the way and easily took the award for Overall Male Champion, finishing one minute ahead of the next finisher, Chaise Goff. Mike crossed the line in 18:47, Chaise came in at 19:47. Placing third with a time of 19:58 was Art Anderson. Michael Walker took the Male Masters Champion award, covering the distance in 20:42.

Nadia Barnini also cruised to the Overall Female Champion award, coming in two minutes ahead of her closest competitor. Nadia posted a 21:43. Kristina Pernfors was second in 23:46, and Tiffany Gregg finished third in 24:28. Sheila Reed was the Female Masters Champion with a time of 25:17. For complete Race Results, [CLICK HERE](#).



Race Director, Aran Hissam, thanked everyone for all of the food, entertainment and door prizes that were donated for the event. There was also a silent auction and raffle to raise additional funds. There was a children's run with medals, jump houses, popcorn, snow cones, and train rides to keep everyone entertained.

Other than a loss of power for the first 15 minutes, Aran thought the event went well. Thankfully, Running Zone had a backup generator and saved the day. Asked for a post-race comment, Aran said, "Two years ago I would have never thought of myself as a race director nor fundraiser, but God choose a path for my family and I, and because of the 15 hours we had with our daughter Brianna, our lives changed forever. We are forever on a mission to help others in a situation similar to ours and we are only successful because of the amazing community we live in that has opened their hearts, minds, and funding to help us. As a runner, I'm very particular about the runs I like to participate in. I like them to start on time, have a worthy cause, timed professionally, and be a fun time. I have taken this into careful consideration when planning my runs and I would like it to be known as a Family Fun Run that all members of a family can come and participate in."





A St. Patrick's Day theme brought out hundreds of runners and walkers wearing their green at the **4th Annual Florida Today Corporate 5K**. Proceeds from the event benefit the United Way of Brevard. Brad Daszynski was the Overall Male Champion, completing the 5K course in 18:35. Kim Hunger was the Overall Female Champion with a time of 19:03. Mike Acosta, of Viera Pizza was the Overall Male CEO Champion, crossing in 21:17 and Elizabeth Donaldson, of Coastal Rose Runners, was the Overall Female CEO Champion in 32:35. There were a wide variety of highly competitive team competitions. [Click here](#) to view all race results.



Wickham Park served as the home of the 26th annual Strawberry Festival on the weekend of March 15-16. Raising funds and awareness for Habitat for Humanity, The **Berry Patch 5K** was held on Sunday morning and saw 147 finishers cross the finish line. Art Anderson was the Overall Male Champion with a time of 19:49. Matt Mahoney was the Male Masters Champ, with a 20:47. Dr. Tina Kraver was the Overall Female Champion, covering the distance in 20:49, and Susan Snodgrass was the Female Masters Champ in 24:37. [Click here](#) to view all race results.



The 5th Annual Re-Run 5K also included a 10K this year. Benefitting the Junior League of South Brevard, the race saw 160 finishers in the 5K and more than 80 in the 10K cross the finish line in Downtown Eau Gallie. In the 5K, Mike Fretz was the Overall Male Champion, coming in at 18:48. Harry Prosser was the Male Masters Champion with a time of 21:46. For the ladies, Kate Hoyt took the Overall Female Champion Award, crossing in 20:33. The Female Masters Champion was Joan Meadows, who crossed in 29:16. In the 10K, Keith Snodgrass broke the tape in 40:08 to take the Overall Male Champion award. Roger Travis covered the distance in 42:28 to take the Male Masters Champion award. Becca Fleeman recorded a time of 45:07 which gave her the award for Overall Female Champion, and Felicity Cunningham came in at 49:00, taking the Female Masters Champion award. [CLICK HERE](#) to view all race results.

Marty Winkel

321-537-3526

sceventmgt@gmail.com



**Fee-Only Investment
Management and
Financial Planning Services**

Contact Us:

Online: www.RallCapital.com

Phone: (321) 549-7255

Email: Bob@RallCapital.com

Fax: (888) 452-8851



The Rall Capital
Management Team

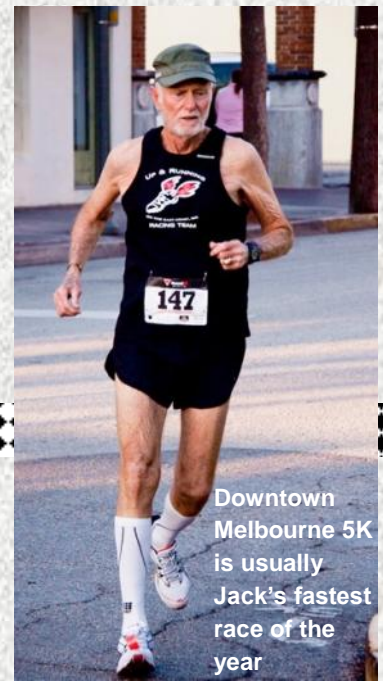


Fee **FO** Only



RUN A MILE WITH *Jack Lightle*

Meet one of SCR's elite "Octogenarian" members. He not only stands tall in stature at age 82 but he's fast too! Read on to find out more about this enthusiastic runner.



Downtown Melbourne 5K is usually Jack's fastest race of the year

Name: Jack Lightle, age 82

Family: Nell, Wife of 56 years; Sons Brian (52), and Craig (49); and seven Grandchildren (13 to 23)

Occupation: Retired BellSouth Senior Manager/ Executive and International Telecommunications Consultant. Last engagement in Kabul, Afghanistan for one year in 2010 and 11.

Number of Years Running: Began over 37+ years ago at age 45

Began Running Because: For my Health and Self. Primary influences were Ken Cooper's "Aerobics", Jim Fixx's "Complete Book of Running", and Dr. George Sheehan's Books and Running philosophy columns, which provided added meaning and purpose for jogging, running and racing, advocating a time for health and self and a return to the play of our childhood. And, a "Psychology Today" article which essentially said that running can be a powerful catalyst for positive change (refocus) in one's life – and it has been so for me. Influences now include "Younger Next Year", which provides guidance for playing the next third of my life.

The following Sheehan quotes from Ron Hoar's December 2008 SCR Newsletter column which best summarizes where I am at this time in my life: "No matter how old I get, the race remains one of life's most rewarding experiences. My times

become slower and slower, but the experience of the race is unchanged: each race a drama, each race a challenge, each race

stretching me in one way or another, and each race telling me more about myself and others."

George Sheehan ran his last race in August, 1992 - the Crim 10-miler in Michigan--a little more than a year before his death. He and an injured runner finished last. When the other runner complained about his slowness, Sheehan told the man "We're still doing the best we can with what we have."



2008 Citadel Reunion (our 50th)

Jack

Jack's Twin, Ted

Leland Mundy, Good Friend

I Knew I Was Hooked When:

I learned what running could do for Health and Self, began to run road races, completed my first six mile run and began sharing it with my Family.

Race PRs (Personal Records): 21:06 5K (Age 53); 45:52 10K (Age 52); 1:18:17 15K (Age 65) and 1:51:?? Half Marathon (Age 65).

Most Satisfying Race Performance(s): Alabama State Record for five miles for 58-year-old males; March 2008 Gate River Run, third place 75-79; April 2008 Cooper River Bridge Run, first place 75-79 and SCR ROY Series age group winner.

Favorite Race(s): The first races that Nell, Brian and Craig did with me and the



RUN A MILE WITH *Jack Lightle* continued

Cooper River Bridge Run (10K), Gate River Run (15K) and the Peachtree (10K).



Favorite Place(s) to Run: Indian River Drive, Oregon and South Africa.

Running Partner(s): My Up & Running camp teammates and my identical twin brother, Ted; and my wife, Nell, in Atlanta and Birmingham, when she was still running.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: My Father, who died when I (we) was/(were) five years old.

Funniest or Oddest Thing I've Seen While Running:

Halfway through the first 'race' my smallest Grandkids did which was the Kiddie Run around the block at Space Coast Art Festival Turkey Trot nearly 19 years ago — with Granddaughter and Grandson (both about 4 years old), when he asked, "Pa, when can we stop?"

Training Philosophies: Moderation: no more than 20 to 25 miles per week; Rebecca Sparks Up & Coming Running Camp Program; stay injury free and never do a marathon.

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

Always buy the best shoes; dress like a runner; read Cooper, Fixx, Sheehan, "Younger Next Year" and the "Runners' Repair Manual, never quit; and always have FUN.

Favorite Reads: "The Republic", "The Prince" and Pat Conroy's writings, which include;

"The Water is Wide", "The Great Santini", "The Prince of Tides" and "My Losing Season".

Favorite Movie: "Lawrence of Arabia" and "Running Brave" (The Story of Billy Mills' struggle to find himself through running and winning the 1964 Olympic 10K Gold Medal.) I met Billy in Atlanta in the mid 80's, which was extra special since I have Cherokee ancestors who were part of the Train of Tears.

Other Sports & Interests: Biking, golf, gym, Duke basketball, Senior Games, staying current with Local, National and World affairs and Family.

Favorite Meal: Salmon and sweet potato & South Carolina barbecue and hash on rice.



Dream Vacation: I am fortunately living it every day.

I Think That SCR Could Do A Better Job:

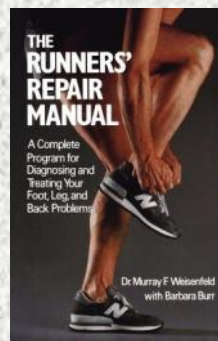
By recognizing all participating runners, of all ages in appropriate 5-year age groups in all races.



The Anchorage, Alaska half marathon finish last June. Jack ran with several SCR members.

The addition of the 75+ "Group" last year was great for me, but young and old alike should be recognized in their respective 5-year age groups, at least during the Awards ceremony.

Hopefully, this would encourage more of the younger and older participants in SCR races, as I believe the age-graded performance rankings and articles on older runners and race participation like Tom Ward wrote about in the Sept. SCR 2008 newsletter. And, an 80+ Age Group was added last year.



Long Distance Relationships

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



Space Coast Runners in top gear at Gate River Run

Article by Kimberly Prosser

Dozens of Brevard County runners traveled to Jacksonville for the Gate River Run 15K on March 15, which meant they were part of a historical event. Olympian Shalane Flanagan set a new US record for females in the 15K distance with a time of 46:59.



The GATE River Run is the largest 15K race in the United States and the USA 15K Championship with America's top Olympic athletes competing for \$85,000 in prize money. Last year over 24,000 runners and walkers participated in one of the featured events including the 15K, The Florida Times-Union 5K for Charity, the Junior River Run, and the Brooks Rehabilitation Challenge Mile.



This race is a perennial favorite for many, with its fast course, enthusiastic spectators, live bands at every mile, and the challenging "Green Monster" Hart Bridge at mile 8. The course winds through downtown, over a smaller set of bridges, and through friendly neighborhoods where residents supplement the traditional water stations with offers ranging from beer to orange slices to sausages to donut holes to mixed drinks to Popsicles.

The race is well-organized, with several waves and different corrals for participants, divided by the completion times submitted (for 5K, 10K, half-marathon) when registering. In addition, just across the finish line is a line of people offering Biofreeze for whatever aches and pains you might be experi-

Above: Kimberly Prosser, Rick Foresteire, Nancy Wingo, Shane Streufert, Ron Abel, Greg Reverdiau and Steve Chin posed for a quick pre-race picture after seeing each other walking to the start of the Gate River Run.

Long Distance Relationships

Space Coast Runners in top gear at Gate River Run continued



encing, and then another line of people who will quickly wrap an ice pack around an inflamed body part. This is the only race besides Disney where I've seen that level of immediate injury attention.

The post-race party is quite large, with free beer, flavored water, chocolate milk, jerky, bananas and muffins, as well as other food for sale. The on-site expo also continues through race day, so you can wander back through afterward if you choose.

Those who do the Gate River Run enjoy it so much that they encourage their friends to try it.

(This year was the first Gate for Christina Russell, Kurt Russell, Shane Streufert, Chris Slusher, Erin Schuck, Cindy Broome, and Chris Bainbridge, among others.) Don't be surprised if you see more people you know at this race than you do at one "at home"!

CONGRATULATIONS to TOP SCR FINISHERS!

Cathy Friedel, 1st Place 50-59—1:08:10

Steve Chin, 1st Place 45-49—55:45

Shane Streufert, 5th Place 40-44—53:27



Left: Shane Streufert runs a 15K PR in 53:27. Center: Women's top finisher and first overall across the finish line Shalane Flanagan from Portland, Oregon, ran a time of 46:59, setting a new American women's 15K record. Photo credit: Bob.Self@jacksonville.com Right: Steve Chin strides to the finish line to place first in the men's 45-49 division with his 55:45 time.

Long Distance Relationships

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

2014 Dances with Dirt

– a more civilized mud race –

by Jennifer Ogburn

Let me be clear right up front - **I don't do mud.** I still remember my husband running the Warrior Dash in Orlando a few years ago. He gladly dove into the mud bath at the end of the race and crawled under the barbed wires. Some of the competitors were even completely submerged in the brown goo. I shuttered at the sight and was quite certain I would never do any mud races, ever.

So my husband found it quite ironic when I signed up for my first Dances with Dirt (DWD) Relay last year in the Green Swamp of Dade City. But I want to adamantly argue that Dances with Dirt is not the same as a Warrior Dash race. All of the race course hazards are natural – no cars to climb over, burning tires or giant mud baths. I like to think of it as the “civilized” mud race.

Now I am certainly no expert about Dances with Dirt races, but I can give my perspective as a novice racer. The people of Running Fit have created four unique wilderness races with Dade City, FL being one of the more recent additions. There is also Gnaw Bone in Indiana, Devil's Lake in Wisconsin and perhaps the most popular race in Hell, Michigan. Many Brevard athletes have ventured to Hell as well as the other races as teams and individuals. This year the Green Swamp race included individual races in the 10K, ½ Marathon, Marathon, 50K, 50 mile and a 50 mile relay.

The Green Swamp race is still getting established...but what drew us last year and again this year was the relay – especially the idea of running in theme costumes. It has to be quite the sight for an innocent hiker, camper or horseback rider to come across Wonder Woman running through the woods. I know last year I took a Boy Scout Troop by surprise, running by in my Austin Powers 60's girl costume. But it was all part of the fun and adventure.

So let me get back to that mud. What is more unique about DWD is that all the obstacles are all natural or already part of the environment - like cypress knees, creeks, logs, tall thorny grass, sugar sand and trails torn up by wild boar. The race organizers go out and map out the most “interesting” trails they can find and then create great descriptions to make you wonder what you have signed up for. I have heard that they are a little less mischievous with the individual racers, but have no problem trying to confuse or get the relay racers lost.

We learned about getting lost first hand last year. Be prepared for it, but don't sweat it too much. The organizers use small colored flags to mark the trails as well as colored ribbons on trees. It certainly can be tricky to keep sight of all of your flags – in theory there should be a “confidence” flag every 1/10th a mile. Well, sometimes they disap-



Middle: Roger Ogburn takes on the mud pit at the Warrior Dash in 2012.

Bottom: “Shag-a-licious-A-Go-Go’s” 2013 DWD team of Lisa Petrillo, Jennifer Ogburn, Julie Hannah, Barb Holst and Autumn Evans

Long Distance Relationships

2014 Dances with Dirt continued

pear, are hard to see in the shadows of the forest or have been stomped into the ground.

It can be frustrating during the race, but in the end, we all got a good laugh out of watching the “replay” on our Garmin. There was plenty of running in circles, turning around and around, but at the end of the day, we didn’t permanently lose anybody.

In my first race last year, I took a few wrong turns, got a few bloody scratches on my legs and did in a couple pairs of shoes, finishing one stage under a bridge overpass through a creek. All-in-all it was a fun experience and I loved my time with my teammates and the other Space Coast runners. We even won for best overall theme (perhaps due to our dancing? Or was it the scones we bribed the judges with?) and a free entry again this year.

This year we returned, with a little more experience and some fantastic super hero costumes. Our team captain even led the baking of what seemed like hundreds of super hero cookies to share with judges and other runners alike. The race course was a little different this year – they are always changing things up – but we also heard they had a bit more rain in the past week. We had our warning. While there were fewer relay teams this year – Brevard was still well represented with 5 teams toeing the starting line. On the 5-person team, each runner typically runs two legs for approximately 10 miles.

This is DWD, and the race is unpredictable – teams exchanged places as runners took wrong turns and went astray. We held our own steadily running through the morning and into the early afternoon.

Perhaps the best part of the race is the party atmosphere at the finish line. Individual runners, teams and families congregate at the finish area for one big party. There was plenty to eat and cold beer to drink and we all shared our super hero cookies. We proudly claimed our Best Theme award again this year (I won’t tell how many teams competed this time). It was a poignant day that was a special time to share with our running friends. It didn’t really matter where we finished – it was the journey that was the best part – even with a little mud on my shoes – I look forward to racing again next year!



Top: The 2014 Green Swamp Relay start. *Photo courtesy: Thomas Jenkins*

Middle: The Dirty Skirts Justice League: Kurt Holst, Barb Holst, Julie Hannah, Lisa Petrillo, Autumn Evans, Betsy Butler and Jennifer Ogburn

Bottom: Larry Wilcox wades through his first leg of the race. *Photo courtesy: Thomas Jenkins*

Long Distance Relationships

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



Live your life well®
TOMOKA MARATHON
presented by Halifax Health



Above: Nancy Wingo, Kelly Hunter, Christy Zieres and Marisa Flint enjoying beverages after a tough half marathon. **Middle:** the Daytona Beach News Journal snapped a picture of Steve Chin in the red tank top heading up the bridge with the 3:25 marathon pace group

The inaugural running of the Tomoka marathon, half marathon and 5K took place on Saturday, March 29, 2014 in Ormond Beach, Florida. Beginning and finishing at the historic Casements, the former winter home of John D. Rockefeller, the route took 284 marathon and 576 half marathon runners through a beautiful course that included the Tomoka State Park and returned along the Intracoastal Waterway. For marathoners, the route, better known as “The Tomoka Loop”, is USATF certified and a Boston Qualifier. The certified half marathon, took runners over the .36 mile Rockefeller Memorial Bridge at mile 2 and mile 13 of the race. Starting a half hour after the marathon and half marathon, 125 participants also negotiated the challenging bridge twice along the 5K route.

Pre-race the athletes woke to harsh, early morning weather which included brisk winds and heavy rains. These adverse conditions had a considerable impact on logistics and ultimately led to a 30 minute delay in the race start. Fortunately, conditions quickly improved and the event proceeded at 7:30AM without a hitch.

Brian Sharbono finished the marathon in 3:04:41 at 7:03/mile pace to capture the Male Champion title. Lauren Shea of Gotha claimed the Female Champion title after crossing the line in 3:17:59 at 7:33/mile pace. Steve Chin of Satellite Beach crossed the line in 3:24:19 and did a great job pacing the 3:25 group of marathoners from start to finish.

Vincent Bett of Daytona Beach ran a 5:54 pace to win the Male Champion title in the half marathon and out of state runner Megan Tramaglino ran a 6:41 pace to claim the Female Champion title and finished 4th overall. Keith Snodgrass of Melbourne finished 3rd overall and ran a 6:39 pace to cross the line in 1:27:04.

The wonderful volunteers and post-race party, that included beer from the Ormond Brewing Company, helped participants soothe the memories of a challenging course that included the demanding bridge, moderate headwinds, warm temperatures and soggy trails in the state park. Nancy Wingo, SCR member and Cocoa resident, ran the half marathon and stated, “A lovely pancake breakfast was served afterwards with seating at tables inside and out. It felt like you were at a restaurant!” This event benefitted the Casements and the Halifax Health Foundation and was held in conjunction with the Casement’s Centennial Celebration.

-article by Michelle Smurl

A New Journey

contributed by SCR member, Michael Higgins

Michael (pictured right) with his two daughters weighed 269 pounds and led a typical sedentary lifestyle.



Well, I started this journey in mid-January of 2013. I was 43 years old, 269 pounds, out of shape, on the verge of type-2 diabetes, had high cholesterol, borderline high blood pressure, and pain in my knees when going up/down just one flight of stairs. I drank virtually no water but loaded up on coffee with creamer and artificial sweetener and a boat load of Diet Coke. Essentially, I was a big, fat mess.

I had allowed myself to drift into a lethargic existence. And I had plenty of "good" reasons for it too: (1) I've had a big, important, executive job that took up much of my time (2) I had a 40 minute commute each way to work each day (3) I needed some "me" time relaxing in front of the TV at the end of each day (4) I was tired after my busy days at work (5) I liked to treat myself when I go out to eat. Whatever! They were all excuses from a fat, out of shape, out of gas, unmotivated 40-something has been. This isn't negative self-talk, it's candid, honest self-talk.

I was on cholesterol meds and topical creams for my complexion (was diagnosed with Rosacea & Seborrheic Dermatitis). I was on the verge of adding blood pressure and

diabetes meds to the mix.

My wife and two great friends of mine really encouraged me to do something about it all. My friends are both very fit, run, cycle, swim, surf, etc. In early January 2013, they suggested that we put a running race on the calendar so I'd have something to work towards. We registered that night for a 3K race two months later in early March (The Monkey Madness). I was scared to death as I really had trouble running across the street much less 3K. One of those same friends also introduced me to myfitnesspal.com. I started using it immediately, logging everything I put into my mouth. I was very honest with myself and didn't cheat - I erred on the side of over-logging vs. under-logging calories. What an education that was! As I started managing my daily caloric budget, I started to make better choices, eating leaner meats and many more fruits and veggies while virtually eliminating all processed foods. That same friend turned me on to a Vitamix machine and the pure power of green smoothies. I bought a Vitamix (not cheap but oh so worth it!) and started drinking green smoothies with vegan rice protein powder in them at least 5 days per week for breakfast.

I started to train for the race taking a walk/run approach. I tried a couch to



A new 5K PR at last month's Corporate 5K!

5K program but it was too aggressive for me at first, I just couldn't do the running piece as I got horrible shin splints. My same two friends recommended a book to me, Born to Run by Christopher McDougall. This book changed everything for me! Besides being an entertaining read, it introduced me to mid- and fore-foot striking when running vs. a heel-striking gait.

I continued my studies reading about natural running, chi running and barefoot running.

Changing to a mid-foot strike changed everything for me. I no longer experienced shin splints. Now I was battling my calf muscles and my general cardio capacity (or lack of). I began walking/running more (4 days/wk) and completed that 3K race without stopping to walk. We then registered and I completed a 2-mile race a month later and I was impressed with my improved time. I have since run in a number of 5Ks, a 10K, a 10-miler, and a half-marathon. I even ran the original 3K again in February of this year!

On July 2, 2013 I reached my initial goal weight of 200 pounds. It was a very happy day and gave me a TREMENDOUS sense of accomplishment. When I started, at 269 pounds, I picked 200 as a goal weight just because it was a nice round number and was a heck of a long way from where I was. Once I reached that weight, I decided I wanted to go to 175 pounds. I'm 5'9" so that's hardly too low. As I type, I have rid myself of 92.7 pounds I am 2.6

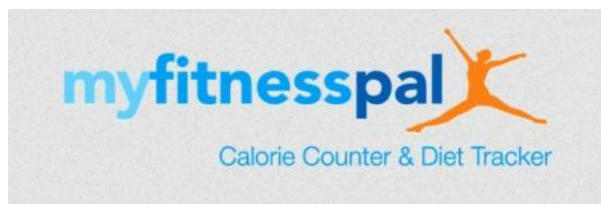
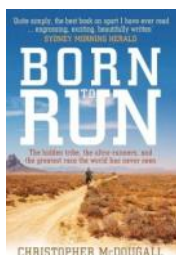


Michael running The Meerkat Mosey 3k; his one-year race anniversary. He improved his time from 23:27 to 14:15!

pounds. away from 175 and closing fast! I now only drink black coffee in the mornings, 100-120 oz. of water daily and usually a daily cup of green tea. I haven't put a drop of Diet Coke into my body since mid-January 2013 and never will again. As of mid-April 2013, I'm done with all artificial sweeteners. I've eliminated most fast and processed food from my diet. I'm now off of all of my meds. My cholesterol and blood pressure are normal. My complexion is clear - I guess the trash I was eating and drinking was the problem, not Rosacea or Seborrheic Dermatitis. I will always log my food and exercise in myfitnesspal.com, even after I reach my new goal weight. It just works for me and helps me feel in control. I am grateful for this tool, for my family who has supported me, and for those two awesome friends that have been such a tremendous source of inspiration and motivation for me. Collectively, these things and people have totally changed my life and, no doubt, improved the quality and length of it.



KEYS TO MICHAEL'S SUCCESS





Where in the World are Space Coast Runners Running?

APRIL 2014



7 Mile Bridge Run
4/5—Marathon, FL

Karen Suarez



Rock The Parkway
Half Marathon 4/12—
Kansas City, KS

Nancy Wingo



Florida 70.3 4/13—Haines City, FL

Cathy Friedel



Marathon de Paris 4/16—Paris, France

Mitch Varnes



Boston Marathon 4/21—Boston, MA

Cindy Bishop, Betsy Butler, Steve Chin, Julie Hannah, Sandra Gannon, Barbara Holst, Christine Kennedy, Chris Loines, Susie Meltzer, Theresa Miller, Doug Nichols, Shane Streufert, Marie Thomas, Kathryn VanArsdall-Varnes

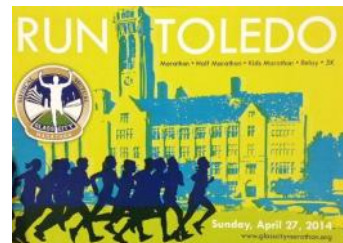


Nike Women's Half Marathon 4/27—
Washington, DC

Darlene Hachmeister

Glass City Marathon
4/27—Toledo, OH

Brittany Streufert



Adrenaline Half Marathon
on the Eisenbahn Trail
4/27—West Bend, WI

Carol Ball, Donna Neill

Did you register for a "FALL" Race?

[CLICK HERE TO EMAIL](#)



Where in the World are Space Coast Runners Running?

APRIL 2014



St. Anthony's Triathlon 4/27—
St. Petersburg, FL

Daryl Gilbert

MAY 2014



Lansing Half Marathon 5/4—Lansing, MI

Pat Mister



Long Island Marathon 5/4—
Long Island, NY

Sal Farino, Molly Kirk



Palm Bluff Trail Race
& Ultra 5/4—

Osteen, FL

Nan Pond



Copenhagen Marathon 5/18—

Copenhagen, Denmark

Abe Oros



Green Bay Marathon 5/18—

Green Bay, WI

Micah Vanatta



Boulder to Boulder 10K

5/26— Boulder, CO

Karen Suarez

JUNE 2014



Les Courants de la
Liberté' 10K 6/15—
Caen, Normandy,
France

Dick, Marlene & Rachel
White

Get Your Race on the SCR Calendar! [CLICK HERE TO EMAIL](#)



Where in the World are Space Coast Runners Racing?

JUNE 2014



Mayor's Midnight Sun Marathon 6/21—
Anchorage, AK

Cindy Bishop

JULY 2014



See Jane Run Half Marathon 7/13—
Seattle, WA

Carol Ball, Tracy Felts



Shipyard Old Port Half Marathon
7/13— Portland, ME

Andy & Tracy Dutra, Pat Kiesselbach

AUGUST 2014



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

Carol Ball, Donna Neill

SEPTEMBER 2014



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

Cathy Friedel



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

Barbara Linton

Share where you're planning to Race with us! [CLICK HERE TO EMAIL](#)



SEPTEMBER 2014



**Michelob Ultra Boston
13.1 Marathon 9/14—
Boston, MA**
Pat Kiesselbach



**Air Force Half Marathon
9/20— Dayton, OH**
Pat Mister

OCTOBER 2014



Wineglass Marathon 10/13— Corning, NY
Marie Thomas, Micah Vanatta



**Marine Corp Marathon 10/26—
Washington, DC**
NEED SOME NAMES!

NOVEMBER 2014



**New York City Marathon
11/2—New York City, NY**
NEED SOME NAMES!



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



**Rock 'n Roll Savannah Marathon &
Half Marathon 11/8— Savannah, GA**
Les Dunne, Rene Dunne, Lisa Hamelin

Did you get selected for NY, DC or Chicago? [CLICK HERE TO EMAIL](#)



Space Coast Runners Membership Application



Benefits of Belonging

- Subscription to the Space Coast Runners online newsletter which includes a race calendar, entry forms, club news, articles and photos.
- A discount to Space Coast Runner and Running Zone Foundation Races (pre-registered entries only.)
- Discounts at all local running stores and other businesses.
- Automatic eligibility for Runner of the Year Series awards – overall and age groups and ran all races.
- Network with and meet other runners and potential training partners – from the recreational jogger to highly competitive runners and walkers.

Your Membership Supports

- Running and walking in our community.
- Annual high school scholarships.
- Development of races and fun runs.
- Local charities such as Brevard Special Olympics.
- The web site at spacecoastrunners.org which provides club information, news, up-to-date results and much more.
- The Youth Running Series which is a free series of non-competitive fun runs for ages 12 and under.
- Production of the Space Coast Runners online newsletter.
- Free Socials and Fun Runs county-wide.



Join now at Active.com, on our web site or fill out the following form and return it with a check to:

Space Coast Runners, P.O. Box 541837, Merritt Island, FL 32954-1837

New Membership Renewal Individual – \$30 Family – \$35 Full-time Student – \$15

Name: _____ Phone: _____

Address: _____ Age: _____ Sex: _____

City: _____ State: _____ Zip: _____ Date of Birth: _____

Email: _____

If Family Membership, list names, dates of birth and sex: _____

I would like to volunteer: SCR Youth Running Series Space Coast Classic 15K
(check appropriate boxes) Eye of the Dragon 10K Space Walk of Fame 8K Space Coast Marathon

Membership Amount: \$ _____

*Tax Deductible Contribution: \$ _____

Total: \$ _____

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather including heat and/or humidity, traffic and the conditions of the road, such as risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Space Coast Runners, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____


**Space Coast Runners is a 501(c)3 Not-For-Profit Organization and any additional contribution may be tax deductible.*

★HAPPY★ BIRTHDAY!

April 2014

Birthstone: Diamond

Flower: Daisy

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|--|--|---|
| | | 1 Bernadette Beck Bernie Sher Jared Gannon | 2 Sara Gielow Judy Koh Anne Doerflein Karen Furton- Sparks Cyndi Bergs | 3 Doug Nichols Tammy Karr | 4 Sydney Friedel Madden Lorraine Susan Then | 5 Victoria Deen |
| 6 Charlotte McClure Travis Pond | 7 Jeffrey Hizer Dawn Kosa Dick White | 8 Tony Tagye | 9 Joshua Farner Sharolee Huet Steven Raymond | 10 Bailey Castner | 11 Kim Bissonnette | 12 Kristen Strout Mitch Varnes |
| 13 | 14 Nick Flint Michael Catacutan Seth Reesh | 15 | 16 Eric Bissonnette Rachel Redlien Christina Russell Elwyn Brown | 17 Cailen Buchanana Carole McCoy Joan Meadows Lisa Farrall Donald Nygaard | 18 Connor McCoy | 19 Jenni Crook |
| 20 Lillian Robertson Jason Dieterle | 21 Zachary Unrue Taegen Burns John Jacobs Alan Smith Lynnnda Floyd Celia Mahler | 22 Anthony Semento | 23 Christina Martin | 24 | 25 Jessica McCaskill | 26 Suzanne Johnson Daniel Redlien |
| 27 | 28 Shane Turner Sienna Guinn | 29 Lana Jobes | 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!