

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

AUGUST 2015



**Run A Mile With
Kristen Klein**

**Race ROY Series!
2015—2016 Season Kicks Off**

**3 Ways to Take the
Ewww out of GU**

Bob + Joan
SCR'S NEW
TEAM CAPTAINS

DEPARTMENTS

- 04 [From the Editor](#)**
- 06 [Presidential Inquiry](#)**
- 49 [Local Race Calendar](#)**
- 51 [Birthday Calendar](#)**

RESOURCES

- 03 [SCR Board Members](#)**
- 08 [Local Fun Runs](#)**
- 39 [Member Discounts](#)**

FEATURES

- 13 [SCR Central](#)**
- 21 [Did You Know?](#)**
- 22 [SCR Awards Night](#)**
- 40 [Runner of the Year Series](#)**
- 44 [Run a Mile with...](#)**
- 47 [Where in the World?](#)**
- 48 [Take the Eww Out of GU](#)**



Left: National Running Day meant so many different things to everyone but we really loved seeing “ I RUN to change my life”

On Our Cover: Bob Rall and Joan Meadows in their new SCR team uniforms photographed by Brittany Streufert

RACE REPORTS

- 33 [Bottoms Up Beer Run 4K](#)**
- 34 [Indialantic Boardwalk Trio](#)**
- 37 [Firecracker 5K](#)**
- 38 [Run the Tide Beach 5K](#)**

National Running Day had a huge turnout!



SPACE COAST RUNNERS

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

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



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

DICK WHITE
SCR President

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SPACE COAST RUNNERS

P.O. Box 541837

Merritt Island, FL 32954

GETTING TO KNOW THE NEWSLETTER STAFF

Angela Leeds



Name: Angela Leeds

Favorite SCR series race:

Space Walk of Fame because it kicks off the start of my birthday weekend.

Favorite Space Coast area to run: A. Max Brewer Bridge and the parks and neighborhoods around the river.

Running partner(s): Valerie Eastman, Carol Souvé, Patty Garten

Little known fact/secret about yourself: I LOVE to run on holidays. On Thanksgiving and Christmas Eve, I convinced my kids, Kaitlyn and Trevor, to run 5Ks with me. On New Year's Day, no one else would come, so my husband, Tim, came to cheer me on.



I hope everyone has been enjoying their summer. The newsletter team has had a nice break, but now it's time to get back into gear as racing season starts back up! This is around the time that marathon training typically kicks in for quite a few as we head into the Fall season.

New this year is the Space Coast Runners Race Team! Announced at the Summer Social, we have a mixed team of 50 men and women. Check the team out online by [clicking here](#). Go SCR!

A couple of housekeeping issues—please let us know if you're racing out of town and we'll list you in the Where in the World section of the newsletter. This is a great resource to find out which of your Space Coast brethren will be joining you out of town. Also, the Fun Runs page is packed! But, if there are others that we don't know about, let us know so we can include those, as well.

In case you weren't able to attend the Runner of the Year Series Awards Night, make sure you read about the deserving recipients in this newsletter. It was a great evening with the running community, along with wonderful food and our own Bob Rall as the emcee (he's really a funny guy!).

Lastly, we love to spotlight a runner or walker each month in our Run A Mile With articles. Learn a little more about Kristen Klein this month and if you would like to be showcased in an upcoming issue, drop me a line and let's talk!

Keep Moving Forward!

Lisa Hamelin

Editor-in-Chief

lisahamelin@gmail.com



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

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

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ACROSS FROM BREVARD COMMUNITY COLLEGE



PRESIDENTIAL INQUIRY

A Monthly Column from SCR President, Dick White

GREETINGS ALL!

First, I want to thank all of SCR that voted for me. I will do my best in the coming year to earn your trust by always doing what is in the best interest of Space Coast Runners. The seven people that chose to vote against me, I will be looking to earn your trust as well.

I wish to thank my immediate predecessors, Carol Ball and Ed Springer, for their great efforts in bringing us into the new hi-tech age of local racing. When I joined SCR in 1996, my primary reason was to receive the newsletter to locate the local races. SCR Runner of the Year (SCROY) Series was the ONLY series in Brevard County. Now, we compete with four other race series and other unaffiliated major racing events. There are several racing opportunities in Brevard County nearly every weekend.

SCROY series is still the only series that has 4 races with longer distance than a 5K, of which I am very proud. Our 5K races are all independent races with benefiting charities that include an orphanage, local children's activities and healthcare, a high school track and cross country team (now totally unfunded by tax dollars), and a sea turtle sanctuary. The 15K, 10K and 8K races are SCR-owned and 100% volunteer operated (except for paid timing services) by the most dedicated race directors and assistants that you could find anywhere.

Recently, there has been a huge resurgence of local Fun Run groups that meet on week nights to run from various locations throughout the county. Most offer an opportunity to visit and socialize at a sponsoring business afterward. SCR sponsors a weekly Sunday morning group run in Cocoa Village to run the Indian River Road. SCR provides fluids to the Cocoa Beach Fun Runners and Walkers weekly Wednesday night run. Running Zone and Up and Running sponsor a Sunday morning group run at Oars and Paddles and Daddy Ultra Runs sponsors the Wednesday night fun run in Cocoa Village. Our club and the local running businesses have con-

tributed well to expand the social aspect of running.

As this Running Boom has overtaken Brevard County, I am very proud to say that SCR Board Members have stepped up to join in and provide some of the best racing opportunities available. Expanding the Eye of the Dragon 10K/2m from 202 runners in 2003 to 699 runners in 2013 by utilizing all available forms of advertising, having the county's first tech shirts, and Amazing Dragon Trophies set the pace for all races that followed. Joining forces with Running Zone in 2005 took the Space Coast Marathon/Half from 502 finishers the previous year to the 7200 capped entries that "Our Nation's Only Space Themed Marathon" enjoys today.

SCR has an outstanding team of activity planners that keep coming up with brilliant ideas for fun social events. Most recently, the Battle of Brevard brought 216 runners to a Wednesday Night Fun Run! Hosted by Daddy Ultra Runs and sponsored by SCR, individuals were invited to wear specific colored shirts to represent their hometowns. This was promoted only through word of mouth in the local running groups and by social media.

My intentions for this year include further supporting our SCR-owned events to ensure that they continue to be among the Best of Brevard, listen to all of our membership to represent the entire county and to work with all running oriented businesses to encourage their good relationship with SCR members.

I will ask you all now. What do think of our SCROY series? Do we have too many races? Too few races? Do we need more longer races? I will ask that you recommend races – none that are already in other series. Send all responses on this or any other subject to my email below.

Dick

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

AUGUST BOARD MEETING

August 17, 2016 — 7:00pm, Pro-Health Viera

All members are welcome to attend.

Tenth Annual Titusville Racing Series 2015-2016



TRS RACES:

Chain of Lakes/ Wild Shrimp Shuffle 5K & 10K

Saturday, October 10, 2015, 8:00 AM Start 5K & 10K
Chain of Lakes, Titusville, FL
The 10th annual partial cross-country course offers a 5K and 10K. These two courses are two of the most scenic courses along the Space Coast.

Run with the Stars 2M

Saturday, 6:30pm November 7, 2015
Faye Lake Wilderness Park, Port St. John, FL
This is a flat 2 loop course at scenic Faye Lake Wilderness Park. Run with the Stars (Large Cut Outs) as you run under the stars. Course will contain luminary's, glow lights and reflective lights.

Max Brewer Bridge - Chili Cook Off 5K

Saturday, 5:30pm, February 27, 2016
Downtown Titusville, FL
This 6th year out and back challenging course runs from Sand Point Park Titusville, across the award winning A. Max Brewer Bridge and back. Your entry fee includes admission to the Rotary Chili Cook Off located near the finish of the 5K.
This is a \$10 value.

Space Walk of Fame 8K

Saturday, 8:00am, April 9, 2016
Space View Park, Titusville, FL
This two-loop course runs through old residential Titusville and along the Indian River. This race is in it's 38th year.

Blueberry 5K.

Saturday, 8:00am, May 14, 2016
Holland Farms, Mims, FL
This diverse course is in its 6th year. The first 1.75 miles runs on very well maintained roads, then approximately 0.1 mile wooded trail, approximately 0.5 miles of rails to trails and a 0.75 loop around the Blueberry Farm. All participants can pick a pint of blueberry's after their run.

FEES

Entry for all 5 TRS races is now \$100. (this is a 15% discount)
From the early requisition fee of \$23 per race (\$115)
*TRS.....\$100.00

*Receive a 15% discount when signing up for the series.

PRIZE MONEY

\$1,400 in total prize money will be awarded.

-1 st	Place Male & Female.....	\$ 150.00
-2 nd	Place Male & Female.....	\$ 125.00
-3 rd	Place Male & Female.....	\$ 100.00
-4 th	Place Male & Female.....	\$ 90.00
-5 th	Place Male & Female.....	\$ 80.00
-6 th	Place Male & Female.....	\$ 70.00
-7 th	Place Male & Female.....	\$ 60.00
-8 th	Place Male & Female.....	\$ 50.00
-9 th	Place Male & Female.....	\$ 40.00
-10 th	Place Male & Female.....	\$ 30.00
-11 th	Place Male & Female.....	\$ 20.00
-12 th	Place Male & Female.....	\$ 10.00

Points will be awarded starting at 200 for the best age grade time down to 1 for the 200th finisher of each sex. Finishers after 200 will receive 1 point. At the end of series, individuals who accumulate the most points will receive awards. The standings after each race will be calculated & displayed on the SCR web page.

New For 2015/2016 Series

Titusville Racing Series extends to our neighbors in Port St. John.

Contact Info: Marty Winkel: 321-537-3526 • runsalot@cfl.rr.com
Titusville Racing Series Director

Tenth Annual Titusville Racing Series 2015-2016 • REGISTRATION FORM

Last Name First Name

Date-of-Birth Gender M F For WSS Only: 5K 10K Adult Shirt Size XS S M L XL XXL Amt. Enclosed

Email Address

City Zip Code Telephone (Area Code + Number)

Make checks payable to:
"Titusville Racing Series"
Mail to: Titusville Racing Series
P.O. Box 2
Titusville, FL 32781
E-mail: runsalot@cfl.rr.com

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound and hereby for myself, my heirs and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers and supporters of this race (series) and my representatives, successors or my association with an entry or participation in a Titusville Racing Series event(s). 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 (series). I have read the above release and understand it presents a risk of physical injury. Knowing this, I am entering this event (series) at my own risk.

Signature (Parent, if under 18)

Date

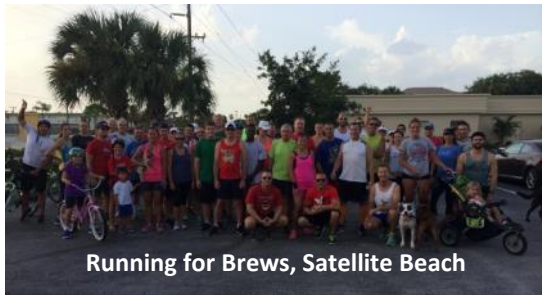
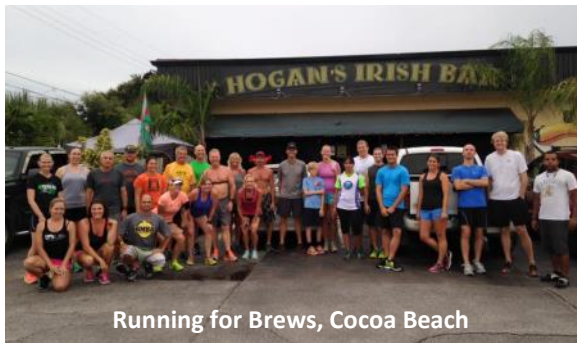
Local Fun Runs & Walks



Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (triathlontrainingstore@gmail.com)
Sun	Oars & Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars & Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Sun	Murrell Road Running Group (MRRG) Spyglass parking lot, Viera	7:00 am	http://www.meetup.com/Murrell-Road-Running-Group/
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Christy Tagye (christytagye@yahoo.com)
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	Long Doggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon	Running for Brews Cocoa Beach, Hogan's Irish Bar	7:00 pm	Bo Trapnell (phogan330@gmail.com)
Tues (1st/3rd of each month)	Playalinda Fun Club Runs, Playalinda Brewing Company	6:30 pm	Donna Scott (225-8978)
Tues	Running for Brews Satellite Beach, Long Doggers	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Open Water Swim & Causeway Run, Squid Lips Beach/Eau Gallie Library	6:00 pm	Running Zone (erin@runningzone.com)
Wed	Cocoa Beach Fun Runs, Long Doggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:00 pm	Michael Higgins/Christine Ellegood (michaeldhiggins@gmail.com) (cellegood@gmail.com)
Wed	Daddy Ultra Runs, Cocoa Village	6:00 pm	Hernan Garcia (info@daddyultraruns.com)
Wed	Running for Brews Melbourne, Fia's Ristorante & Pizzeria	7:00 pm	http://www.meetup.com/Running-for-Brews-Melbourne/ - Marcus Smith
Thurs	Running Zone, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	Hoover Middle School, Indialantic	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	Running for Brews Viera, Long Doggers	7:00 pm	Sean & Sandra Christian (IDLifeteamChristian@gmail.com)

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

Local Fun Runs & Walks



Join us for the next race in the 2015-2016 Running Zone Foundation Race Series:



REGISTER TODAY!

I Run for Pizza FOOTBALL KICKOFF 5K AUGUST 8, 2015

BENEFICIARIES:

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SUNTREE VIERA
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or stop by Running Zone: 3696 North Wickham Road • Melbourne, Florida 32935 • 321-751-8890



FLORIDA TODAY
COMMUNICATIONS





2015-2016

SPACE COAST RUNNERS RUNNER OF THE YEAR SERIES

Running on Island Time 5K — 8/22/15

Turtle Krawl 5K — 9/12/15

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

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

Reindeer Run 5K—12/12/15

Tooth Trot 5K—1/30/16

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

Downtown Melbourne 5K—3/26/16

Space Walk of Fame 8K—4/9/16

Eat My Crust 5K—5/1/16

Take advantage of the member discount & register for the "Runner of the Year" Race Series all-at-once. You'll save over \$50 on 9 series races in total.

Entry must be received by August 10th. Click here for the registration form: <http://goo.gl/pxmKOn>





2015 – 2016 SPACE COAST RUNNERS RUNNER OF THE YEAR RACE SERIES

9 Events, must register for SC Marathon/Half separately

PLEASE CIRCLE RACE DISTANCE AND SHIRT SIZE BELOW



Running on Island Time 5K Sat, Aug 22, 2015 Select Event: 5K RUN 5K WALK Select Shirt Size: YM YL S M L XL XXL	Tooth Trot 5K Sat, Jan 30, 2016 Select Shirt Size: YM YL S M L XL XXL
Turtle Krawl 5K Sat, Sept 12, 2015 Select Event: 5K RUN 5K WALK-(must walk entire race per USATF rules) Shirt Size: YM MXS WXS MS WS MM WM ML WL MXL WXL MXXL	Eye of the Dragon 10K Sat, Feb 27, 2016 Select Event: 10K RUN 10K WALK 2M RUN 2M WALK Shirt Size: YM YL Men's OR Women's S M L XL XXL
Space Coast Classic 15K Sat, Nov 7, 2015 Select Event: 15K RUN 2M RUN/WALK Select Shirt Size: XS S M L XL XXL	Downtown Melbourne 5K Sat, March 26, 2016 Select Shirt Size: XS S M L XL XXL
Reindeer Run 5K Sat, Dec 12, 2015 Select Shirt Size: XS S M L XL XXL	Space Walk of Fame 8K Sat, April 9, 2016 Select Event: 8K RUN 8K WALK 2M RUN Clydesdale Fillies Select Shirt Size: XS S M L XL XXL
	Eat My Crust 5K Sun, May 1, 2016 Select Shirt Size: XS S M L XL XXL

SCR ROY Series Entry: \$180 Make checks payable to SCR
Mail to: Space Coast Runners, PO Box 541837, Merritt Island, FL 32954
Must be received by Sat, Aug 10, 2015

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____ Email _____

Male _____ Female _____ Date of Birth ____/____/____ Age at Series Start (8/22) _____

The Space Coast Runner of the Year Series, hereinafter referred to as "SCROY Series", is comprised of the following "Events": Running on Island Time 5K, Turtle Krawl 5K, Space Coast Classic 15K/2M, Reindeer Run 5K/1M, Tooth Trot 5K, Eye of the Dragon 10K/2M, Downtown Melbourne 5K, Space Walk of Fame 8K/2M, Eat My Crust 5K.

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED.

ALL SCROY SERIES ("EVENT") PARTICIPANTS ARE REQUIRED TO, AND HEREBY DO ASSUME ALL RISK OF PARTICIPATION IN ANY AND ALL OF THE EVENTS BY SIGNING THIS GENERAL WAIVER: In consideration of my entry into the SCROY Series ("event") being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, presenters, officials, volunteers and supporters of each SCROY Series ("event") 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 SCROY Series ("event"). If I should suffer injury or illness, I authorize the officials of the SCROY Series ("event") 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 the SCROY Series ("event"). I acknowledge that the entry fee paid is non-refundable and non-transferable and agree that SCROY Series ("event") organizers, in their sole discretion, may delay or cancel the SCROY Series ("event") if they believe the conditions on event day are unsafe. In the event the SCROY Series ("event") is delayed or cancelled for any reason, including but not limited to acts of God or the elements or any other cause beyond the control of SCROY Series ("event") organizers, there shall be no refund of entry fee or any other costs incurred in connection with the SCROY Series ("event"). I hereby grant full permission to any and all of the foregoing to use any photographs, videos, or any other record or transmission of this event for any purpose of the SCROY Series ("event") whatsoever.

I HAVE READ AND UNDERSTAND THE ABOVE WAIVER AND UNDERSTAND THAT MY PARTICIPATION IN THE SCR ROY SERIES ("EVENT") PRESENTS A RISK OF PHYSICAL INJURY; KNOWINGTHIS, I AM ENTERING THE SCR ROY SERIES ("EVENT") AT MY OWN RISK.

_____/_____/_____ _____/_____/_____

SIGNATURE (Signature of Parent or Guardian is required if participant is under 18 years of age) DATE

SCR Central

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

BREVARD RUNNING GROUP CHALLENGE



Join the festivities at the next SCR sponsored fun run!

The **Brevard Running Group Challenge** will be held in Cocoa Village at Daddy Ultra Runs at 6:00 pm on **Wednesday, August 5th**. Represent your running group/training camp/team. We'll be giving out a "Top Participation" award to the group with the most runners and walkers.

Water and Gatorade will be provided on River Road at mile 1.5. We'll have free pizza from Ryan's ready for you post-run along with a beer special from the Village Idiot. The participation award will be announced at 7:15pm.

All participants must sign-in prior to the fun run to be counted. Sign-in will open at 5:15 pm and continue until 6:05 pm. Check out the [event on Facebook](#) for all the details.

welcome! NEW MEMBERS!

<i>Amy Aldridge</i>	<i>Anna Montes</i>
<i>Wesley Carpenter</i>	<i>Tricia Rydson</i>
<i>Gus Diaz</i>	<i>Grace Shagena</i>
<i>Ron Getska</i>	<i>Michael Squires</i>
<i>Austin Hahn</i>	<i>Christopher Squires</i>
<i>Alex Hansen</i>	<i>Anna Squires</i>
<i>Abbigail Hansen</i>	<i>Clara Squires</i>
<i>Gayna Hansen</i>	<i>Brian Timmons</i>
<i>Kris Hansen</i>	<i>Jessica Vanatta</i>
<i>Jennifer Hasse</i>	<i>Charlotte Walters</i>
<i>Randall Hultgren</i>	<i>Debbie Wells</i>
<i>Mathew Lerret</i>	<i>Roxy Williams</i>
<i>David Lerret</i>	<i>Reanna Williams</i>
<i>David Linney</i>	<i>Robert Williams</i>

SUNDAY RUN SCR is running on the NORTH side.

JOIN US on the SCR Fun Run
Sunday Mornings at Cocoa Village
club announcements 6:25 AM | run 6:30 AM

(Photo credit: Steve Colella)

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

Running Zone in Melbourne
Daddy Ultra Runs in Cocoa
We look forward to running with you!



FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

SCR Central

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

FOLLOW US ON >>TWITTER: @SPACESTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS



Rockledge fun runners proudly display their blue ribbons after being named the inaugural Battle of Brevard winners.

The ROCK wins inaugural Battle of Brevard!

The city of Rockledge captured the blue ribbon in the first-ever Battle of Brevard fun run on July 1, 2016. This unique fun run took place at Daddy Ultra Runs in Cocoa Village. The Rockledge participants took down thirteen other towns and cities of Brevard County with their participation turnout of fifty-one people. They edged out second place Cocoa Beach by one participant. Merritt Island placed third overall. "Attendance was tremendous and way more than we had hoped for. It was awesome seeing everyone come together to "battle" and represent their town/city by wearing its designated color.", said Brittany Streufert, one of the SCR event organizers.



Fashion Police:

"Like a STAR, you can't stop his shine!"

Everyone was racing in the red, white and blue at the Firecracker 5K in July to honor America. However, Jim Huff, 49, of Malabar stood out in the crowd with his star-spangled running attire. Many participants around the runner were obviously star struck.

Our fashion radar zeroed in on Huff 's stars which he donned head-to-toe. Pairing the starry statement pieces with American red racing shorts, Huff earned four stars for his Fourth of July look so we salute Jim for his fearless, 2015 patriotic style.

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.

Peak When It Counts

Next Camp August 18th 6PM

- ⊗ **Beginner, intermediate or advanced training levels**
 - ⊗ **Personalized 12-week schedule**
 - ⊗ **Track, causeway and beach workouts**
 - ⊗ **Circuits to strengthen, yoga for athletes**
 - ⊗ **Finisher T-shirts and fun!**

Tuesdays 8/18 to 11/3

Hoover Middle School, 2000 Hawk Haven Dr, Indialantic

\$140 New Participants

\$110 Returning Participants

Discounts for Referring Friends

Register now!

www.runsignup.com/Race/FL/Indialantic/PeakWhenItCounts



Questions? Email
info@uprunningfitness.com

SCR Central

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

reader

DIY GARDEN TIPS



I just returned from a trip to Northern NJ to help my sister Shawna plant her 5 acre garden. I thought it was really cute what she did with a few pairs of her old running shoes.

Janiene L Pape
Titusville's slowest runner!
(smiles)



WE'RE NOW ON



@SPACECOASTRUNNERS

Instagram

SPECIAL SCR MEMBER RACE DISCOUNTS

- ◆ Take advantage of 15% OFF the [12-Hour Tick Tock Ultra & Team Relay](#) in Lakeland on September 26th. Enjoy a fully-supported, beautiful course, custom medals, cash prizes, and fantastic after party! Use code **SpaceCoastRunner** when you register.
- ◆ Receive a 20% discount on all [Virtual Strides](#) events by entering the club member discount code **SCR20** during registration. Up next on August 30 is the "Quest for the Golden Pearl" virtual 5k/10k/Half Marathon.
- ◆ [Best Damn Race](#) which offers 5K, 10K, Challenge, and Half Marathon distances is offering \$5 off registration to any of their events. Use code **RUNFAST**. Cape Coral is 12/13/15, Jacksonville is 1/16/16, Safety Harbor is 2/6/16, and Orlando is 3/5/16.
- ◆ Save \$10 on the [Town of Celebration Marathon & Half Marathon!](#) This year's event will take place on January 31st, 2016. Register by the end of June to receive the lowest pricing and to guarantee your spot in the race. Use code **SCR**.
- ◆ Registration is now open for the 3rd annual [Tomoka Marathon, Half Marathon & 5K](#) in Ormond Beach on Saturday, March 26, 2015. Save 10% with code **SCR10**.
- ◆ [Vacation Races](#) is extending a 15% discount to all SCR members on these fantastic races: Great Smoky Mountains Half Marathon, 9/12, Yosemite Half Marathon, 10/10, Lake Powell Half Marathon, 10/17. Use coupon code **15SCR1978**.

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

SCR Central

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



CONGRATULATIONS SCR BOSTON 2016 QUALIFIERS!

Space Coast Runners were ready to run at the 39th running of Grandma's Marathon in Duluth, MN. Twelve runners from Brevard County qualified for the 2016 Boston Marathon. Congratulations everyone!

Tony Bills 3:26:02 — Betsy Butler 3:44:52 — Cristina Canales 3:51:45 — Steve Chin 2:59:45 — John Davis 2:42:21
Julie Hannah 3:15:54 — Joe Hultgren 3:15:55 — Scott Larson 3:10:05 — Ron Ritter 3:09:52 — Cheryl Ritter 3:48:07
Shane Streufert 2:42:06 — Angela Wells 3:42:15

KINNUNEN IS A KONA QUALIFIER

Let's say "Aloha" and congratulations to SCR member, Joel Kinnunen who withstood record-high heat at Ironman Coeur d'Alene in Idaho on June 28th and walked away with a spot to the big show, Ironman Kona.

Kinnunen, 49, of Viera qualified with an impressive time of 10 hours, 22 minutes and 26 seconds. "I finished 5th in my age group, 68th overall. There were 4 slots to Kona but the 4th place finisher did not take his slot. This will be my first trip to Kona.", said the long course triathlete whose wife cheered for him the entire day. "I owe a lot to my wonderful wife, Stephanie, whose love and support helped me reach my goal of qualifying for Kona. I have been trying to qualify for many years and it finally all came together on race day.", said Joel.

With temperatures reaching 105 degrees during the marathon, it was the hottest day ever recorded in Coeur d'Alene during the month of June. The average temperature on race day is typically 65 degrees. Well done, Kinnunen. You are an IRONMAN! .



Photos courtesy of Stephanie Kinnunen

SCR Central

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

BRING BOSTON TO BREVARD



The film 'Boston' is set to be released in 2016. Directed and produced by Jon Dunham, the director of Spirit of the Marathon, the film will highlight the 2014 Boston Marathon while also delving into its history since the race began in 1897.

This will be the first time the event has been the focus of a feature-length movie.

To view the Boston film trailer, [click here](#).

Space Coast Runners is pairing up with the BOSTON fundraising team to help fund the movie. The first 100 teams (or individuals) to raise \$2500 will get a *free* screening of the movie in our city!

We want to make that happen. To help us reach our goal, show your support by donating online at: <https://crowdrise.com/SpaceCoastRunners>.

SAVE THE DATE ~ SEPTEMBER 18, 2015



Top: Susie Koontz, Nancy Wingo, Dodie & Moe Johnson
Bottom: Christina & Kurt Russell

Summer Social a Hot Success!

With the hot weather here to stay, there was no better way to celebrate the season on Saturday, July 18th than by having fun with fellow runners and walkers at the annual SCR Summer Social. There was a great turnout, fabulous food, an ice cold keg and of course, the prize wheel. Seven new members joined at the social and fifty three renewals were received. The club also took in 29 all-at-once Runner of the Year race registrations.

Additionally, the first SCR Racing Team members were announced to much applause and presented with their team uniforms. A big thank you to all the SCR board members and volunteers who helped put together the social.

SCR Central

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

Running on Island Time 5K

FEATURED RUNNER OF THE YEAR SERIES RACE

It's the 10th anniversary of the **Running on Island Time 5K!** If you've never run this race before now's the time...every finisher will receive a commemorative medal.

Last year there were over 330 runners and walkers. Tech shirts are guaranteed to the first 350 entrants this year. Listen to steel drums playing as part of the pre-race festivities.

WHERE ► Divine Mercy Catholic Academy, Merritt Island

WHEN ► 7:30 AM Saturday, August 22

COST ► Early discounted registration for SCR members is \$25 thru 8/18/14

WHAT TO EXPECT ► Florida summer heat at its finest BUT a nice out and back course with no hairpin turns. Plus, the special Oreo peanut butter banana treats are always awesome. Lots of raffles are always awarded.

COURSE RECORDS ►

Male: Steven Cross - 15:45 (2014)

Female: Jessica Crate – 17:28 (2010)

Reigning Team Competition Champs — MIHS Cross Country

SCR YOUTH SERIES ► Featuring 1/4 mile and 1/2 mile distances for the little runners.
8:45 am start time

ONLINE RACE REGISTRATION ► [Click here](#)



THE MEN



THE WOMEN

RUNNERS MAKE YOUR MARK

A new team was introduced by president, Dick White at the Summer Social — the *Space Coast Runners Racing Team*. SCR is now officially ready to compete on the local run scene.

Bob Rall and Joan Meadows will serve in the key roles of team co-captains. Joan tells us, "The strength of the team is each individual member. The strength of each member is the team. Honored to be part of this one!"

Anticipation is building as the first team race approaches. Team member, Lisa Hamelin said, "I'm super excited to be a part of the inaugural Space Coast Runners Race Team. I know with Bob and Joan as our co-captains, this team will grow and prosper! Looking forward to the first race of the series, Running on Island Time (which happens to be my favorite)."



Look for your fellow members out their racing in red. Carol Ball was hard at work this summer working on the coordination of the sleek team uniforms. Go Team SCR!

10th Annual
Running on Island Time 5K Walk/Run
Saturday, August 22, 2015 @ 7:30A



- *Electronic Timing by Running Zone*
- *All Finishers receive a commemorative medal!*
- *Technical shirts guaranteed for first 350*
- *Door Prizes & Yummy Post Race Refreshments*

Register Now!

MAIL: Registration forms and payment to
Divine Mercy Academy c/o 5K Race
1940 N. Courtenay Parkway, Merritt Island, FL
32953

ONLINE REGISTRATION:
<http://secure.runningzone.com>

FEES:

Early Register (postmarked 8/18): \$30
\$5 Discount for SCR Members for Early Registration
After 8/18 or Day of Race Registration: \$35
Students (17 & Under): \$20
SCR Youth Series – Must Register FREE
Kids Fun Run – No Register FREE

TIMES:

Early Packet Pickup: Running Zone on 8/21 10A – 6:30P

RACE DAY 8/22:

6:00AM: Packet Pickup and Day of Registration
7:15AM: Day of Race Registration Ends
7:30AM: 5K Run/Walk Begins
8:45AM: Youth Series and Kids Fun Run Begins
*Awards to Follow Kids Run



Runner of the Year (ROY) Series Kick-off Race



Did You Know?

SCR MEMBER



SHERRI LORRAINE

Helping to prevent lymphedema in breast cancer patients



Photos courtesy of Pics 4 Da Girls
Photography by GML



Fellow SCR member, Julie Hannah is fitted by Dr. Lorraine for her "For the Girls Compression Top." She is a Breast Cancer survivor, extremely fast runner and our beautiful model!"

"FOR THE GIRLS COMPRESSION TOP"

Dr. Sherri Lorraine, Doctor of Women's Health Physical Therapist is the designer and creator of the "For the Girls Compression Top", a garment she designed for Breast Cancer patients to prevent Lymphedema.

HOW DOES IT WORK?

The top applies a mild uniform compression in the chest, upper trunk & arms and armpit area to decrease fluid pooling and increase fluid uptake, especially during activity, to help prevent Lymphedema.

The For the Girls compression top has a wide scoop neckline that allows the patient to step into the garment, preventing the patient from needing to reach overhead and injuring surgical sites. It has sleeves that reach to the thickest part of the upper arm preventing impedance on the armpit area and a cropped bottom to keep the fluid compartmentalized and to keep it from being seen under everyday shirts.

I currently have a prototype that is being worn and I've crossed my fingers that the final garment (patent pending) will be available this month. And, the top will be made here in the USA which is very exciting.

IS LYMPHEDEMA COMMON?

According to the National Institute of Cancer, 83% of

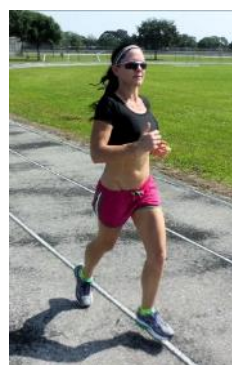
women diagnosed with Breast Cancer will get Stage II Lymphedema. Once someone gets Lymphedema, they never get rid of it. So it is very important to prevent it from happening.

Lymphedema can be prevented with proper education and treatment, compression decreases swelling by 40%.

NEXT STEPS

The "For the Girls Compression Top" motto is..... "Prevention IS the cure for Lymphedema".

I started a GoFundMe campaign in July that will run through August 14th. I'm raising funds to pay for the patent, production of the next batch of tops and distribution. We have a not-for-profit sector that will supply women with a top who do not have the funds to purchase one on their own.



For more information or to get involved check out:

www.GoFundMe.com/ForTheGirlsTop

Doctor Of Women's Health Physical & Occupational Therapy Services
doctorofwomenshealthtpt.com

GirlfriendsGuild.org
<http://girlfriendsguild.org>

Facebook
www.facebook.com/Breastcancershirt.org

AWARDS NIGHT

PETRILLO AND DAVIS NAMED RUNNERS OF THE YEAR

The 34th annual SCR Awards Night recognized the outstanding successes of its members in front of a record crowd. It was a 'Who's Who' of the Brevard running community as outgoing president, Ed Springer congratulated the evening's winners.

Lisa Petrillo and John Davis were crowned the overall "Runners of the Year". Petrillo (pictured left) accepted her award to loud cheers and applause.

Springer inducted Pat Dixon into the Hall of Fame for her exceptional running career. Bernie Sher received the special and well deserved Lifetime Achievement Award. And, Carol Ball handed out the Golden Shoe Award to Brittany Streufert for her volunteer efforts and contributions.



AWARDS NIGHT

PEOPLE'S CHOICE

For the first time you nominated and voted for your favorites in four new award categories. Seventy four nominations were received. Top nominees made the ballot and the winners were announced at Awards Night.

MOST INSPIRING ATHLETE

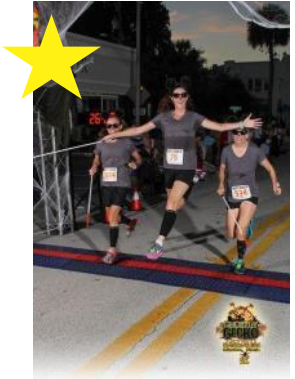
WINNER: JULIE HANNAH

Having overcome Stage 3 breast cancer over the past year to return to top racing form, Julie demonstrated she is not only a fierce competitor at a running race but is also a survivor. Upon receiving her award, Julie gave a heartfelt thank you to her friends and the running community for showing her so much love and support.

Fellow nominees included 2016 Olympic triathlete hopeful, Kaitlin Donner and Cocoa Beach Fun Runners founder, Michael Higgins.



BEST FINISH LINE PHOTO



WINNER

Marie Thomas, Brittany Streufert, Molly Kirk



Kira Juraneck with her son, Colton

MOST IMPROVED RUNNER OF THE YEAR



WINNER: CHERYL RITTER

During the 2014-2015 racing season, Cheryl set personal records in the 2 mile, 3K, 5K, 8K, 10K, half marathon, and marathon. And if that wasn't impressive enough, her first attempt at the marathon distance resulted in a Boston qualifier. Cheryl's come a long way since she first started running in 2010.

Fellow nominees included Rhonda Creek, Joe Lento, Ron Ritter and Teen Sum

BEST LOCAL 5K RACE



WINNER

Eat My Crust 5K

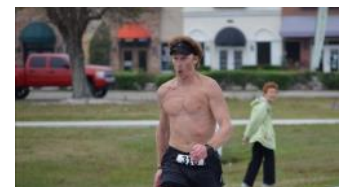


Fellow nominees included Downtown Melbourne 5K, Fall into Winter 5K, Melbourne Art Festival Flamingo 5K, Turtle Krawl 5K



Jonathan Howse

Ilse Berube's son, Ryan



Howard Kanner



Florida Today 5K & 8K



Half Marathon Training Camp



**Train with
Coach Abe Oros!**

**Half Marathon Camp
begins Sept 8th**

12 week program ~~\$350~~
**One-time Introductory Offer
\$300!**

**Half Marathon
Register HERE!**

**Use code URFMTHON for
the option to pay by check
1st day of camp



OUR GOAL

Get you to the starting line
healthy, physically and
mentally prepared!

All Levels Welcome

**Beginners to experienced runners
who want a new PR**

What *does* this camp include?

- ✦ 3 training days with Coach Abe!
- ✦ Personalized training plan
- ✦ **S**trength **F**or **R**unners at CFRA!
- ✦ Yoga for Athletes at CFRA!
- ✦ Mental strategies

**Lots more info @
uprunningfitness.com**

Runner of the Year Series

MALE DIVISION

1ST John Davis

2ND Shane Streufert

3RD Steve Hedgespeth

Masters Joel Fenlason

Grand Masters Art Anderson

Senior Grand Masters Jerry Bird

9 & Under

Maxwell Walker

10—14

Cameron Shagena

Carmine Lento

Angelo Lento

20—24 —

Wade Dauberman

35—39

Jonathan Howse

Mike Acosta

James Krupp

40—44

Joe Lento

Ron Ritter

Ron Roff

45—49

Keith Snodgrass

Joe Castner

Micah Vanatta

Michael Walker

50—54

Joe Hultgren

Keith Kowalske

Chuck Mathews

55—59

Matt Mahoney

Sal Farino

Keith Dutter

Loran Serwin

Greg Griffin

60—64

Wolfgang Jensen

Bud Timmons

Abe Oros

65—69

David Grant

Teen Sum

Dennis Dailey

Gary Castner

Ray Brown

70—74

Michael Zeitfuss

75—79

Morris Johnson

80+

Bob Pecor

FEMALE DIVISION

1ST Lisa Petrillo

2ND Marie Thomas

3RD Cheryl Ritter

Masters Brittany Streufert

Grand Masters Lori Kruger

Senior Grand Masters Jacquelyn Kellner

10—14

Lillian Robertson

15—19

Rachel White

20—24

Michelle Au

25—29

Cami Waldon

Charlene Anstett

Dana Maughn

30—34

Joanna Beckes

Amanda Shagena

Kimberly Yates

35—39

LeAnn Castner

Rachael Breckenridge

40—44

Julie Hannah

Wendy Lento

45—49

Betsy Butler

Ilse Berube

JoAnn Boland

50—54

Molly Kirk

Tena Hochard

Beverly Glenn

55—59

Joan Meadows

Sara Griffin

Patti Sponsler

60—64

Susie O'Connell

Luanne Memmott

Lisa Farrall

65—69

Mary Ramba

Susie Koontz

Pat Kiesselbach

70—74

Willy Moolenaar

75—79

Dodie Johnson

80+

Roberta Osterling

SPACE COAST RUNNERS

Runner of the Year Series

AGE GRADED DIVISION

FEMALE

1ST Jacquelyn Kellner

2ND Lori Kruger

3RD Marie Thomas

MALE

1ST Shane Streufert

2ND John Davis

3RD Art Anderson

RAN ALL RACES

MALE

Art Anderson

Ray Brown

Gary Castner

James Chiravelle

Joel Fenlason

Michael Higgins

Joe Hultgren

Morris Johnson

Joe Lento

Ron Ritter

Cameron Shagena

Shane Streufert

Maxwell Walker

FEMALE

Beverly Glenn

Jacquelyn Kellner

Pat Kiesselbach

Joan Meadows

Lisa Petrillo

Cheryl Ritter

Marie Thomas

Cami Waldon

YOUTH SERIES

Lillian Robertson—5 races

Abigail Tastad — 5 races

Grace Shagena — 4 races



Top: The age graded winners for the ladies (left to right) Marie Thomas, Lori Kruger, Jackie Kellner with SCR president, Ed Springer

Center: Ten of the Ran All Races men pose for their award pic.

Bottom: Youth Series participation winner, Lillian Robertson proudly displays her "beary" nice award.

AWARDS NIGHT



**Out of this
World!**



Kirk & Ingrid Baird

SCR Founding Father, Bob Lawton displays the original club logo



The evening's host, Bob Rall



The 24-29 Female Age Group Winners



SEPT 13, 2015 9AM NEPTUNALIA CHALLENGE



www.supngo.com

Ballard Park, 924 Thomas Barbour Lane,
Melbourne, FL 32935

SUPNGO Race Series returns to Ballard Park for SUP Racing

Revenge of the Kraken – 6 Mile Elite Race for the MONEY

Men's & Women's Division, 14' & 12-6" Category*

1st \$500, 2nd \$250, 3rd \$125

- Minimum of 10 participant required in each category and division for full pay out

Manatee Madness – 4 Mile Race & 1 Mile Fun Race



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get a finish medal
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RAFFLES

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729 N Harbour City Blvd
Melbourne, FL 32935

Supngo.com

Neptunaliachallenge.com

Paddlingparadise.com

2015

SCR

Lifetime Achievement Award

Recipient: *Bernie Sher*



Space Coast Runners has two awards which recognize individuals for their accomplishments and contributions to SCR and the sport of running. They are the Golden Shoe and Hall of Fame Awards. SCR has decided to recognize distinguished individuals who have gone above and beyond the Hall of Fame and Golden Shoe with the honor of the Lifetime Achievement Award.

In addition to being inducted into the Hall of Fame in 2010, Bernie Sher became the second recipient of the esteemed Lifetime Achievement Award which was presented on June 6th.

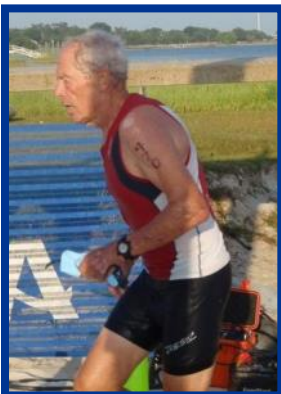
Bernie is a retired Air Force Lt. Colonel and Coach. He didn't begin racing until age 40. It turned out that hard work and some natural talent gave him multiple age group wins at all distances as well as a personal best of 2:58 at the Boston Marathon. Bernie has completed sixteen marathons.

Bernie qualified for the Hawaiian Ironman World

Championships four times and competed there three times (95, 97, 98). He placed 5th in the 55-59 age group in 1995 and was one of the first men in the U.S. to break the five hour barrier at the half Ironman distance in that age group. Bernie helped break the perception people held that older athletes can't go that fast. Bernie broke the 5 hour barrier again at age 59.

In addition to being an accomplished runner and triathlete, Bernie has, and continues to give back to the running community. He was a Space Coast Runners Club Board member for multiple years - 2002, 2003, 2004, 2011 and 2012. Bernie has volunteered at multiple races and was a familiar face at many running events coaching and supporting all runners and triathletes.

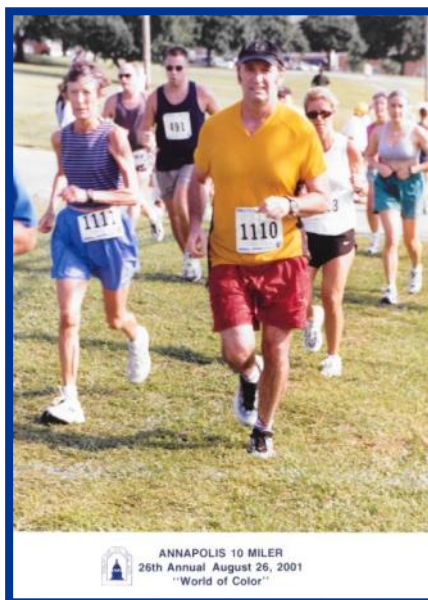
To read more Bernie's incredible journey as a Runner, Ironman, Volunteer, Coach, SCM Director, Inspiration and Survivor, visit the Space Coast Runner's Hall of Fame online by [clicking here](#).



IN BERNIE'S WORDS: Recognition from SCR members for accomplishments benefiting the club and club membership is in itself a **great honor** and I am humbled and most appreciative of the award. I look forward to doing what I can to help Space Coast Runners meet its **future goals**.

2015 Hall of Fame

Inductee: *Pat Dixon*



When Marty Winkel nominated Pat Dixon for the Space Coast Runners Hall of Fame he did so based on the longevity of her career and her unwavering dedication to running. However, he also knew there was a lot more to this athlete. For those who attended Awards Night they learned about her undeniable strength and character and especially how unique and humble she truly is. Pat Dixon is now the 20th member of the SCR Hall of Fame.

She's run over twenty-five marathons including the Hawaii Marathon, Boston Marathon, Space Coast Marathon, and the now defunct Daytona Marathon. Pat conquered the Space Coast 50K Cross Country Beach Run every year it was held as well as the Space Coast 24 Hour Ultra Marathon. She even opened the very first running store in Brevard County in the early 80's.

In 1993 Florida Running & Triathlon magazine ran an

article covering the Tropical 50-Miler. It stated, "In spite of working until mid-night Friday, Pat Dixon, a grandmother of three and holder of two age group 50K state records, went on to win the women's title in 9:28:04" beating the second place overall winner by 1:30:03". Pat was 58.

Pat's philosophy about running, which she still follows today is, "Listen to your body and then do what you want." And, we have to say it's been working for Pat for a long time. Another philosophy of hers is, "Just do it and enjoy it, even if you are in pain".

Pat recently turned 80. Although she has been and still is very competitive, she never recorded or saved her times. She just went out to win. To read more about Pat and her many accomplishments, visit the Space Coast Runner's Hall of Fame online by [clicking here](#).



IN PAT'S WORDS: It is hard to believe, but I've been running now for almost 40 years and when I think about it, I can honestly say that **running saved my life**. Over the years, I realized that if I could run a 5k, then a 10k, a marathon, ultra marathons and 24-hour runs, that I could do anything. Through **my running** and most importantly, with the help of God, I've been able to go to many exciting places, do things I never dreamed possible and to make many wonderful friends.

2015

Golden Shoe Award

Recipient: *Brittany Streufert*



The SCR guideline for the Golden Shoe Award is that the individual has a positive influence on the sport of running based on his/her contributions to the community. When submitting the nomination, Carol Ball believed that the guideline could go one step further and state that the nominee should be a person who gives their time selflessly and without request. As the twenty-sixth recipient of the Golden Shoe Award, Brittany Streufert certainly fulfills that guideline.

Brittany is a gracious and thoughtful person who makes things happen. She has been directing, along with Mike Acosta, the Eat My Crust 5K for 4 years. This race has been a huge success story, largely because of Brittany's marketing and organizational skills. Her determination has made it an event and not just another 5K!

What has most impressed Carol about Brittany was her earnest and unsolicited desire to help Space Coast Runners be the Club that we all want it to be.

In the last two years, Brittany has volunteered and has been working tirelessly behind the scenes on the SCR Newsletter as Design Director – first under Editor Bob Rall, and now Lisa Hamelin. Bob, Lisa, and Brittany all worked hard to put together a newsletter – worthy of the RRCA National E-Newsletter Award this past year! In addition, Brittany's social media expertise keeps our club active in the cyber world – a must in today's society. What is so great about Brittany is that you don't have to ask for her help, she offers it time and again.

To read more about Brittany Streufert and the Golden Shoe Award, visit the Space Coast Runners website by [clicking here](#).



IN BRITTANY'S WORDS: I've found volunteering to be **personally rewarding** on so many levels. It's an opportunity to learn from others and to meet fantastic people I wouldn't necessarily have connected with. My husband, Shane signed me up as a **SCR member** in 2009 even though I had no idea what that meant. Through years of watching all these enthusiastic athletes with inspiring stories and goals I knew it was time to get involved with the club and to try and give back. It was a **great honor** to accept the Golden Shoe Award. Thank you SCR!



Join Hope Ministries in "helping hearts heal" at the Third Annual Ryan's Hope 5K Run/Walk. Hope Ministries would like to present the community with a Ryan's Hope Scholarship that would give someone the opportunity to get the help they need through Addiction Recovery Counseling, Education and Counselor Training.

Saturday October 3, 2015 • 8:00 AM

Event Location

Goode Park
1300 Bianca Drive
Palm Bay, FL 32907

Early Registration (with Guaranteed T-Shirt)

Before September 19, 2015 - \$20

Registration

September 20, 2015 - October 3, 2015 - \$25

ONLINE REGISTRATION IS AVAILABLE AT

www.uprunningracemanagement.com

Awards

September Shirts guarantees to pre-registered participants only

Top 3 Overall Male/Female

Awards 3 deep in 5 year Age Groups

(9 & under, 10-14 thru 75 & up)

Contact Information

Peggy Briede (321) 537-7204 (Hope Ministries/Sponsorship Info)

Bobbie Jentz (321) 394-1821



The third annual **Bottoms Up Beer Run 4K** kicked off at Wickham Park on June 13th. The hot weather and cold beer made for a great combination. The Space Coast Associates for the Advancement of Zymurgy (SAAZ) is the host of this fine event. The what??! Zymurgy is the scientific study of fermentation, aka homebrew!

335 participants started off with a 4oz beer toast to get the race started, then made their way to three other beer stops along the course. There were five different homebrews along the way. The finish was complete with competitors celebrating their run with a full beer. Costumes were encouraged as well as teams. Bottle opener finisher medals were given to all.

St. Baldrick's Foundation is the ongoing beneficiary for this race. Their mission is to help kids fight cancer by supporting childhood cancer research. For complete race results, [click here](#).

Race report by Lisa Hamelin.
Photos by Doug Carroll.

OVERALL MEN

Daniel Taurasi, 16:04
Jared Osswald, 16:16
Keith Moon, 16:22

OVERALL WOMEN

Ceal Walker, 16:55
Gianna Rogers, 18:33
Charlotte Walters, 19:59

MASTERS

Doug Nichols, 16:38
Julie Hannah, 20:03

TEAM DIVISION

It's 5 O'Clock Somewhere
Kegs With Legs
Blood, Sweat and Beers



Left: Costume contest winners. Middle & Right: Happy finishers celebrating with a refreshing homebrew.



Tri, Tri, Tri Again: Indialantic Boardwalk Triathlon a Success

Great things seem to happen in threes and the Third Annual Indialantic Boardwalk Triathlon was no exception.

Over 200 people gathered at sunrise in Indialantic on June 21 to begin the first leg of the triathlon. Participants had the choice of swimming 1/3 of a mile or paddle boarding just under a mile. Both choices are USAT Sanctioned events, but only those who chose to swim could earn points for ranking.

According to Race Director, Trish Facciobene, “You could not have ordered a more perfect morning. The water was like glass.”

After completing the swim leg, participants hopped on their bikes for a 13 mile ride and then finished with a 3.1 mile run. Racers find the route for this race to be one of the best because there is little traffic.

Facciobene said one of the biggest compliments she gets is about the course. “People love going into the ocean. And since we close the roads for our race, they always comment on the safety of the bike route and road run.” In addition, sweepers are always on the route to help anyone who might need a hand.

A great race never ends with the finish line. At the end of the triathlon, everyone gathered for a beach-themed party and award ceremony. The Overall Male and Female will get their names on a paver on the boardwalk, and a paddleboard was also given away. Paddleboard House donates a paddleboard every year to a participant in the race. Other sponsors such as 3D Sports Medicine & Orthopedic Center provided support and volunteers for the race.

The participants were not the only winners here. The money raised benefits the Candlelighters of Brevard, who have been helping young cancer patients and their families for more than 25 years. For complete race results, [click here](#).

Race report by Angela Leeds and photos by George Campbell

MALE OVERALL CHAMPIONS

Chris Loy	1:01:09
Eric Christensen	1:04:32
Julio Castillo	1:05:18

MALE MASTERS CHAMPION

Torry Brennan	1:05:47
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GLYDESDALE

Jeff Miller	1:17:39
Kris Hansen	1:27:20
J. Gagliardo	1:29:32

MALE FAT TIRE

Chris Cecillione	1:30:43
Mark Campbell	2:05:12

MALE FIRST TIMER

Enzo Rastelli	1:17:35
T. Lanzilotti	1:24:40
Musa Kurdi	1:24:41

STAND UP PADDLEBOARD

Paul Scully	2:01:11
Brad Hallock	2:18:02

FEMALE OVERALL CHAMPIONS

Jamie Guth	1:17:04
Sarah Manierre	1:20:30
Lindsay Skinner	1:22:29

FEMALE MASTERS CHAMPION

Lori Kruger	1:23:42
-------------	---------

ATHENA

Tara McFarlane	1:27:43
Lindsay Greer	1:30:20
Melissa McAvoy	1:36:08

FEMALE FAT TIRE

Eroica Davis	1:32:38
Verena Faure	1:37:04
Joyce Troll	1:37:54

FEMALE FIRST TIMER

Chelsea Brady	1:25:51
Alison Ferlauto	1:29:11
C. Lanzilotti	1:34:03

STAND UP PADDLEBOARD

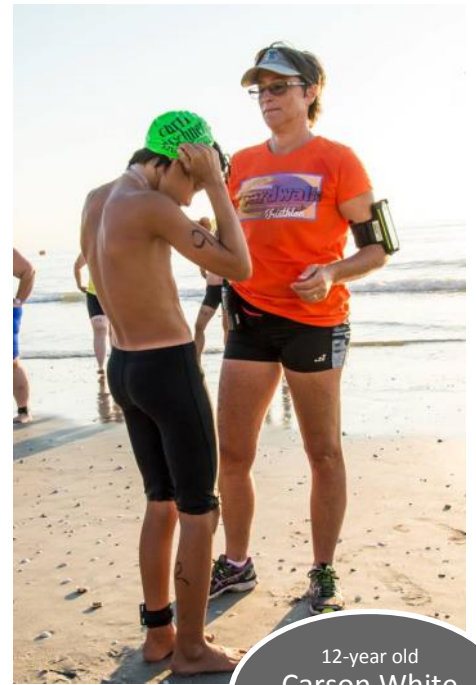
Robin Moran	1:35:20
Cristina Boeri	2:05:06
Tina Campanile	2:07:27

OVERALL RELAY

BK Sandwich	1:19:25
Lisa Hamelin/ Keith Cook/ Laurie Paul	

SUP RELAY

Riviera Team	1:32:59
Jono Rabley / Helg Goebel	



12-year old Carson White was the youngest competitor



200+ participants lined the beach in Indialantic



STAND UP PADDLEBOARD

YOGA AND TECHNIQUE INSTRUCTION

STRENGTHEN YOUR CORE AND INCREASE BALANCE AND FLEXIBILITY



Yoga on the SUP (1hr) –

\$35 (Includes equipment)

9:30am and 5:30pm – every Wednesday

9:30am – every other Saturday

Class size is limited – Pre-Register at

<http://www.solsupandyoga.com/sup-yoga>



Introduction to SUP (1hr) -

\$35 (Includes equipment)

11:00am and 3:30pm – every Wednesday

11:00am – every other Saturday

Class size is limited – Pre-Register at

<http://www.solsupandyoga.com/paddlefit>

Starting August 1, 2015 Every Other Saturday

Starting August 5, 2015 Every Wednesday

Kiwanis Island Park
951 Kiwanis Island Park Rd
Merritt Island, FL 32952

Jane Garrard - RYT200 and PaddleFit Level 2



The Fourth of July dawned clear and warm as runners started their holiday with a bang at the Firecracker 5k, the first in Running Zone's 2015-16 race series. Friends and families gathered in Melbourne for this festive 5k that included a "most patriotic" costume contest and a Hero division for military, fire, and police runners. Finishers received an American flag at the finish, as well as a popsicle to cool off with after a sizzling hot race.

Chris Cacciapaglia won handily for the second year in a row; on the women's side, Kaitlin Donner was the winner, fitting in this race as she prepares for the upcoming ITU World Triathlon series. A total of 968 participants finished the race, then enjoyed Einstein bagels while waiting for the awards, including the random giveaway of a free iPad.

The next race in the Running Zone series will be on August 8th in Viera at the I Run for Pizza Football Kickoff 5k. For complete race results, [click here](#).

Race report by Marisa Flint. Photos by TriHokie Images.



OVERALL MEN

- Chris Cacciapaglia, 16:54
- Garrett Camps, 17:15
- Michael Wilson, 17:22

OVERALL WOMEN

- Kaitlin Donner, 18:34
- Vanessa Valentine, 18:46
- Sara Trane, 19:23

MASTERS

- Shane Streufert, 17:39
- Tracy Dutra, 20:18

HERO

- Joel Fenlason, 18:57
- Bryan Sims, 19:33
- Kyle Rykaczewski, 21:16

SCHOOLS

- Manatee
- Indian Harbour Montessori
- Meadowlane

TEAM DIVISION

- Longdoggers Club
- Running Zone
- Health First



Left: Dan Greenlee proudly carries Old Glory to the finish line. **Top Right:** Teri Mahnken heads smiling to the finish. **Bottom Right:** Tracy Dutra handily won the Women's Masters award.



OVERALL MEN

Jim Piaskowy 19:48*

Patrick McCormick 20:39

Art Anderson 20:40

OVERALL WOMEN

Dina Viselli 20:55*

Melissa Kastanias 23:13

Leslie Faletra 24:55

MASTERS

Sean Black, 20:59*

Donna Davis, 28:04*

**Course record*

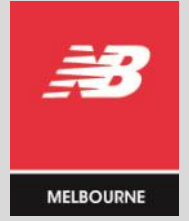
Summer. While most people think of donning their bikinis for a beach day and others ponder of what to cook on the grill outdoors, runners think of what 5Ks they can participate in and still beat the heat. Runners wishes were granted as an inaugural summer 5K was held on July 25th at 8:00am before the blazing sun made its appearance that day. Participants headed down to Long Doggers in Indialantic for running, camaraderie, hot dogs and did I mention free beer for those who were 21 and older? This race is part of the Up & Running Race Series and was held during low tide. Although it was a simple beach out and back race, it created a large impact to the Hubbs Sea World Research Institute (Melbourne Beach facility) as proceeds went to this organization. They are the first responders to stranded whales and dolphins on the East Central Florida beaches.

After the race, a cheer roared from the crowd, as they were able to finally able to eat their hot dogs and drink beer. Raffles were awarded such as Sea World tickets and an amazing prize of a dolphin experience at Discovery Cove. Awards were given to the top three in each category. Also, there was some carrying blow up dolphins, which later I discovered that there was a category for the top three to cross the finish line holding one! Cute, festive Run for the Tide jars were given to the winners who placed. There were dogs, kids, families, teenagers, couples, and men and women of all ages at this event. It was good to see familiar faces and meet in a new place during the summer. Redefine your definition of what summer activities should be and try this race next year.

For complete race results, [click here](#). Race report by Michelle Au. Photos by Up & Running Race Management .

SCR MEMBER DISCOUNTS!

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



Marty Winkel

321-537-3526

sceventmgt@gmail.com





Runner of the Year Series

KICKOFF IS ONLY 3 WEEKS AWAY!

Join us for the start of the 2015-2016 **SCR Runner of the Year Series**. Now in our 33rd year of competition, the ten race schedule features the very best events and a total of seven different distances from which to choose over the course of the season.

The kickoff will be held on Saturday, August 22nd in Merritt Island at the [Running on Island Time 5K](#). The race will also be the debut of the new Space Coast Runners Racing Team!

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

Members, it's your last chance to take advantage of the **All-At-Once ROY Series registration**. One registration will have you entered into nine races and you'll **SAVE** over \$50. Your registration must be received by August 10th. [Click here](#) to print the form.

2015—2016 SERIES SCHEDULE

08/22/15	Running on Island Time 5K
09/12/15	Turtle Krawl 5K
11/7/15	Space Coast Classic 15K & 2 Mile
11/29/15	Space Coast Marathon & Half Marathon
12/12/15	Reindeer Run 5K
01/30/16	Tooth Trot 5K
02/27/16	Eye of the Dragon 10K & 2 Mile
03/26/16	Downtown Melbourne 5K
04/09/16	Space Walk of Fame 8K
05/01/16	Eat My Crust 5K

THERE ARE SEVERAL WAYS TO PLACE IN THE ROY SERIES



ROY OVERALL

Space Coast Runners awards the top three overall male and female runners of the prestigious series. The open division winner will be presented an award and will receive a \$200 check. The second and third place finishers will also be presented an award.



AGE GRADED COMPETITION

Age Graded awards are given to the top three male and female runners.

What is age grading? Age grading is a way of putting all race participants on a level playing field, regardless of age or gender. Age graded scores let you compare your race times to those of different runners, as well as to the standard for your age and gender (Runner's World).



AGE GROUP AWARDS

The ROY series presents age group awards to the top 50% of the "eligible" runners or three deep, whichever is greater. Runners will receive points based on their finish in their age group and must run five series races to qualify for an age group award.

Age groups will be 0-9 years, then 5-year increments up to 79 and then 80 and over.

For the young runners, the Space Coast Classic, Tail of the Lizard and Space Walk of Fame offer 2-mile series races for the 0-9 and 10-14 age groups.



MASTERS DIVISION AWARDS

For the veteran runners, once the first three places are decided, awards will be presented to the top **Master** (age 40+), **Grand Master** (age 50+) and **Senior Grandmaster** (age 60+) based on the open division points for male and females.

First, the Master award will be given to the runner with the highest number of points who is 40 or older, then the Grand Master will be given to the runner with the highest number of points who is 50 or older, and finally the Senior Grandmaster will be given to the runner with the highest number of points who is 60 or older.

Please note: the series standings reflect your age on August 22, 2015, the date of the first race of the 2015-2016 ROY series season. If you have any series questions, please email Loran Serwin at lserwin@cfl.rr.com.

Runner of the Year Series

GET THE ENTIRE FAMILY INVOLVED IN RUNNING

SPACE COAST RUNNERS

Youth Series

Looking for a way to introduce your child to running?

Our **Youth Series** consists of 9 non-competitive FUN RUNS for youth ages 12 and under. It's perfect for little runners.

The fun runs are FREE, but parents will be required to sign a waiver on the day of the run for their children to participate. They are held in conjunction with the SCR series races and begin after the adult race is completed. Parents may run along with their children. Children will receive participation awards at each run

If your child completes 3 out of the 9 fun runs, they'll receive an end of the year award at the SCR Awards Night banquet.

Distances: vary per race but can be ¼ mile, 1/2 mile, and 1 mile (some run all three!)

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



Youth Series races will be held at:

Running on Island Time 5K Turtle Krawl 5K Space Coast Classic 15K & 2 Mile Reindeer Run 5K Tooth Trot 5K
Eye of the Dragon 10K & 2 Mile Downtown Melbourne 5K Space Walk of Fame 8K Eat My Crust 5K

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.



Sponsorship Opportunities!

Local businesses—here is a great opportunity for you to help support Space Coast Runners and the three SCR-owned races.

Your sponsorship support helps Space Coast Runners put on the best events possible for the running and walking community and at the same time we'll be sure to promote your business in exchange!

The three races help benefit great local organizations—the Eye of the Dragon proceeds benefit the SCR High School Scholarship fund. Spacewalk of Fame proceeds help benefit the Space Walk of Fame Foundation. Space Coast Classic proceeds benefit the Space Coast Basket Brigade.

For further information, please contact Lisa Hamelin at lisahamelin@gmail.com

Space Coast Runners Sponsorship Levels

Eye of the Dragon 10k/2 mile



Spacewalk of Fame 8k/2 mile



Space Coast Classic 15k/2 mile



	Olympic \$3000	Gold \$1500	Silver \$900	Bronze \$600	Supporter \$300
Sponsorship Benefits					
Recognition on Start/Finish Line Banner	Name and logo (large)				
Free Race Entries with T-Shirts	18 (6 to each of the 3 races)	9 (3 to each of the 3 races)	6 (2 to each of the 3 races)	3 (1 to each of the 3 races)	1 (Pick one of the 3 races)
Recognition on Race T-shirt	Name and logo (large)	Name and logo (large)	Name and logo (medium)	Name and logo (small)	Name (small)
Recognition on SCR Website (for the entire season)	Name and logo (large)	Name and logo (large)	Name and logo (medium)	Name and logo (small)	Name and logo (small)
Recognition on Individual Event Websites (for the entire season)	Name and logo (large)	Name and logo (large)	Name and logo (medium)	Name and logo (small)	Name and logo (small)
Recognition on all Race Applications/Marketing Materials	Name and logo (large)	Name and logo (large)	Name and logo (medium)	Name and logo (small)	Name (small)
Recognition in SCR Newsletter (distributed to over 800 active members)	Full page Sponsor Spotlight article	1/2 page Sponsor Spotlight article	1/2 page Sponsor Spotlight article	1/2 page Sponsor Spotlight article	1/2 page Sponsor Spotlight article
Recognition on SCR Social Media	Sponsor Spotlight article	Sponsor Spotlight article	Sponsor Spotlight article	Sponsor Spotlight article	Sponsor Spotlight article
Race Packet Inclusion	Yes	Yes	Yes	Yes	Yes
Recognition at Event	Yes	Yes	Yes	Yes	Yes



FEBRUARY 6|7, 2016

REGISTER NOW
THEFLORIDAMARATHON.COM

MELBOURNE IS NOW
THE FLORIDA MARATHON & 1/2 MARATHON



1/2 Marathon • Full • 5K • 8K • MASCOT MARATHON • DUNKIN' DASH KIDS RUN



Saturday join us for our kick off races!

USATF Certified 1/2 and Marathon Courses
Boston Marathon Qualifier Race - One of the Highest BQ rates in Florida
Tech Shirts to All Runners + Running Caps & Medals to All Sunday Runners
Post-Race Concert on Both Days



Florida Beer to all Sunday Finishers
Run Both Days for the Floridiot Challenge Medal!



Run/Walk with Official Race Ambassador Jeff Galloway
in his exclusive East Central Florida endorsed event!

"One of the prettiest half-marathon courses around."
-Bill Rodgers (4x NYC and Boston Marathon Winner)

RUN A MILE WITH

KRISTEN KLEIN, 33

Indian Harbour Beach, FL

Originally from: Battle Ground, Washington

Number of years running: 20

Began running because: I love to play. Running is the foundation for the majority of the sports that I'm involved with and I enjoy running so much because it is a community and a culture. It's a sport that you can do alone or with thousands of people. The gear is minimal and it will give you the opportunity to explore the hidden gems of your environment and surroundings.

I knew I was hooked when packing my running shoes for a vacation or work trip was just as important as packing my toothbrush.

Race personal records (PRs): 5K: 20:00; 10K (barefoot) 44:45; Half-Marathon: 1:41:36

What's been your biggest running accomplishment to date: The lasting friendships.

Favorite local and/or out-of-town race: Favorite local race: Eye of the Dragon 10K because it celebrates one of Brevard County's unique and local treasures. Favorite out-of-town race: Hood to Coast Relay 197 miles (Mt. Hood to Seaside, Oregon).

Favorite place to train: The beach

Running goals: To beat my 5K PR and get a sub 20. To race in the SCR 2015-2016 races and complete the Running Zone Race Series for 2015-2016. Also, the island of Bermuda is about 24 miles from end to end...I will run the length of the island someday.

Training philosophy: Adapt and keep it fun. Be supportive of yourself and others.

Running partners: Cocoa Beach Fun Runners/Walkers. The Black Keys make great running partners on solo runs.



RUN A MILE WITH

If I could run a mile with any other person(s), dead or alive: Cleopatra and Jacques Cousteau

Funniest or oddest thing I've seen while running: I've encountered elk, moose, a cougar, bears, prostitutes, a porcupine, and a shirtless man carrying a machete and a machine gun in the middle of the Guatemalan jungle.....where do I begin??

One piece of advice that I would give to a new runner: Keep it fun, run with a group, and ask questions. Every runner has a story and a bit of advice to share.

Other interests: Archaeology, adventure travel, scuba diving, paddle boarding, and doing handstands when no one is watching.

Last movie I saw: I honestly can't sit still long enough to watch an entire movie.

Favorite hero: My parents. They are an incredible as individuals and a team.

Favorite pre-race meal: Chia seeds, a black bean burrito, and gummy bears

I can't live without my....ocean

Last time I took a selfie: paddle boarding. It turned out blurry.



Walt Disney World® Marathon Florida's Finest Team Search

Search of Florida residents to race Walt Disney World® Marathon as Florida's Finest Team Member



The Walt Disney World® Marathon Weekend takes place January 7-10, 2016

The Marathon Race Committee will select Florida residents to compete in the race as part of the Florida's Finest Team.

To be considered, athletes must be Florida residents and submit the following by **September 30, 2015**.

Florida's Finest Team Members receive:

- Florida's Finest goody bag
- VIP bus transportation to start
- Seeded number
- A front starting position
- One-room hotel accommodations for two (2) nights
- One (1) one-day Park Hopper for Magic Kingdom® Park, Epcot®, Disney's Hollywood Studios®, or Disney's Animal Kingdom® Theme Park
- Invitation to the VIP Reception
- Access to the Hospitality Suite
- Access to the finish line VIP Tent

1. Running resume, which includes applicant's contacts: home address, work, cell and home phone numbers, and e-mail address
2. Date of birth and age on January 10, 2016, race day
3. Running career highlights
4. Marathon(s) completed 2009 thru 2015 (include race name, date and time)
5. Lifetime PRs at various distances (include race name, date and time)
6. PRs from 2009 thru 2015 if different from lifetime PRs at various distances (include race name, date and time of each PR)
7. If applicable, master PRs (include race name, date and time of each PR)

One guest of the Florida's Finest Team Member will receive:

- One (1) one-day Park Hopper for Magic Kingdom® Park, Epcot®, Disney's Hollywood Studios®, or Disney's Animal Kingdom® Theme Park
- Invitation to the VIP Reception
- Access to the Hospitality Suite
- Access to the finish line VIP Tent
- Guaranteed Entry into the Marathon, Half Marathon or Family Fun Run 5K (fee is not waived) during the Walt Disney World® Marathon Weekend. Guest race application must be submitted by **November 1, 2015**.

Please send application materials via email to:

lorraineevans@cfl.rr.com

or mail to:

Florida's Finest, Lorraine Evans
8640 Tansy Drive
Orlando, FL 32819

This magical opportunity is open to all Florida residents. To participate in the 2016 Walt Disney World® Marathon as Florida's Finest, submit the information today.

The race committee is currently in the process of selecting this year's Florida's Finest Team. Final selection will be made by **October 15, 2015**. The Team, with a brief biography on each, will be announced in the **November/December 2015** edition of **Florida Running & Triathlon**.



rundisney.com

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



August 8
Lake Logan Half Ironman
Canton, NC
Daryl Gilbert

August 28—29
Hood to Coast Relay
Mt. Hood, OR to Seaside, OR
Kristen Klein

September 5
ARX Half Marathon
Asheville, NC
Daryl Gilbert, Beverly Glenn

September 27
Berlin Marathon
Berlin, Germany
Shane Streufert

October 3
Ironman Maryland
Cambridge, MD
Cyndi Bergs, Linda Cowart, Suzie Enlow, Kelly Miller, Theresa Miller, Christy Tagye, Christy Zieres

October 10
Beachside Half Marathon
Vero Beach, FL
Lisa Rose, Scott Rose, Brittany Streufert

October 11 Chicago Marathon
Chicago, IL
Mike Acosta, Naweed Akram, Susie Meltzer

October 17
Baltimore Running Festival
Baltimore, MD
Cristina & Ed Engel

October 18
Detroit Free Press/Talmer Bank Marathon
Detroit, MI
Ron Abel

November 8
Savannah Marathon & Half Marathon
Savannah, GA
Molly Kirk, Tricia McBride, Marie Thomas

November 1
TCS New York City Marathon
New York City, NY
Suzie Biery, Jay Claybaugh, Lisa Hamelin, Christine Kennedy, Dana Maughn, Karen Stout

January 17
Key West Half Marathon
Key West, FL
Lisa Rose, Scott Rose

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



THANK YOU

HEALTH FIRST PRO-HEALTH & FITNESS CENTERS!

They allow us to use a meeting room in one of their facilities for our SCR Board Meeting each month. Health First Pro-Health & Fitness Centers are where health and wellness are a way of life.

As a member, you have access to four state-of-the-art facilities, each with their own unique feel and special features. With over 25 years of exceptional experience in health & fitness centers, Pro-Health & Fitness Centers have degreed and certified exercise staff dedicated to a well-rounded, total fitness experience.

They offer a wide variety of classes, from kick-boxing to yoga to swim lessons for the kids. And there's even a complete mind and body weight-loss program called LIVFIT. When you join any Pro-Health & Fitness Center, you become a member at all four locations—Merritt Island, Melbourne, Viera and Palm Bay. It's like having four gyms in one! For more information, visit their website at [Health First Pro-Health & Fitness Center](#).



3 WAYS TO

Take the Ewww Out of GU

Article and Photo by [Angela Leeds](#)

With the arrival of August comes the reality of training for the Space Coast Classic 15K and/or the Space Coast Marathon.

For some, it also means the purchase of GU. Heading to the local sports superstore, you stock up. Intrigued by the new flavors and motivated by new hope, you just know that this is the solution to achieving your next PR.

Then, 45-minutes into your next training run, your hope is dashed by the inconvenience of it all. Slowing to a jog, you reach into your belt pack. It goes downhill from there... Well, uphill for a runner. What do you do with the sticky top piece you ripped off? Are you supposed to try to swallow down all of this while running? Do you go ahead and drink your water to dissolve it? What do you do with the wrapper that is oozing with leftover GU? Why doesn't this taste like a piece of chocolate cake? And then, what are you going to do with all of that GU you just bought?

The solution might be to add GU to your pre-or-post race meal. Try these recipes to get the fuel from your GU without all the mess:

1. **English Muffin**—English muffins can be a good pre-race meal. Add a little chocolate peanut butter or strawberry banana GU instead of jelly, and you have an awesome pre-race meal.
2. **Coffee**—Don't give up your morning coffee because you have a run. Make your coffee into a power energizer with GU! Add some salted caramel or caramel macchiato GU to your coffee and you will be revved up for that long run. Don't make that weird face—Just try it on a cold day.
3. **Protein Shake**—You toss everything else into the blender with your protein powder after a run. Why not GU? A little salted watermelon or root beer mixed with your vanilla powder and you might not need that post-run nap.

Now to find a recipe for the new maple bacon flavor. I'm grossed out and intrigued at the same time. But I just know that bacon makes everything better.

Race Calendar



8/8	I Run for Pizza 5K	7:00 am	The Avenues, Viera	events@runningzone.com
8/9	Matt and Jim's Birthday Run	7:30 am	Wickham Park, Melbourne	mattmahoneyfl@gmail.com (Matt Mahoney)
8/15	Food Allergy Resources & Mgmt (FARM) 5K	7:30 am	Rich Grissom's Memorial Wetlands, Viera	fickelisa@gmail.com (Lisa Ficke)
8/15	MCC Champions Club 5K	7:30 am	Melbourne Central Catholic, Melbourne	dmcltiger@aol.com (Donna McLaughlin)
8/22	Running on Island Time 5K	7:30 am	Divine Mercy Academy, Merritt Island	debwells@cfl.rr.com (Deb Wells)
9/5	Sister Run 5K	7:30 am	Ryckman Park, Melbourne Beach	tlinp@yahoo.com (Terre Luce)





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.*



AUGUST

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

1		17	Tonya George
2	Beth Timmons, Bill Floyd, Stephanie Bird , Cathy Chapman, Christine Kennedy , John Hannah, Kaitlin Donner	18	Mary Hofmeister, Mark Conant
3	Bob Pecor, Keith Geiger, Terry Crovo	19	Robert Osterling, Valerie Eastman
4	Candy Smith, Sally Deabenderfer, Judd Spitzer	20	Hank Serafini, Sherry Thorpe , David Harr, Roger Pringle, Reanna Williams
5	Steven Tagye, Paul Kostka, Kirt Zecman , Kristen Klein	21	Stephanie Deen, Jim Schroeder, Charlene Anstett
6	Audrey Kirk	22	Mark Vanderwyst
7	Luanne Memmott, Brett Halliday	23	Kip Mathias
8	Matt Mahoney , Donald Piercy, Nan Pond, Sharon Smith, Alison Bonner	24	Don Dore, Morgan Kirk, Sophia Sardella, Joshua Maitlen
9	Cathie Poor, Mitch Berube, Mem Nix,	25	Donald Dyke, John Robson
10	Trish Rich	26	
11	Michelle Maricic, Riley Smith, Joel Fenlason	27	Kim Snyder
12	Ann Marie Keim, Jara Tomana	28	
13	Brittany Streufert	29	Kaitlin Badgett, Noreen Holmes
14	Cherie Serafini-Cook, Ruby Vanderwyst	30	Paul Bevilacqua, Nicholas Mrdjenovich,
15	Piyan Brown, Greg Maxwell	31	Marisa Flint, Addison Tinker,
16	Jack Kenworthy, Lauren Suarez ,		