

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

DECEMBER 2014



RACE REPORTS

- >> Space Coast Classic
- >> USA Beach Running Championships
- >> Cocoa Beach Turkey Trot

RUN A MILE WITH

- >> Laurie Paul

The Space Coast Marathon & Half were underway at the time we went to digital press. See complete coverage in January!



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SPOTTED! At the Cocoa Beach Turkey Trot, Team "Eat More Chikin" took to running the streets with their dressed up turkey on Thanksgiving Day. Susie Enlow, Linda Cowart, Molly Kirk and Kelly Hunter placed first for females in the team division.

On Our Cover: And the race is on to the finish line as Titnagi Tam of Rockledge and Jacqueline Lewis of Melbourne give it all they have.

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

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



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

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**SPACE COAST
RUNNERS**

P.O. Box 541837

Merritt Island, FL 32954

EDITOR'S LETTER

December 2014

This is my last "Letter from the Editor".

The time has come for some new leadership with the club's newsletter. It was four years ago this month that I stepped into some pretty big shoes and took over the responsibilities of producing the newsletter from a legend, Patti Sponsler. Four years is long enough.

It's mostly been a very good run and I've enjoyed the role. There were times, especially at the beginning of my run as Editor, that I would spend hours and hours putting it together and getting it into your mailbox each month. That wasn't much fun...it seemed more like work. But, it was a labor of love and I was proud of even the early issues.

But after a year or two of struggling with all of the moving parts of putting an issue together, I made the smartest decision of any during my four years. I recruited some help. And it was game-changing help. First, Lisa Hamelin volunteered to help me with putting together the various stories, features and race reports that make up each issue. Shortly after that, Brittany Streufert, volunteered to join us. Those two ladies brought creative talents to this publication that I would never have been able to. Little by little, Brittany took over most of the actual production while Lisa and I focused on the content. This newsletter has become what it has become because of those two ladies.

A year or so ago, I made another great decision. I put a call out for more help and was lucky enough to have Michelle Smurl and Michelle Au respond and volunteer to contribute some of their time and talents to the sport they love. The

issues got better and better. The newsletter was an effort of "Bob and his girls," (although I'm not sure that my wife Gina ever really liked that moniker!). I was lucky to have their help and I want to thank them for being a big part of my time as your Editor.

I feel good that I can pass the baton and know that the quality of your newsletter will be maintained. Lisa Hamelin has offered to step up and assume the role of Editor. Brittany, Michelle and Michelle will continue in their roles. Please notice that earlier I said that these ladies "volunteered" to step up. These are all volunteer efforts. If you see them...please thank them for the time and the effort they put into this publication. And thank them for me.

And thank you for your support over the years. See you on the roads.

See you on the roads,

BOB RALL,

Editor-in-Chief

Bob@rallcapital.com



Help Wanted

The newsletter staff has volunteer openings for those who love to report on the local race scene and current happenings in the running community. [Click here](#) to apply.



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THANK YOU
to all the
**SPACE
COAST
RUNNERS**

who volunteered at the
**SCR Post-Race
Cleanup**



Springer's Spiel

A Monthly Column from SCR President, Ed Springer

Space Coast Runners,

The ancient Greek philosopher Heraclitus is credited with the quote "change is the only constant in life." Heraclitus was a theorist who created doctrines on the nature of change and flux of life. While his work focuses deep into the realm of metaphysics, on the surface we can all relate to the inevitability of change. Change has many faces and can be related to every aspect of life... family, friends, jobs, health, extra-curricular activities, etc. Changes are usually accompanied with sentiments of good, bad or neutral, and our reactions to change define who we are.

This past year has personally been one of immense change. My wife and I welcomed a child into this world and professionally my job has evolved with additional roles, responsibilities and workload. These changes have created new challenges and growth opportunities as well as some frustrations. It's not as easy to find time to throw on running shoes at will and head out the door for a long run. I have found "my time" to be drastically reduced nowadays. Consequentially I have also found a new appreciation for the limited time I can escape for a short run. It's ironic that it wasn't until the loss of run opportunities that my appreciation and gratitude for any run greatly increased. Now it's just a matter of continual tweaks to adjust to new norms and schedules.

As we head towards the holidays I want to encourage everyone to relish life's simple pleasures, evaluate priorities and consider your best course for dealing with change in 2015. When I think of changes I remember one of my prior bosses telling me the best trait anyone can have is agility. We can't dictate the direction of the wind but we can adjust the sails to get where we need to go.

Extra Happy Running,

Ed Springer

SCR President

springer993@gmail.com



JANUARY BOARD MEETING

The next SCR Board Meeting will be held at 7:00 pm, January 19th at the Pro-Health in Viera.

All members are welcome to attend.



If you ever have an interesting idea for an article or would like to contribute to the newsletter with an out-of-town race report, please contact us via [email](#) or on [Facebook](#).

Like to write?

The newsletter staff has volunteer openings for those who love to report on the local race scene and current happenings in the running community.

[Click here](#) to apply.

Advertise in this newsletter.

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

To advertise your business or race in the SCR newsletter contact Bob Rall, Editor-in-Chief at bob@rallcapital.com. Give our members a discount and we'll give you a free small ad space (see page 34).

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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 that meet regularly. If you are aware of any other groups that aren't listed, please contact lisahamelin@gmail.com and we will add them!

Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (landclearing@bellsouth.net)
Sun	Oars and Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars and Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	LongDoggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Christy Tagye (christytagye@yahoo.com)
Tues	LongDoggers Running for Brews, Satellite Beach	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Juice 'n Java Café, Cocoa Beach	6:00 pm	Michael Higgins/Christine Ellegood (michaeldhiggins@gmail.com) (cellegood@gmail.com)
Wed	Daddy Ultra Runs, Cocoa Village	6:00 pm	Hernan Garcia (info@daddyultraruns.com)
Wed	Squid Lips, Melbourne	5:30 pm	Running Zone (erin@runningzone.com)
Thurs	Running Zone, Melbourne	5:30 pm	Running Zone (erin@runningzone.com)
Thurs	Chase Bank (Riverside/Melb Cswy)	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	LongDoggers Running for Brews, Viera	7:00 pm	Jessica Schecher (runningforbrews@gmail.com)



Running Zone, Melbourne



Palm Bay Rec Runners, Palm Bay



Juice 'n Java, Cocoa Beach



Running for Brews, Viera



Oars & Paddles, Up & Running, IHB



Running for Brews, Satellite Beach



Long Doggers, Indialantic

SCR Central

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

welcome! NEW MEMBERS!

Bret Halliday
Kelly Stanton
Noreen Holmes
Amanda Reynolds
Keith Snodgrass
Trish & Jordan Boggs

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 and Daddy Ultra Runs in Cocoa Village. We look forward to meeting you soon!



GREAT HOLIDAY GIFT IDEA!
Space Coast Runners Singlet is available to purchase at the Running Zone.



THANK YOU BOB!

Space Coast Runners newsletter editor in chief Bob Rall is stepping down from his post at the end of December. After four years of leading the *SCR publication*, Rall will remain as a SCR board member

According to his newsletter staff of ladies, the *monthly SCR newsletter* has seen its audience across digital platforms grow A LOT. The newsletter has been experiencing a very strong year and its audience is sure to miss his monthly contributions and photography.

Many thanks to Chief Rall for all of your hard work and dedication. It has been much appreciated by your readers and fellow runners. We'll be looking for you out there on the roads whether it be on foot, bike or from behind the camera.

SCR Central

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



CONGRATULATIONS SCR BOSTON 2016 QUALIFIERS!

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

Steve Chin, 46—2:59:01 New York City Marathon
John Davis, 36—2:58:58 New York City Marathon
Scott Larson, 42—2:59:59 New York City Marathon

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

11/8/14—Robin Moran ran a blistering 1:37:53 to pick up third place in her 55–59 women's age group. Robin, age 57, was 53rd out of 7,327 women participants.



Other Space Coast Runners who finished the half marathon were Sheila Desrosiers (2:28:05), Les Dunne (2:05:26), Kira Juranek (3:14:25), Katrina Morgese (2:39:53), Chris Rea (2:35:13) and Meredith Rea (2:35:13).

Lisa Hamelin represented SCR in the full marathon (4:27:10).



Kiesselbach Takes 3rd AG at Michelob Ultra 13.1 Marathon

11/9/14—Pat Kiesselbach, 65, took third place in her 65–69 age group at the Michelob Ultra 13.1 Marathon in Fort Lauderdale. Pat covered the course in 2:39:07. Runners and walkers toed the starting line at sunrise in moderately overcast conditions. The race began at 6:35 am and followed a new course designed to showcase the charm of downtown Fort Lauderdale and its beaches. There were 2,079 finishers.

Other Space Coast Runners crossing the finish line at the race were Heide Jaksetic (2:29:01), Andrea Lucas (2:40:23), Lorna Mazza (3:15:57), and Lori Rattay (2:36:52). The Michelob ULTRA Fort Lauderdale 13.1 Marathon® is the lead event in the five-race "Florida Storm Series".

19TH ANNUAL REINDEER RUN



PROCEEDS BENEFIT THE BREVARD COUNTY SHERIFF'S OFFICE POLICE ATHLETIC LEAGUE

RACE INFORMATION:

FRIDAY, DECEMBER 12, 2014
 10: 00 AM – 6:30 PM - PACKET PICKUP
 RUNNING ZONE
 3696 N. Wickham Road (across from EFSC)

SATURDAY, DECEMBER 13, 2014
 8:00 AM - 5K RUN/WALK
 9:00 AM - SCR YOUTH SERIES FUN RUN
 9:15 AM - AWARDS PRESENTATION
 9:45 AM - DOOR PRIZES

AGE GROUPS:
 0-9 10-14 15-19 20-24 25-29
 30-34 35-39 40-44 45-49 50-54
 55-59 60-64 65-69 70-74 75+



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 First 400 Registrants Receive Race Shirts
 RAIN OR SHINE – No Refunds

SATURDAY, DECEMBER 13
8:00 AM

www.bcsopal.org
kip.pastermack@bcso.us
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2014 REINDEER 5K RUN/WALK

OFFICIAL ENTRY FORM

Make check payable to: **BCSO PAL**

Send completed entry form with fee to: **Running Zone, 3696 N. Wickham Road, Melbourne, FL. 32935**

Last Name _____ First Name _____ M.I. _____

Address _____

City _____ State _____ Zip Code _____

Telephone _____ E-mail _____

Male _____ Female _____ Age on 12/13/14 _____ D.O.B _____

Please Check Shirt Size: XS S M L XL XXL

First 400 Registrants Receive Shirts

In consideration of my entry being accepted, I intend to be legally bound and do hereby for myself, my heirs, my executors, waive and release all rights and claims for damages which I may have or which may hereafter accrue to me against the City of Cape Canaveral, its tenants, and sponsors of the Reindeer Run, Brevard County Sheriff's Office Police Athletic League, their respective officers, agents, directors, representatives, successors and assigns for any and all damages or injuries which may be sustained and suffered by me in connection with my association with or entry or participation in the 19th Annual Reindeer Run 5K Run/Walk. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. I HAVE READ THE ABOVE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

SIGNATURE _____

DATE _____

(Signature of parent or guardian is required if participant is under 18 years of age)

SCR Central

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



COME JOIN US on the SCR Fun Run Sunday Mornings!

The **Sunday Morning Fun Runs** from Cocoa Village are now heading **SOUTH**. This is a different direction so don't be confused!

The group meets at **6:30 am** every Sunday at Riverfront Park. Short announcements will be given so don't miss out. All paces are invited to join the fun.

Water and Gatorade will be available at miles 2 & 4.

(Photo credit: Suzie Enlow)

Miller places at shortened Ironman Florida



Above: Theresa Miller accepts her fourth place finish on the Ironman podium in Panama City.

The day wasn't as many of our local athletes had hoped for at the Ironman Florida 70.3 in Panama City on Sunday, November 1. Race morning arrived with high winds, colder than usual temperatures in the 40s and a strong rip tide that caused race officials to cancel the 2.4-mile swim.

This meant everyone would start the day with a time trial bike start and then finish with the marathon run. Despite all of the adversities, Theresa Miller of Merritt Island placed fourth in the women's 55-59 age group. Miller's bike time in spite of all the wind was 6:38:35 which she followed with a 4:07:44 run for a total finish time of 10:53:53.

Other SCR members finishing that day were Christy Tagye (11:13:52), Suzie Enlow (11:15:55), Linda Cowart (12:00:05), and John Hardos (13:13:55).

SCR Central

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



Fashion Police: “Dressed & Running For 2”

It's not surprising to see a runner dressed in Minnie Mouse fashion at one of the many Disney running events in Orlando. However, participants and spectators alike took a double look at this mom-to-be as she ran down the sand at the USA Beach Running Championships sporting a complete Minnie Mouse ensemble with a special baby bump callout.

The unknown runner hit her stride on the sands of Cocoa Beach in a long sleeved black shirt and coordinating black tights. The shirt not only looked comfortable but sported a “Future Mouseketeer” emblem in her midsection letting everyone know there was indeed a “baby-on-board”. It was then surrounded by a tutu of hot pink tulle. She looked glowing in her striped knee socks and mouse ears. We've got to give it to this future mommy—she's fashionable, fun and looking good on the run.

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.

SPECIAL SCR RACE DISCOUNTS

- ◆ The Inaugural [Bulow Woods Trail Race and Ultra Marathon](#) scheduled for Saturday, 12/13 in Ormond Beach has extended a discount on their race registration. Use code TOMOKA to save \$5.
- ◆ The beautiful town of Celebration will host the 2nd annual [Celebration Marathon & Half Marathon](#) on Sunday, January 25, 2015. Use discount code SCR to receive a special savings.
- ◆ March 29th, 2015, will mark the second running of the [Tomoka Marathon](#), Half-Marathon and 5K Races. When registration opens save 10% with code SCR10.



The Kauai Marathon & Half Marathon is excited to announce the 2nd Annual Race in Paradise Sweepstakes.

(1) One Prize Package will be awarded and will include:

- (1) One Round Trip Airfare to Kauai
- (3) Three nights at Grand Hyatt Kauai Resort & Spa
- (1) One Entry into the Full or Half Kauai Marathon on September 6, 2015

The Sweepstakes will run from November 20th through December 4th 2014 and the winner will be announced in December. [Enter here!](#)

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Marty Winkel

321-537-3526

sceventmgt@gmail.com





January 4, 2015



9:00 AM Cocoa Village



Save the Date
for the
Winter Social
and special early registration
for the
2015

Space Coast
Marathon &
Half Marathon

WHEN: Sunday, January 4th at 9:00 AM

WHERE: Cocoa Village/Riverfront Park

WHAT DO I BRING: A breakfast dish to share and a beverage of your choice

WHAT ELSE IS GOING ON? Space Coast Runners (SCR) will be offering early registration for the 2015 Space Coast Marathon and Half Marathon to all SCR members after the Sunday Fun Run.

In addition to guaranteed early entry, SCR members will also be offered \$10 off the Marathon and \$5 off the Half Marathon entry fees.

To take advantage of this opportunity, or to become a SCR member, come to the Winter Social.

SCR will be accepting registrations until 11am.



SET GOALS NOT LIMITS 2015

Winter Running Camp
January 12 to May 10

Includes personal training in case you can't make the group runs! Run on your own on YOUR schedule!



Coach Doug Butler, MS
—Sports Psychology

Personal Best Times:
5k 14:52
10k 30:55
1/2 Marathon 1:06:57
Marathon 2:25:56

USA Triathlon Certified Coach

This running camp is geared for adults; students are welcome to join if they are not a member of a high school track team. This is a training program geared for the beginner to the elite runner. Runners meet two nights a week and on Sunday mornings for training runs.

Coach Doug Butler will individually assess each runner and based on individual goals, set each runner up with a customized training program. He will base your training regimen on your particular level of fitness and advise you how to move forward to achieve your goals while staying injury free.

Very few people train at the paces they should be running at in order to increase their fitness level. This camp will teach you what paces you should be training at. Nobody likes to train alone, and this gives you a chance to meet some great people to run with.

The first night of running camp will begin at 6:00 p.m. and we will meet across the street from Running Zone in the Eastern Florida State College parking lot. All Tuesday and Thursday night runs will be at 6:00 pm. Sunday long runs will be at 6:30 a.m.

www.setgoalsnotlimits.com

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A late registration fee of \$20 will be charged to any registration postmarked after January 8, 2015

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Mail to:

Doug Butler
2730 Village Park Dr.
Melbourne, FL 32934

For more info contact:

Coach Doug Butler

coachdbutler@gmail.com

(321) 749-9778 (until 9 pm)

First name _____ Last Name _____

Age _____ Email: _____

PLEASE PRINT YOUR EMAIL **LEGIBLY**

Phone _____

Weekly Miles _____ Current 5k time _____

Goal Race & Distance (if you have one) _____

Waiver: I know that running and volunteering to work at running camp are potentially hazardous activities. I should not enter and run in camp activities unless I am medically able and properly trained. I agree to abide by any decision of a camp official relative to my ability to safely complete each run. I assume all risks associated with running and volunteering to work at camp including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the training and race courses, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for participation, I, for myself and anyone entitled to act on my behalf, waive and release the Set Goals, Not Limits, LLC and its officers and agents, all sponsors, their representatives and successors, including the Running Zone directors agents and employees, from all claims or liabilities of any kind arising out of my participation in these running camp activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____
Parent's Signature if runner is under 18 years

Date _____





Runner of the Year Series

SCC 15K PERFORMANCES LEAD TO SHIFTS ON THE LEADERBOARD

2014—2015 LEADERBOARD

OVERALL — MEN

- 1st Shane Streufert
- 2nd Steve Hedgespeth
- 3rd Jonathan Howse

AGE GRADED DIVISION

- 1st Shane Streufert
- 2nd Art Anderson
- 3rd Steve Hedgespeth

OVERALL — WOMEN

- 1st Lisa Petrillo
- 2nd Brittany Streufert
- 3rd Marie Thomas

AGE GRADED DIVISION

- 1st Jacquelyn Kellner
- 2nd Marie Thomas
- 3rd Elizabeth Ring



SHANE STREUFERT



LISA PETRILLO

After a one month hiatus in racing, the Runner of the Year series is back in full swing. At the beginning of November, Shane Streufert's second-place finish at the Space Coast Classic 15K coupled with John Davis' overall win at the race allowed Strefuert to take first place over previous leader, Steve Hedgespeth in the men's series standings. Hedgespeth fell to second while Jonathan Howse bumped John Austin off the leader board to claim third place.

Streufert has also taken the top spot in the men's age graded division as Matt Mahoney has been sidelined with a foot injury which prevented him from racing at the Space Coast Classic. Art Anderson stormed his way to second and Doug Nichols held on to third despite going off-course at the SCC 15K.

In the women's race, Lisa Petrillo held on to her first place ranking for the third month in a row while Brittany Streufert remained in second despite a serious play for points by her running partner, Marie Thomas. Thomas jumped on to the leader board in both the overall and age graded divisions this month. Jacquelyn Kellner moved up a spot to first for the age graded women and Elizabeth Ring came in to take third.

Our January report will include two ROY series races—the Space Coast Marathon & Half Marathon results and the Reindeer Run 5K. To view the ROY series standings, [click here](#).

ROY Standings are through the **Space Coast Classic 15K**. Please note these standings reflect your age on August 23, 2014, the date of the first race of the 2014-2015 ROY series season. If you have any series questions, please email lserwin@cfl.rr.com.

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

Runner of the Year Series

WHAT'S COMING UP IN THE ROY SERIES

FEATURED SCR RACE OF THE MONTH



You're sure to have a toothy grin on your face at the 17th running of the Tooth Trot 5K. It will take place once again starting from the Wickham Park Pavilion. The race features a walker's division and a later than most races start time of

9:00am. There's also a Dental Team Division awarded to the fastest team of participants who work for a dentist or dental company.

WHERE ► EFSU/Wickham Park Pavilion (located behind Eastern Florida State College) in Melbourne

WHEN ► Saturday, Feb. 7 — 9:00 AM 5K Run/Walk

COST ► Early registration for SCR members is \$23 for before 1/03/15.

WHAT TO EXPECT ► Fun after race party with numerous door prizes and a continental breakfast. Technical T-shirts are guaranteed to the first 250 adult 5K registrants.

LAST YEAR'S WINNING TIMES ►

John Davis—16:39

Tracy Dutra—20:36

Master's Joe Castner—18:46

Betsy Butler—22:11

SCR YOUTH SERIES ► Will start at 10:00 AM

EVENT WEBSITE ► <http://www.toothtrot.com>

DOWNLOAD RACE

REGISTRATION FORM ► <http://goo.gl/YcvW6n>



THANK YOU

to all of the
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YEAR SERIES
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& Integration Co.
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Paddling Paradise
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Viera Pizza

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10TH ANNIVERSARY!

BENEFITS



DECEMBER 20, 2014

5:45pm Start
Satellite Beach Library



Visit our Series website for details: www.runningzone.com/series
or stop by Running Zone: 3696 North Wickham Road • Melbourne, Florida 32935 • 321-751-8890

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Space Coast Runners Volunteer Incentive Program

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

With those THANKS, we're offering our volunteers who commit their time to Space Coast Runners events some great perks.

HOW IT WORKS

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

To find out about volunteer opportunities keep your email address up-to-date and check it for notices from SCRVIP, go to Facebook (Facebook.com/spacecoastrunners) and look for opportunities under Events or visit the club's website at SpaceCoastRunners.org.

SCRVIP OPPORTUNITIES

Eye of the Dragon 10K & Tail of the Lizard 2 Mile

Feb 28, 2015

Space Walk of Fame 8K


Apr 11, 2015

VOLUNTEER INCENTIVES FOR 2014-15

SCRVIP T-shirt

\$5 Gift Certificate to Daddy Ultra Runs or Running Zone

Chick-fil-A voucher

 Free Slice of Pizza from Viera Pizza



**When volunteering please let the race director or volunteer coordinator know you are a SCRVIP member. For more information contact Linda Cowart at linda@daddyultraruns.com .

Reyes and Arnold Run Beach Best



It was a cool, crisp morning. The temperature was in the high 40s and there was a 10 mph brisk breeze. Runners took their places at 6:30am to run the half marathon in the USA Beach Running Championships while participants in the 10K lingered around and waited for their time to line-up. The horn sounded and the half marathoners were off: 13.1 miles out and back on the beach. Another horn sounded shortly after at 6:45am for the 10K runners and walkers. Although a cold front was billowing in the air, it didn't stop the speedy runners as they made their way to complete 13.1 or 6.2 miles.

Held on November 2, runners and walkers made their way to Shepard Park to participate in this cold, but fun beach race. There was a plethora of runners, from newbies to seasoned, some wearing shoes and others, barefoot (yes, there was a barefoot division).

Selvin Reyes dominated the half with a fast 1:19:51! Alex Colon was the Male Masters Winner with an equally extraordinary time of 1:25:49. Carol Arnold led the females for the win running 1:43:25 and an impressive 18th place overall. Female Masters Winner was awarded to Nancy Buonanni with a remarkable time of 1:45:03. Barefoot division winners were David Gierling (Male Open Winner) running a time of 1:25:38 and Joan Meadows (Female

Open Winner) with a 2:08:04 finish.

The 10K also demonstrated runners finishing in lighting-fast times. Aubree Piepmeier beat all the boys and led the ladies for an overall first place victory with her 41:47 finish. Joseph Cappola secured first place for the men with his fast pace of 6:47 per mile which was good for a finish time of 42:03. Anthony Sonsini scored the Male Masters title with 43:26. Ceal Walker was the Female Masters Winner with an outstanding time of 43:10. Stomping on the other barefoot competitors and winning the male and female categories was Annie Caza (46:47) and Juan Carlos Bermudez (44:45).

The post-race party was a blast featuring relaxing reggae music from Souler Eclipse and scrumptious pizza. Bottles of wine were awarded to overall race winners and cute, unique shells were awarded to top three in the male and female age group category. So come on down in 2015 to enjoy running to a beautiful sunrise, catchy reggae music, tasty pizza and nifty shells!

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

Fun Fact: Between the wind, the sand and the sun, beach running is about a 30% harder workout than average road running.

Race report by Michelle Au. All race photos courtesy of Doug Carroll.

USA Beach Running Championships — Continued



Top Left: Dick and Rachel White along with mom, Marlene celebrate their half marathon age group wins.

Top Right: The overall 10K race winner, Aubree Piepmeier of Cocoa Beach

Middle Left: Cooler temps made the run enjoyable for many of the participants running the sand-packed shoreline.

Bottom Left: Award winners were feted with bottles of champagne and unique shell awards.



Space Coast Classic 15K and 2 Miler



The 29th Annual Space Coast Classic (SCC) 15K and 2 mile road race was held on November 1st in beautiful Melbourne Beach and hosted 331 participants. Ryckman Park served as the center for all activities, including the race start and finish. The course took runners along the Indian River and through the charming neighborhoods of Melbourne Beach. The SCC is the only 15K in Brevard County and serves as a great tune up race for those running the Space Coast Full or Half Marathon at the end of November.



Race morning, athletes were challenged with brisk temperatures and gusty winds. Along the course the neighborhoods served to shield runners from the winds, however their good fortune was quickly forgotten while running north on A1A back towards the finish line for the 15K participants. A few runners commented on how the forceful winds made simple forward progress difficult. Even with the tough winds, many runners managed to set a personal record for that distance.



Top: Jesse Hall with Race Director, Lisa Hamelin

Middle: Race participants with a classic Ford Mustang.

Left: John Davis, Male Overall 15K Champion.

Right: Susie Metzler, Female Overall 15K Champion.

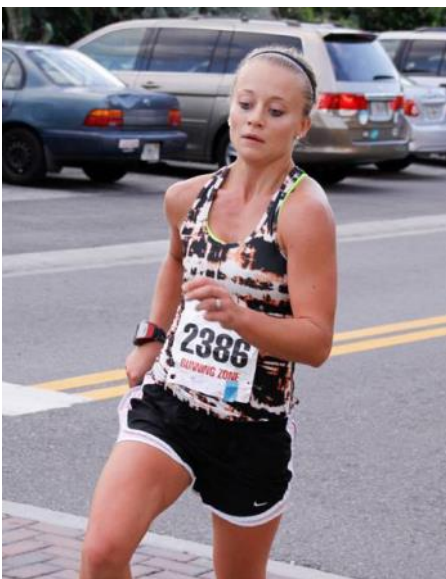
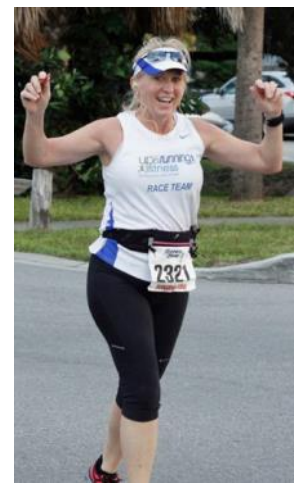
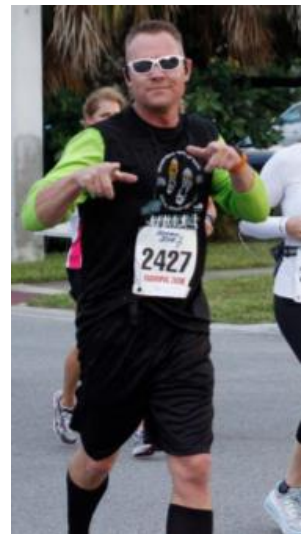
All race photos courtesy of Doug Carroll

John Davis of Melbourne and Shane Streufert of Viera battled it out for the 15K Male Champion Title with John edging out Shane by only five seconds. These two local speedsters crossed the line in 53:12 (5:43/mile pace) and 53:18 (5:44/mile pace), respectively. Steve Hedgespeth, another talented local runner, rounded out the podium and took 3rd place with a time of 55:15. The Male Masters Champion Title was captured by Melbourne resident Joel Kinnunen in a time of 58:02. The Male Grandmasters Champion Title went to Art Anderson with a time of 1:02:58 and Wolfgang Jensen took home the Senior Grandmasters Champion Title with a time of 1:12:18.

Susie Meltzer of Melbourne and Jodie Wall of Satellite Beach duelled for the 15K Female Champion Title with Susie edging out Jodie by 32 seconds. Susie finished in 1:06:20 (7:08/mile pace) and Jodie crossed the line in 1:06:52 (7:11/mile pace). Brittany Erikson of Melbourne Beach seized 3rd place with a time of 1:07:27. Melbourne resident Julie Hannah was close behind Brittany and took the Female Masters Champion Title in 1:07:41. The Grandmasters Champion Title was awarded to Cynthia Washam of Jensen Beach with a time of 1:08:54. Debbie Molina of Merritt Island snared the Senior Grandmasters Champion Title with a time of 1:30:12.

The 2 mile Male Champion Title was awarded to Cameron Shagena of Melbourne who ran a 6:47 pace and blazed the course in 13:32. Sydney Copeland grabbed the 2 mile Female Champion Title by running a 6:58 pace and crossing the line in 13:54.

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



Top Right: James Krupp and Tena Hochard during the 15K.

Bottom (from left to right): 3rd place 15K female finisher, Brittany Erikson. Joe Hultgren on his way to a 2nd place 50-54 age group finish and Amanda Shagena celebrating her approach to the 15K finish line.



Race Director, Lisa Hamelin, stated, “Big thanks to everyone involved from the participants, volunteers, service providers, donators and especially our sponsors - a good race needs all of these things! We are pleased to donate \$3300 to our beneficiary, Ocean Breeze Elementary PTO. They will use this money to help fund their new playground and fitness equipment. Looking forward to continuing on our Classic Car series - next year's spotlight car will be the Chevy Camaro!” With a classic car theme for the Space Coast Classic it was fitting that all race participants received a finisher medal featuring a Ford Mustang this year.

The date has been set! Mark your calendars and plan on running the 30th annual Space Coast Classic 15K or 2 miler on November 7, 2015.



Top: Art Anderson accepting the Male Grandmaster Champion awards.

Middle: Lisa Hamelin giving Jeff Cook his 15K age group award. Joan Meadows proudly wearing her 15K age group award and race volunteer Abe Oros.

Bottom: Race participants enjoying the after party.



9th Annual Walk & Run for Love 5K Celebrates National Adoption Day

Robert Longstreet (52) of Indialantic took the top spot at the 9th annual Walk & Run for Love 5K held at the Church of Viera on Saturday, November 22nd. Longstreet ran 18:41 which bested second place by a full two minutes and nine seconds. David Carrier (30) of Melbourne finished in second place with a time of 20:50 and was followed by out-of-town runner, Chip Gorman (52) of Plano, TX who ran 21:16. The men's Master's winner was Timothy Funke (56), of Melbourne. Funke finished in 21:23.

The top ladies were not too far behind the men. Melbourne's Dina Viselli (29) topped the race results for the women by running 20:50 which was also good for second place overall in the race. Second place went to Michelle Longstreet (43) of Indialantic in 22:47 and third place was won by another out-of-towner, Aga Krempa (28) hailing from Addison, IL and running 24:24. Lauri Magyoran (40) of Palm Beach Gardens, FL took the Master's title with her 24:41 finish.

Team Running on Empty took first place in the team division and IMPOWER claimed second place. course in 20:08. 117 runners and walkers participated in the day's event.

Proceeds from the race benefited the Brevard Family Partnership which is a local non-profit agency that supports services for child abuse prevention, foster care, adoption, youth preparing for adulthood, and community outreach to the children and families of Brevard County. All proceeds directly benefit the children and families in Brevard and support adoption for local children. For full race results and photos, [click here](#).

Race report by Brittany Streufert.

The inaugural Pink Heals 2 Miler Run/Walk, sponsored by Breast Friends of Brevard and the Toni Keen Memorial Fund, kicked off on Wednesday evening October 15th at Wickham Park. The race is part of a bigger vision to support women with cancer.

The Pink Heals pink fire trucks were there for participants to sign and as a reminder of the importance of rallying people together to celebrate people, especially women!

Overall winner of the 2 miler was Art Anderson of Melbourne who ran a winning time of 12:43. He was followed across the line by Keith Kowalske in 13:40 who also hails from Melbourne. Rockledge resident, Jackson Parks, age 9 grabbed third place with a time of 14:02.

For the ladies, Hanna Geraci of Palm Bay raced to her overall title in 16:00. Avery Saunders of Merritt Island came in second by running 16:55. Third place went to Merritt Island's Annabelle Saunders who finished in 17:04.

Masters winners at the race were Noreen Holmes from Cape Canaveral (18:22) and Greg Griffin from Rockledge (14:47). For complete race results, [click here](#). Race report by Lisa Hamelin.



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The Rall Capital
Management Team





Do you know how long Turkey Trots have been around? According to Competitor.com, the Dallas YMCA Turkey Trot started in 1968 and now has over 25,000 participants a year. Not only is Dallas serious about Turkey Trots, but so is Buffalo, which just celebrated the city's 119th race, which is proclaimed as the oldest continually running public footrace in North America. Even when there was a blizzard there in 2000, the mayor ordered the streets to be cleared in order for the race to go on.

Why do people participate in Turkey Trots? Is it to counter the calories that will be consumed later? Perhaps it is the camaraderie that families experience when they run? Maybe it is even the cool turkey get-ups that people get to wear? Whatever the reason, 1,202 racers flocked down to the 2014 Turkey Trot 5K held in Cocoa Beach on Thanksgiving morning. There were children, students, adults and even the fast and fierce elderly that participated in this event. There were even cute kid runs with children running $\frac{1}{4}$, $\frac{1}{2}$ and 1 mile routes. All of the proceeds went to the Cocoa Beach Jr./Sr. High School Cross Country and Track teams.

How would it feel to run with a 12 lb turkey? Well imagine no more! A unique feature of this race is the team category. Each team carries a 12-lb turkey throughout the 5K course. The turkey couldn't be pushed or wheeled, but the team had to think of a concept to carry the turkey while staying together. It was a tough feat, but many teams crossed the finish line with their turkey and glowing smiles. Not only did they have the bragging rights, but also a yummy turkey to devour at dinnertime!

Turkey trophies were provided to the top three finishers as well as the top three in each category. The overall male winner was Jesse Prince with a fast 15:29! Costa Stathis came in second with 16:58 and Conor Fitzgerald trailed closely behind with 17:20. Aubree Piepmeier was the overall female winner with a speedy 18:48. Ceal Muldoon-Walker received 2nd with 19:41 and Sarah Leary crossed shortly after, just 10 seconds behind with 19:51.

Breakfast was provided with a bounty of bagels, bite-sized oranges and plump pastries. It was a scrumptious way to start off your Thanksgiving morning. There was also a myriad of door prizes that were raffled such as a N.Y. Pizza gift card, Gregory's Steakhouse gift card, Courtyard by Marriott Gift Card, Laundry Gift Card, Boca Coast Runners Souvenirs



Cocoa Beach Turkey Trot 5K — continued

RACE REPORT

Marriott gift card, Space Coast Runners souvenirs and even an entry into the Eye of the Dragon 10K. It was a wonderful opportunity to rally the family and bring them down for a first time activity or even a yearly tradition. Burn those calories, have a couple of laughs and don't miss the Cocoa Beach Turkey Trot 2015!

For complete race results, [click here](#).
Race report by Michelle Au.

Photos credit by: Space Coast Event Management.





LACE UP 4 LITERACY 5K RUN

JANUARY 3RD 2015 8:00 AM START AVENUES AT VIERA

PRESENTED BY: LITERACY FOR ADULTS IN BREVARD & PIZZA GALLERY & GRILL

The proceeds from Lace Up 4 Literacy benefit Brevard County Family Literacy programs run by Literacy for Adults in Brevard (LAB).

ENTRY FEES

Early (by 12/5/2014) \$25
Race Day (1/3/2015) \$30
Students K-12 \$15

REGISTRATION

Online at www.RunningZone.com

Mail Completed Form to:
Literacy For Adults in Brevard (LAB)
LACE UP 4 LITERACY
219 Indian River Drive
Cocoa, FL 32922

Checks payable to:
Literacy For Adults in Brevard (LAB)
Donations Welcome!*

SCHEDULE

Friday, Jan. 2nd., 10 AM-6:30 PM
Packet Pick Up at
Running Zone
3696 N Wickham Rd

Saturday, Jan. 3rd
Pizza Gallery & Grill
Avenues at Viera
2261 Town Center Ave
Melbourne, FL 32940

7:15 AM Packet Pick Up & Registration
at Pizza Gallery & Grill
7:45 AM Late Registration Ends
8:00 AM Start of 5K

POST RUN Awards Ceremony immediately
following the race!

BREAKFAST PROVIDED! Post run breakfast provided by:
PIZZA GALLERY & GRILL



AWARDS

Southwest

Enter a raffle for a chance to win a round trip ticket from Southwest Airlines within the Continental United States. Add \$2 to your race entry payment for your bib number to be entered in the raffle.* Additional raffle prizes include five \$50 gift cards from Running Zone.*

Medals awarded to top 3 M/F overall, top masters (40+) and age groups:

Male & Female
8 & under, 9-11, 12-14, 15-19, 20-24, 25-29,
30-34, 35-39, 40-44, 45-49, 50-54, 55-59,
60-64, 65-69, 70-74, 75+

LACE UP 4 LITERACY 5K RUN

2014 REGISTRATION FORM

JANUARY 3RD 2015

Name: _____ Shirt Size: XS S M XL XXL

Address: _____

City: _____ State: _____ Zip: _____

E-Mail: _____ Phone: _____

Date of Birth: _____ Age on Race Day: _____ M _____ F _____

Donation Amount: \$ _____ Race Fee Amount: \$ _____ Enter Raffle (\$2):

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

Signature _____

Date _____

Parent/Guardian Signature (if under 18) _____

*-LITERACY FOR ADULTS IN BREVARD, INC. IS A 501 (C)(3) NOT-FOR-PROFIT ORGANIZATION. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION (CH 11081) MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING 1-800-435-7352 WITHIN THE STATE OF FLORIDA. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION FROM THE STATE. SINCE YOU ARE RECEIVING NO GOODS OR SERVICES IN RETURN FOR YOUR DONATION, YOUR CONTRIBUTION IS TAX-DEDUCTIBLE TO THE EXTENT OF THE LAW.

RUN A MILE WITH... *Laurie Paul*

Name: Laurie Paul

Family: married to Phillip Paul, Michele-29, Matthew-26 and Marshall-18

Originally from: Born in Gainesville, FL

Grew up where?: Lived in Melbourne since I was 6 years old

Occupation: Work for Wingspan (Chase) Mortgage Industry

Dream profession: To manage a fitness center or nutritionist

Number of Years Running: 6 years

Began Running

Because/To: I have always ran off/on as a way to stay fit and healthy, but not to compete.

I Knew I Was Hooked
When: I was asked by a coworker to run the Pumpkins in the Park race October 2009. My first official race!

Race PRs (Personal Records): 3K 14:28, 5K 24:35, 10K 53:57, 13.1 2:16

Most Satisfying Race Performance(s): I recently did my first half marathon October 11 in Key West, Florida in memory of my older brother, Joe (Joey) Vislay, who passed away suddenly on June 28, 2013. My mother's side of the family is from Key West and it's where Joey was born. His daughter, Angela ran with me. The run was awesome,



beautiful and extremely hot, but when I crossed the finish line and every part of my body was sore and cramping, all I was thinking was "It's over already? I want to go again!" All my close running friends know that I always said "I would never do a long distance run not my thing." But this was a special moment. Never say never.

Favorite Race(s): Shiver Me Timbers, 10K Barefoot Beach Race, Zoo Race, Downtown Melbourne Race, Pumpkins in the Park, Ghostly Gecko

Favorite Race Distance: 5K

Why?: I like it fast, short and sweet.

Favorite Place(s) to Run: Oars and Paddles, Eau Gallie Causeway

Running Goals: I want to improve my PR in all distances, do more trail runs and half marathons in 2015.

Running Partner(s): Lisa Hamelin, Laura Hanson and Cami Waldon

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: Adam Levine from Maroon 5 and The Voice

Funniest or Oddest Thing I've Seen While Running: All the different styles and techniques of runners.



RUN A MILE WITH... *Laurie Paul*

Training Philosophies: Set your own goals and work hard to achieve them. Surround yourself with runners who are a little faster than you and who inspire you.

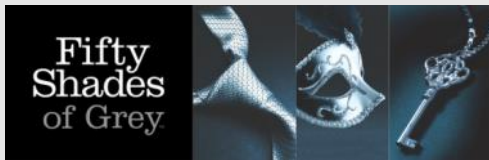
One Piece of Advice That I Would Give to a New Runner:

One step at a time; Use trial and error to find out what works for you.

Other Sports & Interests:

strength training, cycling, swimming, dance, beach, time with family, shopping for shoes

Favorite Reads: I'm not much of a reader but I did manage to read all three books 50 Shades of Grey



Favorite Movies: Gladiator, He's Just Not That Into You, Love & Other Drugs, The Family Man, Saving Private Ryan



When Nobody is Looking I Like to: Eat a pan of brownies

Favorite Meal:

Bottle of Merlot with either filet mignon or salmon with pasta alfredo and asparagus



Dream Vacation: Travel Europe and Hawaii

Why did you join SCR?

For the social aspect of running. I was invited to join by Lisa Hamelin and I always enjoy meeting new people.

I Think That SCR Could Do A Better Job: n/a—I think they do a fine job!



Marty Winkel

321-537-3526

sceventmgt@gmail.com



Long Distance Relationships

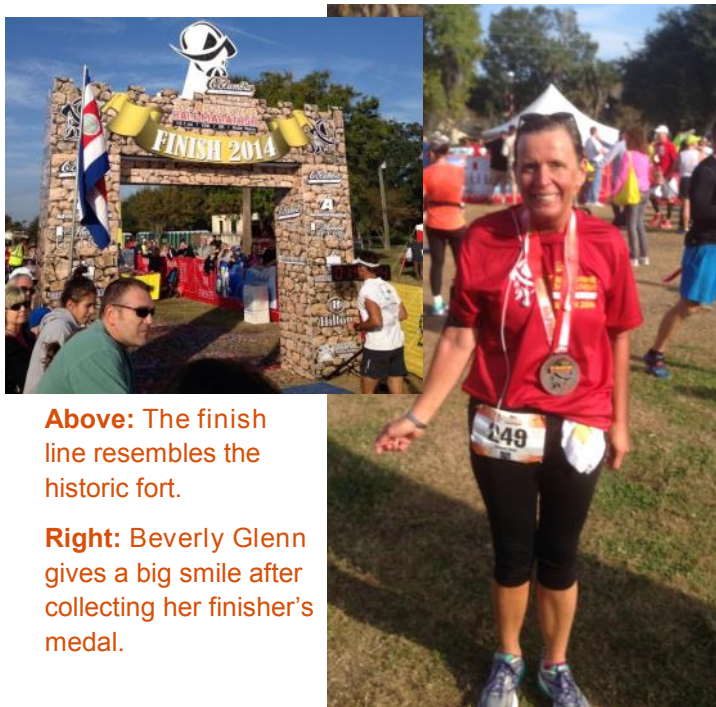
What SCR Members Had to Say About Their Recent Out of Town Races



Making the Grade

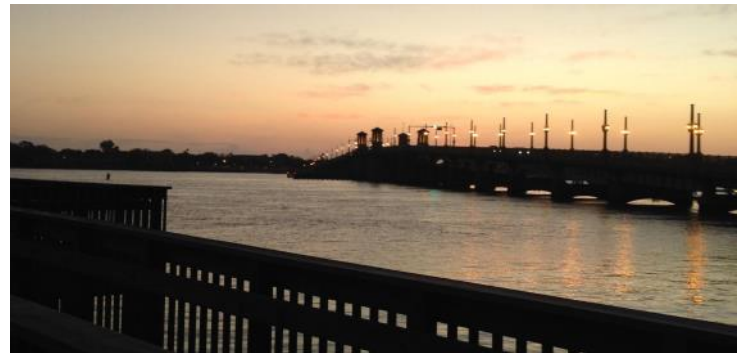
- ✓ **WEATHER**— The race started at 7:00 am. Temps were a cool 56 degrees.
- ✓ **PROS**— Very scenic course. Neighborhoods are shaded. Great water views and don't forget the lighthouse. Good volunteers
- ✓ **CONS**— There's an out and back over the causeway similar to Melbourne's at mile 5 and 6.
- ✓ **RACE FACTS**— Limited to 5,000 runners. A 5K and 10K are held the day before the half.

(Photo credits this page: Beverly Glenn and Wade Dauberman)



Above: The finish line resembles the historic fort.

Right: Beverly Glenn gives a big smile after collecting her finisher's medal.



Wade Dauberman (above) originally signed up to pace 8:00 min pace group so that he wouldn't run too hard with his Space Coast full marathon two weeks away. The organizers accidentally gave it to someone else and offered Wade the 7:00 min group. He ended with a 6:54 average pace and a two minute and 40 second PR which earned him a second place age group award. So much for following the rules of being a pacer!

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



DECEMBER 2014



**XTerra World
Championship
Trail Run 12/7—
Oahu, HI**

Bill Buonanni, Nancy
Buonanni

**Honolulu Marathon
12/14— Honolulu, HI**

Cindy Bishop



**Jacksonville Bank
Marathon 12/28—
Jacksonville, FL**

Debbie Molina, Harry
Prosser, Kimberly
Prosser, Nancy Wingo



JANUARY 2015



**Key West Half Marathon 1/18—
Key West, FL**

Shelley Christian, Dick White, Marlene White,
Rachel White



**Ocala Half Marathon
1/25— Ocala, FL**

Rene Dunne

FEBRUARY 2015



**Gasparilla Half
Marathon 2/22—
Tampa, FL**

Dick White, Marlene
White, Rachel White

Distance Challenge

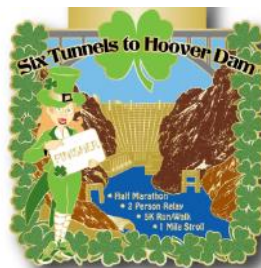
Rene Dunne

MARCH 2015



**HITS Triathlon
Ocala 3/28—
Ocala, FL (Full
Distance)**

Wade Dauberman



**Six Tunnels To Hoover
Dam St. Patrick's Day
Run 3/15— Las Vegas,
NV**

Carol Ball, Barbara Linton

APRIL 2015



**Boston Marathon
4/20— Boston, MA**

Charis Gaines, Molly Kirk

Get your Race listed in the next Newsletter! [Click Here!](#)



Jan 31 & Feb 1, 2015

5K • 8K



1/2 Marathon

1/2 Relay & Marathon

+ Dunkin Dash Kids Run  & Mascot Marathon

NEW FINISH AREA AT FRONT STREET PARK!

- 26+ bands • Post race concerts
- Tech tees & hats • Medals to Sunday finishers
- Costume contest
- Live webcast of the finish on Sunday
- Among the nation's greenest races!



REGISTER NOW!
TheMelbourneMarathon.com

3 Tips for Running when Traveling

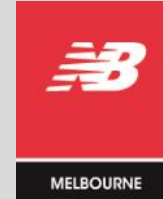
by **Kaitlin Donner**
SCR Board Member
& **Professional Triathlete**

With the holidays upon us, many of us are on the go which means some out-of-town traveling. We asked SCR board member, Kaitlin Donner, who as a professional triathlete spends much time training at faraway locations, to share her top three tips that she finds helpful when trying to run away from home.

1. When traveling by air, always pack a run outfit and a pair of running shoes in your carry on. You never know when bags will be lost or when flights will be delayed and it's always nice to know you can run no matter what!
2. Always pack snacks, sports drinks/mix or supplements you use at home to avoid gas station/airport food that becomes convenient and tempting. These foods can leave you feeling lousy and may cause GI distress during a later run.
3. Try to be creative and flexible on where you can run while traveling! Researching where local run clubs meet can be helpful in finding safe routes, but sometimes you may be stuck running through a parking garage, parking lot or on a hotel treadmill- it's still a run! *On a safety note: it's a good idea to travel with a small, hand-held pepper spray and lights if there is a chance you will be running alone or in the dark!

SCR MEMBER DISCOUNTS!

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



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

Pro-Health
& FITNESS CENTER

They allow us to use a meeting room in one of their facilities for our SCR Board Meeting each month. Health First Pro-Health & Fitness Centers are where health and wellness are a way of life. As a member, you have access to four state-of-the-art facilities, each with their own unique feel and special features.

With over 25 years of exceptional experience in health & fitness centers, Pro-Health & Fitness Centers have degreed and certified exercise staff dedicated to a well-rounded, total fitness experience. They offer a wide variety of classes, from kick-boxing to yoga to swim lessons for the kids. And there's even a complete mind and body weight-loss program called LIVFIT. When you join any Pro-Health & Fitness Center, you become a member at all four locations—Merritt Island, Melbourne, Viera and Palm Bay. It's like having four gyms in one! For more information, visit their website at Health First Pro-Health & Fitness Center and become a fan on their [Facebook](https://www.facebook.com/HealthFirstProHealth) page!



Race Calendar **December**



Dec 6	Reindeer Dash & Jingle Bell Fun Run	8:00 am	Viera Regional Park, Viera	Randy.detwiler@brevardparks.com
Dec 6	Run 4 the Future 5K	4:00 pm	Wickham Park, Melbourne	DDavis@sa18.org
Dec 13	19th Annual Reindeer Run/Walk	8:00 am	Cherie Down Park, Cape Canaveral	321-412-3675
Dec 14	Bayfront 5K9	8:00 am	Palm Bay Animal Clinic, Palm Bay	info@palmbayanimalclinic.com
Dec 20	Jingle Bell 2 Miler	5:45 pm	Satellite Beach Library, Satellite Beach	info@runningzone.com
Dec 20	Cocoa YMCA Candy Cane 5K	8:00 am	Cocoa YMCA, Cocoa	jbond@cfymca.org
Dec 20	Super Caleb 5K Run/Walk	8:00 am	Chain of Lakes Park, Titusville	runsalot@cfl.rr.com
Dec 31	New Year's Eve 5K Fun Run	11:45 pm	2990 S. A1A, Melbourne Beach	mattmahoneyfl@gmail.com



Space Coast Runners Membership Application



Benefits of Belonging

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

Your Membership Supports

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



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

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

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

Name: _____ Phone: _____

Address: _____ Age: _____ Sex: _____

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

Email: _____

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

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

Membership Amount: \$ _____

*Tax Deductible Contribution: \$ _____

Total: \$ _____

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

Signature _____ Date _____

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

★ HAPPY ★ BIRTHDAY!

December 2014
Birthstone: Tanzanite
Flower: Narcissus

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Natalie Oswell Lauren Berube	2	3	4 Michael McCluskey	5 Barry Birdwell Jim Caprara Zach Jaksetic Jon Poor Eugene Ramba	6
7 Bill Buonanni Mary Conaway Sara Griffin Janice Moore Bob Racine Rick Suarez Joseph Werner	8 Walter Catacutan Michael Farnsworth Michael Morrison	9 Les Dunne Elizabeth Ring Kelly Stanton	10 Sonia Holmquist Jacquelyn Kellner	11 Heidi Dutter Joni Hills	12 Carl Bonds Jeff Cook Joshua Ogburn Angela Wong	13 David Grant Brenda Nelson Ginger Bailey
14 Jo-Anne Boland	15 Rus Scott	16 John Austin Amber Conant	17	18 Mary Collins Chris Epler	19 James Croft Max Hofmeister Wendy Hunter Gregg Kraver Alan Myers Michael Petrillo	20
21	22 Christopher Goncalo Bud Timmons	23 Audrey Bernstein Sal Farino	24 Thomas Reif	25 Suzie Biery	26 Joshua Crook Linda McKee Nancy Pecor	27 Jeffery Gahres Patricia McBride Marie Thomas Alex Berube Tyler Dutter
28 Cathy Friedel Kathy Reif	29 Erin Wright- Redlien	30 Katie Buonanni	31 Kenneth Rhoden Ryan Buchanan			

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