

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

DECEMBER 2015



IN THIS ISSUE

Race Reports:
SC Classic 15K
Run a Mile with
Rhonda Creek
& More!



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
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Above: Celebrating their awards are Carol Ball (1), Janet Er-lacher (2) and Joan Meadows (3) at the Space Coast Classic 15K.

On Our Cover: Keith Snodgrass and Annie Caza captured the overall Masters titles at the Space Coast Classic. (Photos: Doug Carroll)

Save the Date ❄️
for the **Winter Social** ❄️
and special early registration for the
**2016 Space Coast
Marathon &
Half Marathon** ❄️
January 23 1:00-4:00 PM

Space Coast Runners

RUNNER OF THE YEAR SERIES

ready to run in 2015-2016

December 12

Reindeer Run 5K

January 30

Tooth Trot 5K

February 27

**Eye of the Dragon
10K & 2 Mile**



March 26

**Downtown
Melbourne 5K**

April 9

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

May 1

Eat My Crust 5K

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

See the complete ROY series ranking by clicking [here](#).

The SCR Runner of the Year Series was first run in 1982. It's one of the best local road race series with distances ranging from the 5K to the half and full marathon. Participants get the Brevard County experience with our wide variety of courses in Melbourne, Indialantic, Melbourne Beach, Cocoa, Titusville and Viera.

GETTING TO KNOW YOUR SCR BOARD MEMBERS

Howard Kanner



Name: Howard Kanner

Favorite SCR series race:

Eat My Crust 5K because you get to eat lots of yummy pizza Ples :-)

Favorite Space Coast area to

run: Along the river, low tide at the beach

Running partner(s):

Marathon Misfits (SteveO and K) and everyone else out on the roads and trails :-)

Little known fact/secret about

yourself: I ran the Grand Canyon R2R2R long before I ever ran a marathon, with only 1/2 Marathon training in flatland Florida. A year later, I did it again, with no change in my "training." A year later, I finally ran my first (and second to last) marathon!

(Not so little known fact - I like to request race number 314 for all my races because of my obsession with pi)



Continuing on my quest to offer tidbits of information to our members, I wanted to talk a little about the Space Coast Runner of the Year series. Did you know that Space Coast Runners owns some of the races that are a part of the series? We do! The Space Coast Classic 15K, the Eye of the Dragon 10K and the Space Walk of Fame 8K are all owned by your running club. In addition, SCR owns half of the Space Coast Marathon and Half Marathon event. What does that mean? It means that you can be assured that those events in particular, have the resources and volunteer support of your running club behind them (although SCR also tries to help support all others, as well—we are a big community). So, since we have a stake in those races, we are always looking to improve them. What can we do to do that? Please drop us a line if you have some thoughts.

OK, on to this issue! Can you believe it's the last month of 2015? Time flies when you're having fun training and running. Our December issue is chock-full of race reports, you can read about Rhonda Creek and see how she got her start to running, find out where your friends are going to be racing in Where in the World and check the standings for the Runner of the Year series. We have just completed Race #4 in the series, so there's plenty of time left for changes and shifts to occur.

We will have some exciting news coming up soon, so make sure you stay connected!

Start thinking of your 2016 goals—it's coming!

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](#).

LETTER

To the Editor

**Contributed by Dave Farrell in response to October's
"3 Reasons to Wear Your Race Shirt on Race Day"**

To Wear Your Race Sponsor T-Shirt in the Race or Not! NOT!!!

To wear a race t-shirt during a race should not be a controversial topic for runners. Most runners believe that the right to wear the t-shirt needs to be earned by completing the course. Some weekend warriors believe that registering for the race enables them to wear it in the race--I paid for it I can wear it.

Angela Leeds wrote about three topics on this subject in an earlier SCR newsletter. I will address these points.

Team Spirit

It is a wonderful feeling being in the midst of all the runners during a race. It brings tears to my eyes during huge events such as the Turtle Krawl 5K. I am able to stand at the starting line and watch the massive sea of runners and walkers start their race. I said to myself "you have to fight your way through this BIG crowd." At this point in my life I am a competitive walker. The competitive walkers start after everyone else crosses the starting line. I have often thought about places along courses that I would love to stand and watch the "snake" of runners go by.

Camaraderie comes from who you are rather than what you are wearing. Runners/walkers build a friendship with fellow runners that they pass on the roads, run with, or see at races. Complete strangers a few minutes ago, after a quick nod and a few words of encouragement they become running buddies. I've learned in the last few years that conversation makes the miles seem to fly by. Most of the competitors I've met in races have become friends. We look forward to running the next race together.

Sponsor Support

I believe that all runners are thankful for the sponsors who contribute to the races and their causes. The fact that the racers are visiting the sponsor booths after the race, show that their support is appreciated.

I think sponsors would prefer that we wear our race day t-shirts out in the community than in the race. Wearing them out in the community gets their name out in front of more people in a bigger area.

Sponsor shirts and finisher medals are great souvenirs of the race. Finish line photos do start to look alike as Angela Leeds stated in her recent article on this subject.

Speaking of race photos let me relate a short story. A few days after the 2015 Turtle Krawl, I was looking at pictures of the race. I had noticed a few people that I had not seen the day of the race. After looking at all the pictures I thought something was wrong, until I saw myself coming across the finish line, not wearing the Space Coast Runners Racing Team shirt. I went back to the home page and found out that I had been looking at the 2014 race photos! Doh!

Individual Memories

My race t-shirt and medals are the most prized possessions after my wife. I wear both my finisher medal and race t-shirt for the rest of the day. Wearing race t-shirts is a signature act of mine. I wear them almost all the time. Each brings back memories of the specific race or any of the races that the shirt represents.

Carol Ball reminded me of an important fact about running. Runners/walkers should not wear, drink, or eat anything during a race that they haven't trained their body for. The body is a very delicate instrument and one needs to train it to perform the way one hopes it will do in a race. That is what your training runs are for. If you toss something different into the mix, including a brand new t-shirt which may chafe or itch, the results will not be optimal.

So, next race, toss your new shirt in the car or leave it at home. After the race put on your sponsor shirt and wear it with PRIDE. Your body and race sponsors will thank you.

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Runners • Walkers • Triathletes

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www.running-zone.com

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10% DISCOUNT
TO ALL SPACE COAST RUNNER MEMBERS

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

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

PRESIDENTIAL INQUIRY

A Monthly Column from SCR President, Dick White

GREETINGS ALL!

As I write this the Cocoa Beach Turkey Trot 5K and the Space Coast Marathon/Half have yet to happen so please allow me to further expound on what a GREAT JOB that Lisa Hamelin did with this year's Space Coast Classic 15K! Even with the oppressive heat, there was a fun excitement in the air. Runners openly volunteered kind words of having an overall enjoyable experience. And we had a good turnout for an exciting Kids Race following the main events.

I will, again, apologize to Lisa as maybe we didn't launch the 33K Challenge promotion in time to adequately affect her race numbers. We had people signing up for the Challenge at her race because they had only heard about it that day. Next year we will do better for her, I promise.

At this time all is apparently set for the 2015 Space Coast Marathon to go into action! I want to extend Thanks and Accolades to ALL of my fellow SCR Board Members for stepping up into key volunteer roles to make this HUGE undertaking happen!

Starting with Carol Ball, the Iron and Steel of this Club who does more in a day than most of us do all year. She will start/continue by setting up, then taking down the Expo on Saturday, setting up the north race course in the middle of the night, and directing the Pizza Kiosk throughout race day.

Cyndi Bergs will direct the finish area, Loran Serwin and Michael Higgins will set up the south course. Bob Rall, Lisa Hamelin, Ron Ritter, Harry Prosser, Mary Ramba, Shane Streufert, Brittany Streufert, Nancy Wingo, Howard Kanner, and Kaitlin Donner all will be serving at the expo and before, during and after the Race Event. I will be assisting Carol to set up the north course and at the Pizza Tent (learning from the master).

At this point I can only say that I hope you ALL had a most enjoyable Race Experience at this year's 44th edition of the Space Coast Marathon/Half Marathon.

DON'T FORGET - Saturday, January 23 2016 we will be at Running Zone for a party and to sign up Space Coast Runners member for Next Year's 45th Space Coast Marathon and Half Marathon - See You There!!

From Our Home to Yours

We Wish You a Very Merry Christmas, Happy Holidays and Happy New Year.

Dick, Marlene, Brett, Kyle and Rachel

dickwhite@cfl.rr.com



JANUARY BOARD MEETING

Jan 18, 2016 at 7:00pm
Pro-Health Merritt Island

All members are welcome
to attend.

Advertise in this newsletter.

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

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

Local Fun Runs & Walks



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

Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (triathlontrainingstore@gmail.com)
Sun	Oars & Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars & Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Sun	Murrell Road Running Group (MRRG) Spyglass parking lot, Viera	7:00 am	http://www.meetup.com/Murrell-Road-Running-Group/
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Kim Badgett (kbadisrunning@gmail.com)
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	LongDoggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon	Running for Brews Cocoa Beach, Hogan's Irish Bar	7:00 pm	Bo Trapnell (phogan330@gmail.com)
Tues	LongDoggers, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Tues (1st/3rd of each month)	Playalinda Fun Club Runs, Playalinda Brewing Company	6:30 pm	Donna Scott (225-8978)
Tues	Running for Brews Satellite Beach, Long Doggers	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Intracoastal Run Club, Eau Gallie	5:30 pm	Amy Ustjanowski (amy@theyogiperogi.com)
Wed	Cocoa Beach Fun Runs LongDoggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:30 pm	Judd Spitzer (juddls@gmail.com) and Craig Piepmeier (cpiepmeier@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	5:30 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)

Local Fun Runs & Walks



Running for Brews, Viera



Palm Bay Rec Runners, Palm Bay



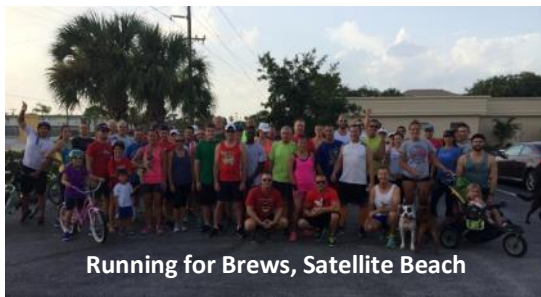
Long Doggers, Indianalantic



Running for Brews, Cocoa Beach



Daddy Ultra Runs, Cocoa Village



Running for Brews, Satellite Beach



Running for Brews, Melbourne



Running Zone, Melbourne



Cocoa Beach Runners, Cocoa Beach



Up & Running Fitness, Indian Harbour Beach

20TH ANNUAL REINDEER RUN



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

RACE INFORMATION:

FRIDAY, DECEMBER 11, 2015
10: 00 AM – 6:30 PM - PACKET PICKUP
RUNNING ZONE
 3696 N. Wickham Road (across from EFSC)

SATURDAY, DECEMBER 12, 2015
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+



CHERIE DOWN PARK
8492 RIDGEWOOD AVENUE
CAPE CANAVERAL, FL.

PRE-REGISTRATION BY 12/2.....\$25.00
 Space Coast Runners Receive \$1.00 Discount
 Pre-Registration Only
REGISTRATION 12/3 – RACE DAY....\$30.00
SCR KIDS FUN RUN.....FREE
 First 500 Registrants Receive Race Shirts
RAIN OR SHINE – No Refunds

SATURDAY, DECEMBER 12
8:00 AM

www.runningzone.com/calendar/
kip.pastermack@bcso.us
321-412-3675

2015 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 12/12/15 _____ D.O.B. _____

Please Check Shirt Size: XS S M L XL XXL

First 500 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 20th 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 _____
 (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

welcome!

NEW MEMBERS!

We look forward to running with you!

<i>Terri Anderson</i>	<i>Dawn Oliver</i>
<i>Aiden Arrington</i>	<i>Steve Oliver</i>
<i>Ginger Arrington</i>	<i>Shona Price</i>
<i>Lera Bradford</i>	<i>Alice Schultz</i>
<i>Ethel Clark</i>	<i>Joy Turnigan</i>
<i>Audra Gass</i>	<i>Ralph Turnigan</i>
<i>Ana Grant</i>	<i>Bruce Vu</i>
<i>Solana Hosburgh</i>	<i>Diane Vu</i>
<i>Daniela Leavitt</i>	<i>Jennifer Vu</i>
<i>John Leavitt</i>	<i>Jessica Vu</i>
<i>Nilgen Leavitt</i>	<i>Jordyn Vu</i>
<i>Michael McGee</i>	<i>Bobby Willis</i>
<i>Tracey-Ann McGee</i>	<i>Brandy Willis</i>
	<i>Johnathon Willis</i>

If you are a new member to SCR and have not picked up your

**Space Coast Runners
New Member Welcome
Packet**

**they're available at these
two locations:**

**Running Zone in Melbourne
Daddy Ultra Runs in Cocoa**



JOIN US on the SUNDAY RUN
SCR is running on the **SOUTH** side.

Sunday Mornings at Cocoa Village
club announcements 6:25 AM | run 6:30 AM

(Photo credit: Brenda Heidt)

The clocks have changed and we're changing directions!
Please note that the SCR Sunday Morning run is now running
on the **South** side of River Road.

Hydration stations are set out approximately at Mile 2 and
Mile 4. We look forward to seeing everyone on the **South** side!



11/14-15/15 — St. Augustine Half Marathon + 10K Recap
Congratulations to everyone who participated in the St. Augustine Half Marathon and 10K events.

Merritt Island's Angela Wells ran a stellar time of 1:35:49 in the half. Her finish was good for fourth overall in the female division and first in the 50-54 age group. Other finishers were Beverly Glenn (2:29:12), Becky Maitlen (2:23:29), Joshua Maitlen (2:01:12), Connie Maltby (2:16:36), and Emily Maltby (2:16:36).

In the 10K which was held on Saturday, Greg Griffin of Cocoa Beach placed first in the men's 55-59 age group. He covered the course in 49:46. Sara Griffin also ran and finished with a time of 1:12:03.

SCR Central

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

SPECIAL SCR MEMBER RACE DISCOUNTS

- ◆ Get \$10 off the [Daytona Beach Half Marathon](#) or half marathon relay which runs on Feb. 7, 2016. Simply use discount code: **DBHBREVAR16**.
- ◆ Receive a 20% discount on all [Virtual Strides](#) events by entering the club discount code **SCR20** during registration. Next up is the Run Free virtual 5k/10k/Half Marathon to benefit the National Mill Dog Rescue. All participants will receive an adorable 4" medal with an attached "Best Friend" charm.
- ◆ [Best Damn Race](#) which offers 5K, 10K, Challenge, & 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.
- ◆ Enjoy two discounts for the [Publix Florida Marathon & 1/2 Marathon](#) weekend. Save \$5 on the Florida Today 6K & 8K runs with code **JUSTFORSCR**. Save \$10 on the marathon, half marathon or relay by using code **SCRPERKS**. Both discounts available thru 1/6/16.
- ◆ Save \$10 on the [Town of Celebration Marathon & Half Marathon](#)! This year's event will take place on January 31st, 2016. Register today to guarantee your spot in the race. Use code **SCR**.
- ◆ Register for the 3rd annual [Tomoka Marathon, Half Marathon & 5K](#) in Ormond Beach on March 26, 2016 and save 10% on either race with code **SCR10**.
- ◆ [Vacation Races](#) is extending a 15% discount to all SCR members. To save 15% on upcoming 2016 races like the Zion Half Marathon (3/12/16), the Grand Canyon Half Marathon (5/7/16) and the Great Smoky Mountains Half (9/10/16), use code **16VACRC145**.

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



CONGRATULATIONS SCR BOSTON 2017 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.

TCS New York City Marathon New York, NY

Julie Hannah — 3:21:03

Betsy Butler — 3:48:25

Indianapolis Monumental Marathon Indianapolis, IN

Doug Nichols — 3:15:07



FOLLOW US ON

Instagram





**WORLD OF BEER 5th Annual
TAP IT AND RUN
5K and 10K
SUNDAY,
JANUARY 17, 2016
AT 8:00 AM
The Avenue, Viera**

TIMETABLE

Saturday, January 16th

10:00 am – 5:00 pm

Packet Pickup & Registration at **Running Zone**
across from Eastern Florida State College, Wickham Rd

Sunday, January 17th – World of Beer at The Avenue

2290 Town Center Ave, Melbourne, FL 32940

6:45 am Packet Pickup & Registration

7:45 am Late Registration ends

8:00 am 5K and 10K Start!!!

*Awards Ceremony immediately following the race

FEES

	Until 1/16	Race Day
5K Run/Walk	\$30.00	\$35.00
10K Run/Walk	\$40.00	\$45.00

SORRY, NO REFUNDS

AMENITIES

- **** NEW THIS YEAR** 10K Course!**
- Enjoy an awards ceremony in the courtyard just steps away from your complementary beer at WOB!
- Awesome Technical Tees guaranteed til 12/29/15
- Great Breakfast after race
- Proceeds benefit Viera HS Instrumental Music Department

AWARDS

M-F: Top 3 Overall, Top Masters (40+),

Age Groups (Top 3 M-F)

8 & Under 20 – 24 40 – 44 60 – 64

9 – 11 25 – 29 45 – 49 65 – 69

12 – 14 30 – 34 50 – 54 70 – 74

15 – 19 35 – 39 55 – 59 75+

***14 & Under will be the first awarded age group for 10K**

Team Awards – Top 3 Teams both 5K and 10K

World of Beer Loyalty Members: Top 3 & Top Team

WORLD OF BEER 5K OFFICIAL ENTRY FORM

Send entry form and fee to Running Zone 3696 N Wickham Road, Melbourne, FL 32935

Make check payable to: **World of Beer Charity Fund**

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____ Email address _____

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

Team Name _____ (min. of 5 team members – must be co-ed teams)

T-Shirt Size- Unisex Technical (circle one): XS S M L XL XXL

World of Beer Loyalty Member (circle one) YES NO



INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the World of Beer Tap it and Run 5K & 10K event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE

SCR Central

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

FOLLOW US ON >>TWITTER: @SPACESTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

Join Our TEAM

RACE REPORTER

Have you ever considered writing for fun? Now's your chance! We're looking to add to our award-winning, super popular, newsletter staff.

[Apply here.](#)

HAPPY HOLIDAYS PHOTO CONTEST



Submit your favorite holiday photo that combines the festive season and running or walking. Use your imagination! The winning photo will be featured in an upcoming issue.

When: Entries must be received by December 26, 2015. Winner will be announced in the January newsletter.

How: Submit your photo via email—[click here](#) or direct message our [Facebook](#) page. One submission per person.

What You'll Win! Winner will receive one free Stand Up Paddleboard rental courtesy of Paddling Paradise.

Moolenaar Qualifies for Mexico

Congratulations to Willy Moolenaar whose second place age group finish at the USA Triathlon Draft Legal Sprint Triathlon held in Clermont on November 7 earned her a spot in the 2016 ITU Draft Legal Sprint Triathlon World Championships to be held in Cozumel, Mexico in September. Willy was kind enough to share her experience with us.



The 750 meter swim was in Lake Louisa, my goggles fogged up and I had problems sighting the buoys and swam through a patch of weeds. Fortunately, no creatures were hiding in the weeds. The 20 km bike course was a 4 lap course going through the transition 4 times. The 5 km run course was a 2 lap out and back course. The bike and run course was within the park and closed to traffic, which made it nice.

This was a draft legal race and our bike equipment had to comply with the ITU rules. Wheels must have at least 12 spokes, only traditional drop-style handlebars and brake levers were permitted. No aerobars, no handlebars with built-in aerobars and no disc wheels.

The weather was hot. The Women's NCAA Collegiate National Championships started at 9:00am. Next was the 11:00am start of the USAT Age Group Draft Legal Triathlon Qualifier women (2 waves) and at 2:00pm the USAT Age Group Draft Legal Triathlon Qualifier men (4 waves) began. By this time it was really hot!

I took 2nd place in my age group with a time of 2:20:33 and have been awarded a spot on Team USA Cozumel. I did have a nice time and it was a good experience. I met up with friends from previous races, made new friends and I did not crash on the bike.

SCR Central

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

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**CORPORATE
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MARCH 10, 2016

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ENTER CODE: SCRCORP2016

QUESTIONS: Feel free to email Team Captain, Joan Meadows at jmeadows25@cfl.rr.com

WILL YOU DONATE \$26.20?

Space Coast Runners is working to help fund and promote the film 'Boston' which is set to be released in 2016. The film will highlight the 2014 Boston Marathon while also delving into its history since the race began in 1897.

The first 100 teams (or individuals) to raise \$2500 will get a free screening of the movie in our city!

Help us reach our goal, show your support by donating online at: <https://crowdrise.com/SpaceCoastRunners>. To view the Boston film trailer, [click here](#).



11/14/15 — Richmond, VA

If you're visiting family out-of-state, why not try and find a race while you're there? That's exactly what Steve Chin did on Saturday, November 14. Chin ran the **Richmond Half Marathon** and placed second in the men's 45-49 age group with his PR time of 1:19:29. Great racing!



11/15/15 — Miami, FL

Making the drive down south to Miami to participate in **the Mack Cycle Miami Man 1/2 Iron Duathlon, Zoo Edition** proved quite fulfilling for Joan Meadows. She ran and biked her way to a first place age group award for women 55-59 by finishing in a time of 6:12:35. Way to go Joan!



RRCA Running Safety Tip

Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information.

SCR Central

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

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SAVANNAH: TOO HOT TO HANDLE

11/7/15 — Savannah, GA

It's every runner's worst nightmare — you train for months to run 13.1 or 26.2 miles and the days leading up to the race shows the weather forecast is going to be unfavorable. Still you try and put it behind you, you go out and run your very best. That's exactly what Marie Thomas did when she stepped up to the marathon starting line with the Savannah thermometer reading 69 degrees. "It was really foggy out which led organizers to delay the start.", said Thomas. "In the corrals everyone was talking about how warm it was and that delaying the start was going to make it worse." After a twenty minute delay, the race got underway.



Thomas prepares to head to the steamy start.

Unfortunately for Thomas, Rock 'n' Roll organizers were later forced to call the race when temperatures soared to 83 degrees with 99% humidity. Her day ended as she was diverted to the finish line with her Garmin watch reading 24.4 miles completed in 3:37:18. Had she been allowed to run the full 26.2 miles Thomas would have once again run a Boston Qualifying marathon. "I was disappointed that they called it but I had never been at a race where I was hearing or seeing an ambulance continuously from

the point I reached mile 4 to when I reached the finish area. It was that early. It was disappointing but based on the race conditions and hearing that two people ended up dying, they made the right call.", she concluded. Fellow SCR member, Danny Barrett was also diverted in the full and recorded a 4:44:29 finish.

SCR Savannah Half Finishing Times: Maria Dishaw (2:28:14), Valerie Eastman (2:56:54), Trisha Jones (3:25:08), Ragan Krupp (3:28:38), Barbara Linton (2:27:08), Trisha McBride (2:29:14), Jim Pope (2:07:05), Tamara Pope (2:22:24), Donna Scott (2:52:03), Carol Souve (2:55:43)

SCR Savannah 5K Times: Valerie Eastman (34:01), Trisha Jones (39:24), Donna Scott (39:24), Carol Souve (33:10)

11/22/15 — Clermont, FL



The famous Clermont Clay loop was the site of the Clermont Clay 15K on November 22. The event was held to raise awareness and

money for the Lake County running trails.

Three SCR ladies made the trip over to Clermont for the 15K. SCR Racing Team member, Ceal Muldoon Walker, took first in the women's 50-54 age group with a terrific finishing time of 1:09:50. Melbourne's Janet Erlacher ran 1:28:03 and took third in the 55-59 division. Karen Suarez also completed the 9.3 mile course in 1:58:27.

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



SCR Sponsor Spotlight



Space Coast Event Management & Timing (SCEM&T), was incorporated on March 2, 2011 and is veteran-owned and operated by Marty Winkel. SCEM&T was established to provide an affordable option for race directors looking for chip timing for their event. To date we have successfully chip timed over 150 races including several races annually at cost only in support of Brevard residents fighting cancer. Please go to sceventmgt.com for additional information or call Marty at 321-537-3526.

SCR MEMBER DISCOUNTS!

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



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at these local
businesses



SAVE 10%
off one item per
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GET MOVING!
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- * Fun Stocking Awards

- * Santa Arrival on Fire Truck
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2 • 2/10/16

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4 • 3/10/16

1	2	3	4
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Runner of the Year Series

ROY RACE #3 — IT WAS A HOT ONE

2015—2016 ROY Men's Leaderboard

OVERALL

- 1 Shane Streufert
- 2 Steve Hedgespeth
- 3 Gary Gates

AGE GRADED

- 1 Gary Gates
- 2 Shane Streufert
- 3 Joe Hultgren



Gary Gates

2015—2016 ROY Women's Leaderboard

OVERALL

- 1 Annie Caza
- 2 Cheryl Ritter
- 3 Lori Kruger

AGE GRADED

- 1 Anne Dockery
- 2 Annie Caza
- 3 Carol Ball



Annie Caza & Lori Kruger

UPCOMING SERIES RACE SCHEDULE

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

FEATURED RUNNER OF THE YEAR SERIES RACE



Tooth Trot 5K Run/Walk

Get ready to flash those pearly whites as you smile your way through the 18th running of the Tooth Trot 5K. The race features a walker's division, and 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, January 30
8:00 AM

COST ► Early registration for SCR members - \$23 before 1/22/16

WHAT TO EXPECT ► Fun after race party with awesome door prizes and tasty post-race refreshments. Guaranteed tech shirts for the first 250 adult 5K registrants.

SCR YOUTH SERIES ► Starts at 9:00 AM

LAST YEAR'S WINNING TIMES ►

Shane Streufert, 16:46 — Lana Rukab, 20:41
Masters: Joel Fenalson, 18:14 — Cheryl Ritter, 22:22

EVENT WEBSITE ► www.toothtrot.com

REGISTRATION ► <https://goo.gl/MxHCJ2>

If you have any series questions, please email Loran Serwin at lserwin@cfl.rr.com.



Runner of the Year Series

ROY RACE #3 — IT WAS A HOT ONE

Streufert & Caza rank No. 1 in the ROY Series

The Space Coast Classic 15K results led to some shuffling on the men's and women's leaderboards. Shane Streufert continues to lead despite a strong performance by 15K winner John Davis. When the drop races are factored into the series in the Spring Davis will no doubt be in the hunt for the top spot but for now he sits in the 19th position. Gary Gates knocked Brad Thomas from the top three to join the overall leaders for the first time this season.

In the women's series the early season favorites, Kristen Klein and Lisa Petrillo, were no shows. This has opened the door for Annie Caza to stake claim to first overall. Cheryl Ritter continues to put the pressure on Caza as she sits securely in second place. Lori Kruger is making her debut on the leaderboard this season in third and she's only ten points behind Ritter.

In the men's age graded division Gates and Streufert once again claim the top one and two. Only one point separates the two gentlemen. Joe Hultgren jumped to third but he's only two points ahead of Keith Snodgrass who is gunning for a top three position. There were no changes in the women's age graded division as Anne Dockery, Annie Caza and Carol Ball all remained in the one, two and three spots. What's interesting is that single point separates first from second and second from third. This is a very tight race!

Our January report will include two ROY series

—the Space Coast Marathon & Half Marathon results and the Reindeer Run 5K so expect to see some shuffling as we near the halfway point of the 2015-2016 "Runner of the Year" series.

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.

NEW! ROY SERIES ANALYST

If you haven't watched our new ROY Series Race Analyst, Molly Kirk yet on the SCR Facebook page, you're missing out.

Make sure to catch her insightful take on what's going on in the "Runner of the Year" Series. Her next informational video will be posted on Sunday, December 6.



MOLLY KIRK

Sidelined with an ankle fracture since August, Kirk is a past ROY age group winner and a recipient of the 2015 "Best Finish Line Photo" award.

Described as "a fierce competitor" by those who know her, Molly mixes her running knowledge with her racing savvy as she reports on the ROY season for SCR.

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

SPACE COAST RUNNERS

Youth Series

Catch Me if You Can!

The SCR Youth Series had another great set of races for the children at the Space Coast Classic. Wearing their bibs proudly, dozens of kids (many with impressive looks of determination) raced their way to the finish as parents and spectators cheered them on. The next youth event is at the **Reindeer Run on December 12**.

The Youth Series are free kids runs for children 12 years or younger, which are held after the adult Space Coast Runner races. All runners who participate in these runs will receive fun participation prizes.

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



Next Race!
Reindeer Run
Dec. 12



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The Rall Capital Management Team





Did you race the Space Coast Classic 15K?

If you answered yes, you're in the running for the INAUGURAL Space Coast Challenge!

HOW TO QUALIFY

- Complete all 3 of the Space Coast Runners races during the 2015-2016 series :
 - Space Coast Classic 15k on 11/7/15
 - Eye of the Dragon 10k on 2/27/16
 - Space Walk of Fame 8k on 4/9/16
- Individual race medals which attach to the 33k will be awarded at 15k, 10k and 8k. Your 33k medal will be waiting for you at the Space Walk of Fame 8k.

THE RULES

- You can pre-register for the remaining two races at one time: <https://thedriven.net/33Kchallenge> or pre-register for each individually
- Race day registrants WILL NOT BE INCLUDED (for SWOF only)
- Register using the same first and last name, and date of birth for all three races in order for your records to match
- You must have a time posted on the official Race Results to get credit for each race
- Another person may not participate on your behalf.



Double Duty:

Davis wins his second straight SCC 15K title



Photos courtesy of Doug Carroll.
Race report by Marisa Flint & Brittany Streufert.



15K OVERALL MEN

- John Davis, 53:52
- Steve Chin, 57:19
- Shane Streufert, 57:51

15K OVERALL WOMEN

- Sara Trane, 1:03:15
- Meredith Van Veen, 1:04:55
- Dina Viselli, 1:07:48

15K MASTERS

- Dave Gierling, 1:00:20
- Sarah Batt, 1:11:41

15K GRAND MASTERS

- Keith Snodgrass, 1:00:47
- Annie Caza, 1:16:07

15K SR GRAND MASTERS

- Matt Mahoney, 1:07:54
- Anne Dockery, 1:32:23

2 MILE OVERALL MEN

- Jim Van Veem, 11:33
- Kai Cheatam, 12:19
- Tom Wiedenbauer, 12:37

2 MILE OVERALL WOMEN

- Natalie Amgott, 15:24
- Kate Chapman, 15:54
- Madden Lorraine, 16:10

1985 — Careless Whisper by Wham! was the #1 song, and it was the year that Coca-Cola introduced “new Coke”. The public quickly demanded a return to “Coke Classic.” Another great classic was born that year—the Space Coast Classic 15K and 2-miler.

The 15K, the only race of this distance in Brevard County, winds along Indian River and Melbourne Beach neighborhood, beginning and ending at Ryckman House, built in 1889. Continuing with the theme of classic cars, participants received awesome medals in the shape of that classic American car, the Chevy Camaro. Like that car, runners were hot and fast on an unseasonably warm November morning. This 15K, the third race in this year’s SCR series and the first in the inaugural 33K Space Coast Challenge, is always a great training run for the Space Coast Marathon & Half Marathon.



The 15K runners started first in stifling temperatures that were over 20 degrees warmer than the 2014 race. Race director, Lisa Hamelin noted, “The one uncontrollable factor is the weather. While it wasn’t windy like it was last year, it was unseasonably HOT instead.” To compensate for the weather, her team put out extra water stops that morning to help participants.

As the race took off one of the top runners was missing from the lead pack. It appeared that Steve Hedgespeth had missed the gun going off. Almost three minutes later, Hedgespeth crossed the starting line. It was reported by participants on the course that he was passing runners at a blazing pace. The mistake left Hedgespeth off the podium for the top three finishers even though he ran the second fastest net time. He had to settle for first in his 35-39 age group.

Despite the Hedgespeth drama, John Davis earned his second straight SCC 15K title as he ran away from the field. The 37-year old took the top spot, finishing over two minutes faster than second place. “I was hoping to PR this year, but I had trouble keeping below 5:50 in the middle miles,” said Davis who covered the distance in 53:52 which averaged out to a 5:47 pace. “At the end I realized I would have to push harder to get my pace down and ended up having a great last mile. I missed a PR by about 30 seconds but considering it was warm and I ran alone, I was pretty happy with the race.”

The 2 Mile started shortly after the 15K with Vero Beach’s Jim Van Veen winning the distance with a commanding performance. Coincidentally, Van Veen’s winning time of 11:33 was also a pace of 5:47 like Davis’ was in the 15K. The Van Veen’s took home a first and a second. His wife, Meredith placed second overall for the women in the 15K. She finished behind Satellite Beach’s Sara Trane who came to run for FIT after running four years at Washington State University. “I had a lot of fun and was very happy to win.” said Trane. “This is definitely a race I would like to do again next year. “

Proceeds and food donations from the races went to the Space Coast Basket Brigade where friends and families assemble and deliver Thanksgiving meals to families in need. For complete race results, [click here](#).



Top: Susie Koontz and Beverly Glenn head to the finish; Youth series runners go all out; Volunteer Nancy Wingo and race director, Lisa Hamelin are all smiles.



RACE REPORT



Every 15K finisher is in the running to complete the Space Coast Challenge



Pictured clockwise starting top left: Tricia Lucas and Kelly Semenko celebrate after the 15K awards ceremony, John Davis hangs with Steve Chin (M2OA) and Sara Trane (W1OA), David Grant and Tom Stokes happily accept their age group awards and strike a pose on the new SCR podiums, Mike Acosta is all smiles after finishing strong, Dina Viselli rounds the last turn en route to third overall in the women's race. Volunteers, Harry & Kimberly Prosser take a break from their duties to pose with runner, Micah Vanatta.



FEBRUARY 6|7, 2016

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Fall Into Winter

OVERALL MEN

Chris Cacciapaglia, 15:53 .3
Sean Kelly, 15:53 .6
Kyle Butler, 17:40

OVERALL WOMEN

Sara Trane, 19:56
Ceal Muldoon-Walker, 21:15
Autumn Nielson/Herring, 22:18

MASTERS

Joe Lento, 20:00
Annie Caza, 22:42

Cacciapaglia edges Kelly in photo finish 5K

Early Halloween morning, a cast of characters gathered on Cocoa Beach in front of Coconuts to prepare for the 8:00am Fall into Winter 5K. With unusually warm weather and a race through the sand, it felt more like spring turning summer, but everyone was focused on fun and the finish line.

Clowns, superheroes, witches, and others made their way south on Cocoa Beach before turning around and heading back to enjoy breakfast at Coconuts followed by a raffle and awards ceremony.

Awards included a surfboard for first place winner, Chris Cacciapaglia, and a skimboard for second place winner, Sean Kelly. Their race to the finish line was a close one, a mere .3 seconds separating them. There was also a pumpkin-carving contest and various prizes raffled off to runners.

The Fall into Winter 5K was the first of three races in the Holiday Beach Series. Proceeds from the race benefited Cocoa Beach Parks and Recreation. To view all race results, [click here](#).

Race report by Angela Leeds and photographs provided by Angela Leeds and Space Coast Event Management.



Top: Chris Cacciapaglia and Sean Kelly dash for the finish line. Right: Valerie Eastman, Angela Leeds, and Carol Souve pose for a picture in their costumes.



OVERALL MEN

Brian Ramos, 19:58
 Adam Pederson, 21:04
 Sam Oliver, 21:16

OVERALL WOMEN

Michele Longstreet, 23:07
 Bianca Hilgers-Gallagher, 26:24
 Teresa Duce, 28:24

MASTERS

Matt Mahoney, 22:28
 Kira Vaughn, 28:38

VISUALLY IMPAIRED

Dan Gray, 50:05
 Andy Miles, 57:37

The 5th annual Sprint for Sight 5K race was a hot one on November 7th. Unusually warm temperatures added to the challenge for the afternoon race. The runners made their way out near Gleason Park, toured the neighborhood surrounding the park and then finished with a loop through the park.

Dan Gray and Andy Miles, two participants who are visually impaired, completed the race with their guides by their side.

Music, food and prizes were abundant at the post-race party. The two big giveaways were a family membership to the Brevard Zoo and a Fitbit.

Proceeds benefit the Brevard Association for the Advancement of the Blind (BAAB). The organization provides a unique Program for Independent Living (PIL) that teaches daily living skills to adults who have lost or are losing their vision. Another premier service of this all-volunteer organization is to record "Talking Books". "Talking Books" is a free nationwide program that disseminates recorded books, magazines and other publications at no charge to people who are blind or visually impaired.

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

Race report by Lisa Hamelin.
 Photographs provided by Doug Carroll and Lisa Hamelin.

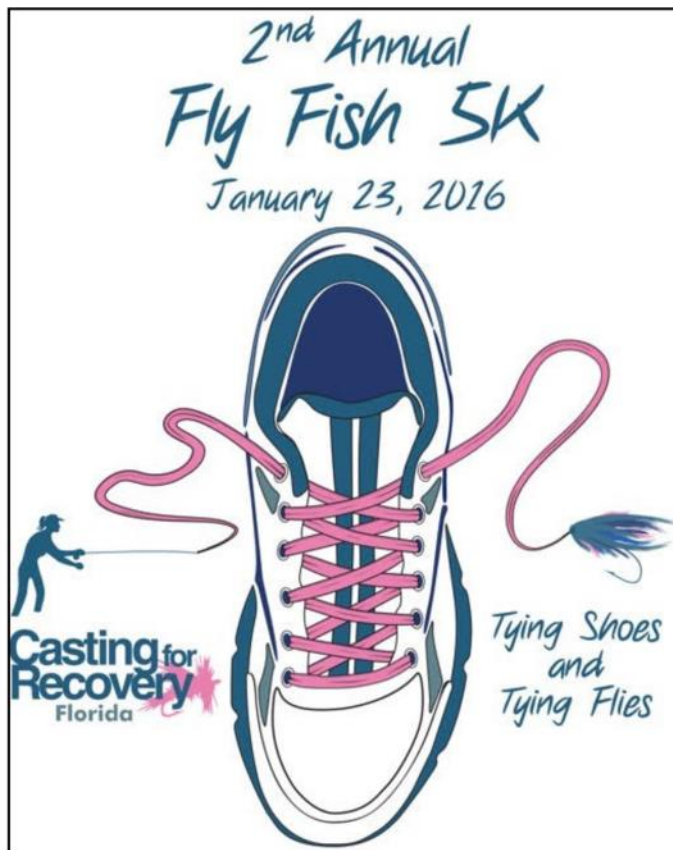


Top: Runners heading out at the start, going past Gleason Park. **Middle Left:** Runners at the post-race party. **Right:** Andy Miles and Dan Gray and friends celebrating their finish. **Bottom Left:** A happy runner! **Middle:** Sheryl and David Williams with their 4-legged friend. **Right:** Jessica Burkhardt rounding the last turn to the finish.

Benefiting

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8am**

Join us for the 2nd Annual Fly Fish 5K on Saturday, January 23rd, 2016.

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- ▶ Finishing Medals
- ▶ Five (5) \$100 AMEX gift cards for giveaways!
- ▶ Long Sleeve Tech Shirts!!

WWW.RUNNINGZONE.COM/EVENTS/FLY-FISH-5K/

Space Coast JROTC hosts 2 Mile Run with the Stars

The 2 Mile: Run With the Stars was held at Port St. John Fay Lake Park on November 7. People from all over Brevard came to participate in this wonderful event, which began just as the sun was setting. The park was filled with crowds of colorful shirts, movie-star costumes, and glow-in-the-dark arm bands to help illuminate the participants' journey. Lines of glow sticks, Hollywood stars, and candles lit the path for runners to begin their trek of just two miles. Runner Bryan Santiago said, "If it was not for JROTC, I don't know if we would have been able to ever run at all tonight. They were such a huge help in getting this event right on time."

Each participant received a medal of an Oscar award that signified their completion of the course, and the top runners that completed the course were given special gifts along with their completion medal. After the race was over, people got to have multiple refreshments and even sit down to watch a movie.

Mckaleigh Ramsey said, "The event was nice to have at night, even though it's Florida and it can't seem to become cold here." People seemed to have enjoyed their time and appreciated the help from Space AFJROTC, and all others who were behind the scenes to make the whole event shine like the stars. For complete race results, [click here](#). Race report by Madison Bordeaux.



OVERALL MEN

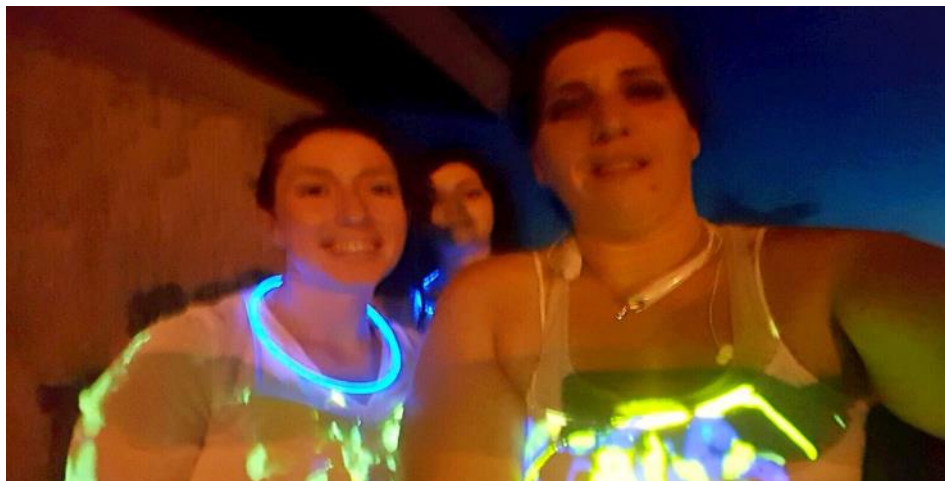
Nickolas Sexson, 11:48
Mark Anthony, 12:21
Joe Lento, 12:52

OVERALL WOMEN

Angela Wells, 13:38
Danielle Hustoles, 13:53
Katie Lancaster, 14:31

MASTERS

Trevor Branam, 13:52
Theresa Langley, 17:12



Above and right: Cassandra Kelly, Mia Kelly, Jennifer Johnston, and Lauren Daubs shine their way through the night glow run.



Overall race winner, Jonathon Honeywell crosses the finish line, backpack and all.

Represent (321) 5K Community Run/Walk
(It's a family affair)
Beneficiaries:
LIVE UNITED United Way
AVET Project SUPPORT OUR TROOPS
Brevard Public Schools

Family - Community - Veterans - Education

OVERALL MALE

Jonathon Honeywell, 18:23
Christian Hurston, 20:33
Henry Matta, 22:54

OVERALL FEMALE

Marie Thomas, 22:31
Julie Cloney, 24:16
Rhonda Creek, 26:05

MALE MASTER

Alan Moore, 23:22

FEMALE MASTER

Heidi White, 28:00

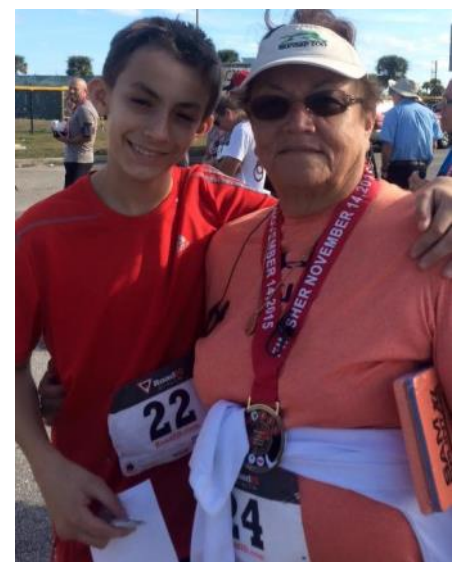
For complete results, click [here](#).

Photos courtesy of Space Coast Event Management. Race report by Brittany Streufert.

WAY TO REPRESENT!

Held at Pelican Estates in Satellite Beach, the Represent (321) 5K Community Run/Walk was billed as a “Family Affair” and raised money to benefit the United Way of Brevard, the AVET Project and the Brevard School Foundation. A virtual run was also offered as an option to participants. Ninety-five runners and walkers participated at the event.

The race commenced with runners winding their way through the course in much cooler weather than Florida has offered thus far in November. Overall women’s winner, Marie Thomas said, “My husband Dave is a veteran who volunteers many hours on behalf of vets. We brought the whole family out to support AVET Project-American Veterans Empowerment Team. We had a great time.”



Michael Thomas with his grandma, Mary Carney poses for a post-race pic.

Where Nature Runs Wild!

Fall finally arrived in Brevard county just in time for the Turkey Creek Trail 5k race, held in the 130-acre Turkey Creek Sanctuary in Palm Bay. This sanctuary is part of both Brevard’s EEL (Environmentally Endangered Lands program) and the Audubon Society’s Great Florida Birding Trail, providing runners with a beautiful, scenic run through hydric and mesic hammocks as well as sand pine scrub.

239 athletes participated in the run on a beautiful morning, with long-awaited cooler temperatures. Participants received snazzy dry fit race shirts, complete with a festive trotting turkey logo. They were encouraged to put the “give” into Thanksgiving by bringing in non-perishable food items. Proceeds from this race benefit City of Palm Bay Parks and Recreation Department, who appreciate the assistance of all of their awesome volunteers who helped put on this race. Check out their [Facebook page](#) for more fun photos of the event.

For complete race results, [click here](#). *Race report by Marisa Flint*



OVERALL MEN

Troy Smith, 18:14
 Brian Rames, 19:14
 Eric Audette, 19:37

OVERALL WOMEN

Michelle Longstreet, 23:40
 Robin Moran, 23:55
 Madden Lorraine, 24:53

MASTERS

Aidan Montague, 19:53
 Jill Waite, 24:55

TEAMS

Running for Breads, 1:23:45
 City of Palm Bay, 1:37:47
 Butters, 1:46:47

TEAM PARTICIPATION

City of Palm Bay, 49
 Elevation SPC, 16
 Running for Breads, 16



Alex Nicklin talks turkey with the race mascot. Photo courtesy of Ana Nesbitt



Turkey Creek Sanctuary is 130 acres and is located in Palm Bay.



The Rocketman triathletes had their choice of race distances—classic (1/4 mile swim, 29 mile bike, 3.1 mile run), international (.93 mile swim, 29 mile bike, 6.2 mile run), half iron (1.2 mile swim, 56 mile bike, 13.1 mile run) and duathlon (29 mile bike, 3.1 mile run).

This was the fifth year for the event and unfortunately, the last. No better way to go out, however, than on top! With a hefty wind, the participants had a few challenges to overcome.

The swim was in the choppy waters of the Indian River and was chilly enough to make it wetsuit legal, the bike course was out and back on KSC property, with the cyclists passing by Shuttle launch pads and then the run had a start and finish at the Astronaut Hall of Fame.

CLASSIC MEN

Edson Soares, 1:39:53
 Luke Walker, 1:40:26
 Eric Matthews, 1:41:04

CLASSIC WOMEN

Debbie Phelps, 1:49:18
 Yelena Maloney, 1:54:49
 Kim Donaldson, 1:54:55

INTERNATIONAL MEN

Michael Kloosterman, 2:06:48
 Julio Castillo, 2:16:50
 Ren Olsen, 2:18:54

INTERNATIONAL WOMEN

Eileen Merken, 2:31:58
 Rosiland Selbach, 2:32:37
 Andrea Filozof, 2:37:39

HALF IRON MEN

Jake Rhyner, 4:01:59
 Gary Bushey, 4:18:30
 Christopher McCaffrey, 4:21:49

HALF IRON WOMEN

Christa Irwin, 4:37:54
 Carrie Dalton, 5:01:05
 Sarah Guttery, 5:03:07

RELAY TEAMS

TRI 413, 2:00:00
 The Schlitterbahns, 2:05:45
 2 Fast 1 Furious, 2:45:12

DUATHLON

Joel Kinnunen, 1:32:29
 John Steinberg, 1:43:01
 Pete Bonavie, 1:43:54

INTERNATIONAL MEN

Matt Mahoney, 22:28
 Kira Vaughn, 28:38



For complete race results, [click here](#). Race report by Lisa Hamelin and photographs provided by Doug Carroll and Lisa Hamelin.



10K race added to celebrate National Adoption Day & Anniversary

In celebration of their 10th anniversary, Brevard Family Partnership held both a 5K and a 10K run on National Adoption Day, November 21. The Run for Love races attracted over 110 runners and walkers and the addition of the 10K saw 70 participants. The morning races got off to a muggy start with temperatures in the mid-70's.

After traveling all week for work, Indialantic's Tony Bills got up early and headed to the race at Church at Viera. He felt the 5K would motivate him to run a tempo workout. Indeed it did as Bills scored an overall victory and hit his intended 6:48 pace. Tieshia Alexander of Melbourne ran a steady 7:20 pace to win the women's 5K.

The new 10K course veered from the 5K right before mile 3. It took runners down Wickham Road towards the Viera Wetlands before turning and heading back to the finish. Art Anderson of Melbourne took first overall, finishing almost a minute ahead of second place. Also from Melbourne, Melissa Kastanias won for the women.

Participants enjoyed a festive post-race party that included Krispy Kreme doughnuts and a visit from the Chik-fil-A cow. The children enjoyed face painting and balloon sculpting as runners and walkers crossed the finish. — Race report and photos by Brittany Streufert

Pictured clockwise starting top left: Brevard Family Partnership booth, Tony Bills and Shane Streufert, the race medal, Art Anderson, Aidan Montague and Matt Mahoney.



5K OVERALL MEN

Tony Bills, 21:09
 Ryan Craft, 22:17
 Ted Amgott, 22:42

5K OVERALL WOMEN

Tieshia Alexander, 22:47
 Brittany Streufert, 23:27
 Brooke Siviter, 24:45

5K MALE MASTER

Shane Streufert, 23:27

5K FEMALE MASTER

Elaine Ferriola, 25:44

10K OVERALL MEN

Art Anderson, 43:30
 Aidan Montague, 44:26
 Matt Mahoney, 45:22

10K OVERALL WOMEN

Melissa Kastanias, 47:43
 Corinne Rios, 49:02
 Angie Preston, 50:40

10K MALE MASTER

James Chiravalle, 50:25

10K FEMALE MASTER

Pamela Gearhart, 56:09

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

Thanksgiving Holiday Starts with a Turkey Trot through Cocoa Beach

Looking for an excuse to eat more Thanksgiving dinner? Over 1,500 people gathered in Cocoa Beach to run the Turkey Trot to burn some calories.



Everyone was in great spirits as the race began. Many were dressed as turkeys or pilgrims to celebrate the holiday. Valerie Eastman said that she liked that it is such a family-friendly race and that so many ran in costumes.

While many runners headed off on their own, some worked in groups of four as part of a Turkey Team to carry a 12-pound turkey over the course.

Runners were surprised by a brief, refreshing rain shower, but the views of rainbows made it worth it. Additional motivation came from the volunteers and residents along the course.

After the race, runners enjoyed refreshments and cheered on the winners at the award ceremony.

Proceeds from the race will be donated to the Cocoa Beach Jr/Sr High School cross-country and track teams.

For a race photos and complete race results, [click here](#). Race report by Angela Leeds and photographs provided by Space Coast Event Management.



Top: Runners showed off their holiday spirit with turkey costumes.

Bottom: Team Butterballs carry their turkey through the finish line.



OVERALL MEN

Conor Fitzgerald, 17:09
Costa Stathis, 17:45
Nick Knowles, 17:46

OVERALL WOMEN

Lauren Duisberg, 19:33
Hannah Chaney, 19:54
Kerry Kelley, 21:11

MASTERS

Joe Lento, 19:10
Angela Wells, 21:29

TEAM Coed

Talk Turkey to Me

Maia Davis
Micah Ford
Andrew Knopf
Jennifer Knopf

TEAM Females

Ninja Turkeys

Suzie Enlow
Kelly Hunter
Theresa Miller
Christy Tagye

TEAM Males

Hot Turkey Injection

Christopher Brooks
Jacob Brooks
Matthew Brooks
Andrew Mackey

TEAM Cocoa Beach Business

Dharma Buns

Jackie Beatty
John Hearin
Nic Holcomb
Lori White



VOLUNTEER WITH SPACE COAST RUNNERS

There's 2 Ways to Win!

TOP VOLUNTEER PROGRAM – *for those who like to volunteer & be a part of the action*

SCR will recognize the top two volunteers based on volunteer points accumulated during the 2015-2016 season. The top two members will receive an official SCR jacket & a \$50 Amazon gift card. Volunteer point standings will be posted at spacecoastrunners.org. Winners to be announced at Awards Night 2016.

RUN&I PROGRAM – *for those who like to race our events*

- ◆ Complete 8 of 10 Runner of the Year series races during the 2015-2016 season
- ◆ Volunteer at 1 SCR race or designated event during the 2015-2016 season.

All members who complete the above requirements will be automatically entered into an end of the race season drawing. Two members will receive either a FREE entry into the 2016-2017 SCR Runner of the Year series or into the Space Coast Marathon & Half Marathon in 2017 as a prize. Winners to be announced at Awards Night 2016. To check your participation, [click here](#).

RULES & RESTRICTIONS

- Be an active member of SCR by May 1, 2016.
- Volunteer MUST sign-in with the designated volunteer coordinator at each event.
- Volunteer points can be accumulated from 8/22/15 to 5/1/16.
- You are not permitted to receive volunteer points and participate in a race on the same day. The only exception is the Space Coast Marathon & Half Marathon.
- Most volunteer shifts are 3-4 hours. You must be prepared to help out during the whole shift for which you are scheduled and fulfill your volunteer duties as described.
- You will forfeit your volunteer points if you do not complete your assignment or if you engage in inappropriate behavior.
- Another person may not volunteer on your behalf.

AREAS TO VOLUNTEER & EARN POINTS

- Packet stuffing
- Packet pick-up
- Parking
- Race day registration table and Packet pick-up
- Course marshal
- Water station
- Finish line marshal
- Post-race food attendant
- Race prize/sponsor gatherer
- SCR tent attendant
- Set up crew
- Clean up crew

For more information, please contact Volunteer Coordinator, Barbara Linton at lintonbj@gmail.com.

Marty Winkel

321-537-3526

sceventmgt@gmail.com



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.



RUN A MILE WITH RHONDA CREEK



Name: Rhonda Creek

Family: My son, Kaiser, is 15 and was born in Concord, NH

Age: 46

Originally from: Corpus Christi, TX

Grew up where?: Corpus Christi. I left in 1987 to attend college and run track. I dropped out in 1990 and luckily was hired by Southwest Airlines. I have lived in 5 states and 19 cities.

Occupation: Flight Attendant

Dream profession: Macro Lens Photographer traveling and capturing the world.

Number of Years Running: 11 months — took a 25 year break

Began Running Because/To: I was circuit training in beast mode and thought I was in great shape until I entered a local 5k. It wasn't my time that bothered me as much as the way I felt during the race and more so the week after.

I Knew I Was Hooked When: I heard the start gun.

Race PRs (Personal Records): 5K- 25:31; 10K—56:37; 10 Mile— 1:46; Half Marathon 2:16

Most Satisfying Race Performance(s): Toss up, EOD and Excalibur. I had not run more than 5 miles till the day of EOD then I felt so proud after the race and drove straight to RZ to sign up for Excalibur the next day and ran my first 10 miles the day of.

Favorite Race(s): Why? Tree Frog 10k Sebastian Trail Run. My first trail run and 2nd 10k. The unpredictable nature of the course was energizing.

Favorite Race Distance: Why? 10k Trail. I feel the energy and power from the packed mud, roots and pig ruts. Its so spontaneous and a bit mysterious, you never know what's around the next turn.

Favorite Place(s) to Run: From Port Canaveral to Cocoa Beach and any mud trail.

Running Goals: To cross any finish line with my son and to run with a positive attitude, enjoy the ride and not beat myself up mentally.

RUN A MILE WITH RHONDA CREEK

Running Partner(s): Cocoa Beach Fun Runners/Walkers and my boyfriend, Gary. Gary works offshore and spends two weeks a month on a treadmill. His time at home running is precious and priceless. I love that running is a sport we can do together.

Funniest or Oddest Thing I've Seen While Running: I was following two men on the Wickham Trail for the Workman Warrior 5k. They came upon water, they stopped, then tip toed around the deep puddle.

One Piece of Advice That I Would Give to a New Runner: Stubbornness gets you weeks or months on the couch. Listen to your coach and your body. Patience...and don't always run in the "cooler" temperatures, if you are going to race in the heat, train in the heat.

Other Sports & Interests: Paddling on the ocean and the canals

Why did you join SCR? To surround myself with positive people that share the same passion.



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



Looking for a sporty Christmas or Hanukkah gift?
The SCR Singlet is the perfect choice, even for the most discerning runner. They'll be able to go the distance in this light, breathable tank.

Available at Running Zone.



January 23, 2016



1:00—4:00 PM



Save the Date
for the
Winter Social
and special early registration
for the
2016
Space Coast
Marathon &
Half Marathon

WHEN: Saturday, January 23 from 1:00—4:00 PM

WHERE: Running Zone, Melbourne

WHAT DO I BRING: A friend or family member who would like to become a Space Coast Runner

WHAT ELSE IS GOING ON? Space Coast Runners (SCR) will be offering early registration for the 2016 Space Coast Marathon and Half Marathon to all SCR members .

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.

Long Distance Relationships

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



Marathon Report: New York City Marathon

By Jim Chiravalle

GETTING IN THE RACE

Finally, I was picked from the lottery! I had entered it for the last four years and now I was going to run the NYC Marathon (26.2 Miles) on November 1, 2015. There was just over 50,300 people signed up (in total with the people picked from the lottery) for this year and I was one of 14,326 people that made it by the lottery process.

THERE'S NOTHING LIKE NY

The experience was awesome. It was exciting to run with 50,000 plus people in New York City. Yes, the temp and weather was perfect, perhaps a tad warm, but really it was good weather. The sun came out towards the end.

I did OK, but by mile 14 - 15, I had to slow up and add walking into every mile due to my left knee, and right hip acting up and by mile 15 it all was killing me, but I kept on. I was on pace until mile 14 or 15, and then everything went off from there. I was aiming for a time of 3:45 / 8:34 pace, but ended up with a overall time of 4:10:11, and a 9:33 average pace - so for the last 11 - 12 miles I added a chunk of time per mile due to the issues I was having. Uggg.... Still not too bad of a run with hills and bridges,



A week after the marathon Jim was out running the Space Coast Classic 15K.



Long Distance Relationships

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

and the 50,000 people on the course. My overall place was 15,856 and age group place was 1,812. Not too bad out of 50,300 plus people who signed up for this year's NYC Marathon!

AND IT JUST SO HAPPENED

I wore one of the Space Coast Marathon long sleeve cotton shirts the morning of the race while waiting to go to the corrals, and I had a lady about my age come over and talk to me for a bit. She's from Orlando, but has been coming over every year running the Space Coast Marathons and Half's (She switches each year or there about). This year, it sounds like she's doing the full... but for the life of me, I don't remember her name... :O It was cool to have someone recognize the shirt, and chat. I had a second one of those shirts there... and both of them have now been donated to the NYC Goodwill, and hopefully someone there can use them this winter!

AFTER THE FINISH LINE

After the race, I got an ice pack wrapped onto my left knee for a short bit, and the med tent was very impressive - looking to be about the size of 100' by 50' or 75' in size and it was about full when I got there! Music, people, and all kinds of cool things going on along the route.

Even though we had the roadways, there were some tight areas for the amount of people running. After the race, I got a great NYC Marathon 2015 poncho, and made my way out to the family reunion area, and met up with some family members that were there this weekend with me. We

got back to the hotel, and I showered, and changed and off onto the road for a five hour road trip back to the family's place in northern-central NY. We made one stop to eat and stretch. Things weren't too bad, and we got home about 11:40 - unpacked and watched the Mets lose the World Series... and off to bed I went after a very long day. The morning after my upper legs were sore, and walking down or even up the stairs... was a bit interesting to do, but I managed. The left knee isn't too bad, but the upper legs and the right hip talks to me some... so that's all going to have to be stretched out and worked on as I get back to running in Florida.

JIM'S RACE RESULTS & SPLITS

Distance	Time	Average	Average / 5K
5K	27:11	8:45	8:45
10K	53:08	8:33	8:21
15K	1:19:55	8:34	8:37
20K	1:46:57	8:36	8:42
13.1 Mile	1:52:29	8:35	
25K	2:17:18	8:50	9:52
30K	2:49:15	9:05	10:17
35K	3:23:19	9:21	10:58
40K	3:56:18	9:30	10:37
26.2 Mile	4:10:11	9:33	



Where in the World?

ARE SPACE COAST RUNNERS RUNNING



December 5

St. Jude Memphis Marathon
Memphis, TN

Sara Gielow

December 13

Islamorada Half Marathon
Islamorada, FL

Kelley Lake

December 13

Best Damn Race Half Marathon
Cape Coral, FL

Tonya George

January 9

Walt Disney World Half Marathon
Lake Buena Vista, FL

Jason Collins, Mary Collins,
Les Lake, Kelley Lake

January 17

Key West Half Marathon
Key West, FL

Tonya George, Lisa Rose, Scott
Rose

January 17

Shark Bite Half Marathon
New Smyrna Beach, FL

Molly Kirk, Marie Thomas

January 17

Clearwater Distance Classic
Halfathon
Clearwater, FL

Tony Bills

January 31

**Town of Celebration Marathon &
Half Marathon**
Celebration, FL

Tonya George, Jonathan Howse,
Kelley Lake

February 7

Daytona Beach Half Marathon
Daytona Beach, FL

Molly Kirk, Brittany Streufert,
Marie Thomas

February 13

Donna Half Marathon
Jacksonville, FL

Kelley Lake

February 14

A1A Half Marathon
Fort Lauderdale, FL
Tonya George

February 20-21

Gasparilla Distance Classic
Tampa Bay, FL
Tonya George

Gasparilla Half Marathon
Tony Bills

March 12

Gate River Run 15K
Jacksonville, FL

Lisa Hamelin, Cheryl Ritter,
Ron Ritter

March 13

First Watch Sarasota Half
Marathon & Relay
Sarasota, FL

Tonya George, Kelley Lake

March 20

Publix Georgia Half Marathon
Atlanta, GA
Rachel Redlien

March 20

Rock n Roll Dallas Half Marathon
Dallas, TX

Lisa Hamelin

March 26

Tomoka Marathon
Ormond Beach, FL

Molly Kirk, Brittany Streufert,
Marie Thomas

March 29

Storm the Campus 10 Miler
UCF, Florida

Kelley Lake

April 18

Boston Marathon
Boston, MA

Cristina Canales, Jackie Kellner,
Cheryl Ritter, Ron Ritter

May 1

New Jersey Marathon
Oceanport, NJ

Cindy Bishop

May 8

Tinkerbelle Half Marathon
Anaheim, CA

Kelley Lake

May 29

Rio de Janeiro Marathon
Rio de Janeiro, Brazil

Cindy Bishop

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

Make a Runner Feel Special

By Angela Leeds

Last Christmas, my husband bought me a Garmin Forerunner 220, which I love. Since it was an expensive gift, I know that he is wondering if every year he has to spend that much money to support my running habit. Many of you probably have friends and family who wonder the same thing.

Picking a gift for a runner is tricky. The sport involves pushing oneself to levels of discomfort, so the runner's choice of gear is highly selective. Therefore, some great gifts will still find themselves resting at the bottom of the gym bag because it doesn't fit the runner's needs.

Surprising your runner with the perfect gift does not have to be expensive though. Here are three ways to make your runner feel special:

Training Time: Running away from your home on a daily basis takes time. Some runners would appreciate a babysitter while they destress on a quiet run around the neighborhood. Others would like to have company with them for good conversation or to help with timing and pacing as they prepare for a race. Giving a few coupons for scheduled time will also help your runner remain motivated, knowing the time is already available.

Race Cheerleader: Many runners leave the house for a race early in the morning, and some return before anyone else in the family gets out of bed. Surprise your runner by offering to come for race support. Make a sign, bring your camera, and take lots of photos. The post-race beer and



pizza at 8 A.M. at the after party are always more fun when you have a friend to share the excitement.

Memory Maker: Most race photos live on a Facebook page, while race bibs and medals are scattered in gym bags, cars, or on dining room tables. Copy some of your runner's photos from Facebook or other racing pages, and if possible, get ahold of a bib or medal from a special race. Put them into a shadowbox frame or make a photo album of special moments. Of course, it's best to know the habits of your runner before touching his/her items.

The perfect gift is not about cost; it is about showing you care. Nevertheless, if none of these suggestions seem practical to you, a gift certificate is always appreciated.

Race Calendar



12/5	Reindeer Dash 5K & Jingle Bell Fun Walk	8:00 am	Viera Regional Park, Viera	www.brevardcounty.us/RunBrevard
12/5	Up & Running Adult Track Meet Event	9:00 am	Merritt Island High School, Merritt Island	info@uprunningfitness.com
12/5	Run 4 The Future 5K	4:00 pm	Wickham Park, Melbourne	info@runningzone.com
12/5	Get Up & Go Jingle Run 5K	5:00 pm	Sand Point Park, Titusville	skidd@hopeng.org
12/12	Reindeer Run 5K	8:00 am	Cherie Down Park, Cape Canaveral	kip.pastermack@bcso.us
12/12	Light the Night 5K	4:00 pm	Nance Park, Indialantic	info@uprunningfitness.com
12/13	Powerman Duathlon	8:00 am	Alan Shepard Park, Cocoa Beach	info@powermanusa.org
12/19	Jingle Bell 2 Mile	5:45 pm	Satellite Beach Library, Satellite Beach	info@runningzone.com
12/31	New Year's Eve 5K Fun Run	11:45 pm	7-11 on A1A, Melbourne Beach	mattmahoneyfl@gmail.com
1/2	Lace Up for Literacy 5K	8:00 am	Wickham Park, Melbourne	ben.yeargin@craigtechinc.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

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

1	Natalie Oswell, Laruen Berube, Henry Hagerty , Garrett Tinker , Kurt Peterson , Veronica Marren, Jennifer Hasse	16	John Austin, Amber Conant, Wesley Carpenter, Stacy-Anne Zellner
2	Aiden Arrington	17	Karen Speed, Austin Hahn, Dawn Oliver
3	Terri Anderson	18	Chris Epler, Mary Collins, Blake Hausman, Charles Levi
4	Sandra Holz	19	Max Hofmeister, Gregg Kraver, Alan Myers, Michael Petrillo
5	Eugene Ramba, Jon Poor, Zach Jaksetic, Les Lake	20	
6		21	Missi Fischel
7	Joseph Werner, Bill Buonanni , Rick Suarez, Sara Griffin, Vishwa Ramachandran, Kris Kinnear	22	Bud Timmons , Christopher Goncalo
8	Michael Farnsworth, Ruth Rodriguez, Michael Morrison, Rachel Waldron	23	Sal Farino , Audrey Bernstein, Roxy Williams
9	Elizabeth Ring, Kelly Stanton, Susan Petracco	24	Thomas Reif , Michelle Henderson
10	Jacquelyn Kellner, David Lerret	25	Suzie Biery , Kimberly Guodace
11	Heidi Duter, Joni Hils, Joli Martin	26	Nancy Pecor, Derik Smith
12	Jeff Cook, Joshua Ogburn , Angela Wong	27	Karen Sanchez, Marie Thomas, Patricia McBride, Alex Berube, Tyler Dutter, Adam Lewandowski, Rob Armbruster
13	David Grant, Brenda Nelson , Ginger Bailey , Rhonda Creek, Christopher Squires, Michael Squires	28	Kathy Reif
14	Jo-Anne Boland, Betty Green, Linda Lundstedt	29	
15		30	Katie Buonanni, Edward Jerdonek, Michelle Higgins
		31	Kenneth Rhoden, Ryan Buchanan, Carol Souve