

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

December 2017



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Run Local Turkey Creek



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On Our Cover: (right to left) Jonathan Howse, Shane Streufert, Joe Dreher, Keith Snodgrass and Half Marathon winner, Holly Davis display their hard earned awards at the Space Coast Half Marathon.

Above: In addition to placing third overall in the half marathon, John Davis accepts the RRCA Florida State Masters Championship award from Don Nelson, RRCA FL State Rep and astronaut, Michael McCully.

Photo credits: Brittany Streufert

SCR Membership Information

Renew your annual membership with no extra fees! The website no longer charges any additional online fees. Now, save the cost of a postage stamp and renew online.

To be eligible for guaranteed pre-race registration into the 2018 Space Coast Marathon & Half Marathon, your membership must be active.

www.spacecoastrunners.org

Need help with your login?
Email info@spacecoastrunners.org

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.



Where to find Space Coast Runners on Social Media?

Like us on [Facebook](https://www.facebook.com/spacecoastrunners) to stay updated on our weekly and monthly events and everything run related on the Space Coast.

Follow us on [Instagram](https://www.instagram.com/spacecoastrunners) and [Twitter](https://twitter.com/spacecoastrunners) for ongoing pictures, tweets and updates from SCR. Feel free to tag us in your posts by using **#spacecoastrunners**.

Check out the [SCR Blog](http://SpaceCoastRunners.org/blog) on our website for good stories and interesting tidbits.

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SCR President

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SPACE COAST RUNNERS

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Merritt Island, FL 32954

It was about 3:15 a.m. on the Sunday after Black Friday and That Other Holiday, and Cocoa was a revelation: each little tree wrapped in multicolored lights visible from blocks away, transforming Florida Avenue into a tranquil holiday boulevard; a throwback to other times and places. Cocoa Village was no less enchanting, the trunks of its bigger trees roped in various colors with cascades of white on their branches, the shop windows decorated and lit as if this were early evening and not some idiotic hour of the night.

Then, the thing that spoke best about the time, place and season: Someone waved. Not a perfunctory, "I'm-crossing-the-street-so-don't-hit-me" wave, but a genuinely friendly greeting.

That person certainly had no idea who the driver was, unless he recognized the godawful car (fat chance), and the pedestrian wasn't identifiable in the darkness. But he was wearing high socks, shorts and a jacket, which pretty much gave away what he was doing in Cocoa Village the Sunday morning after Thanksgiving. I guess he figured that anyone else crazy enough to be where we were at that hour probably was a kindred spirit and deserved a wave.

That gesture from an unknown runner, local or otherwise, put the whole thing into perspective; got the morning and the season going in the most positive possible way. It's not about checking Amazon or heading to the mall or worrying if you'll have the money to get a relative the gift she really, really wants. It most certainly is not about office parties you dread or having to be polite because, well, it is the season for politeness.

This season is something else again because it finds us in places we want to be with people we want to be with, repeatedly; the shared experiences and goals, not of beating David Kilgore or Holly Davis, but of beating the course, testing ourselves, celebrating what we have in common. How appropriately simple is that during the season of miracles and dreidels, birth and wonder, heritage and pride?

On it goes, with our 22-years-going, Runner of the Year **Reindeer Run 5K** ready to go Dec. 9 in Cape Canaveral. Did you notice how Sheriff Wayne Ivey seemed to genuinely enjoy himself at last year's race? It's that kind of morning: friendly and familiar.

Then there's the newer **Christmas Fit-Mas 3K** that evening in Viera, a sweet-natured little poke at people who think the holidays are about sitting around.

The following Saturday comes Satellite Beach's community holiday party, at which a race breaks out every year: the **Jingle Bell 2-Miler**. If you don't love the Jingle Bell, call yourself Ebenezer. Or Grinch.

Finally, what is certain to become a holiday tradition: More than 1,000 Clauses, **Run Run Santa**-ing a mile in Viera the two days before Christmas: more gentle enthusiasm from the brains (Mike Acosta and Brittany Streufert) who brought you Eat My Crust and other delights. It gives us something to smile about. It should make Viera grin from ear to ear.

Oh, wait. One more thing: the suddenly-shirted Matt Mahoney won't be able to host the annual **New Year's Eve 5K Fun Run** in Melbourne Beach and so SCR President Lisa Hamelin will take over at 11:45 p.m. Dec. 31. You know: When other people will get lit up in a whole other way, runners will enjoy the race and one another. I should do that. I'd get back by **Eye of the Dragon**. Maybe.

Anyway, friends, thank you so much for enriching this life as well as others. You've been a blessing and an inspiration since the first start of the first race.

We run on. May your days be merry and bright.

-Lyn Dowling



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ACROSS FROM BREVARD COMMUNITY COLLEGE



LISA'S Musings

A Monthly Column from SCR President, Lisa Hamelin



'Tis the season! This time of year is filled with traditions. I was reading an article about the Hopi tribe and some of their traditions with regard to running. According to folklore, ancestors and animals taught the Hopi people how to run. Originally, running flowed from the men who directed migrations of the tribe and also for searches for water and food. It was the method of sending messages between Hopi villages. It became part of ceremonies too, which could last for days.

In modern times, the Hopi tribe still run based on some of those original reasons, but the one thing that stands out is that many of their races are cultural in nature. They're for a bigger cause than to just run and win or beat your time or beat the guy next to you. It's to help others; their people. Some of the ceremonial races are for rain and harvest rituals and receiving blessings from cloud people. Hopis also believe that running banishes unhappiness, strengthens the body and

rejuvenates a person's energy. We can't argue with that!

Here's hoping that we all can incorporate some type of tradition into our running lives. Whether it is doing a family run/walk in a holiday race, celebrating great training runs with a healthy breakfast after with your training buddies, running at a secret place, enjoying the sunrise after your early morning run or the sunset after your after work run. There are many ways to add a tradition or two and you probably already are doing some that may be considered a tradition and you didn't realize it.

Wishing you and yours an abundance of cheer during the holiday season!

See you on the road.

- Lisa

Lisa Hamelin, SCR President
lisahamelin@gmail.com

DECEMBER BOARD MEETING

December 18, 2017 — 7:00pm,
Viera Pizza

Learn more about your club. All members are invited and encouraged to attend this meeting.

Advertise in this newsletter.

* FREE Ad * \$25 Half Page *
\$50 Full Page (includes 1 eBlast)

To advertise your business or race in the SCR newsletter contact Lisa at 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, send the staff an email — info@spacecoastrunners.org.



We would love to feature YOU in an upcoming issue! To share your "Run a Mile with" story, please contact SCR via email at socialmedia@spacecoastrunners.org.

LOCAL FUN RUNS

spotlight run of the month

Email info@spacecoastrunners.org to add or update your fun run information.

Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (mcbergs@att.net)
Sun	Oars & Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars & Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Mon/Wed/Fri	Base of the bridge over 95 on Fay Blvd-East side, Port St John	5:00 am 5:30 am	Kim Badgett (kbadisrunning@gmail.com) - 321-626-2257
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	Long Doggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon	Florida Beer Company Taproom Fun Run Club, Cape Canaveral	6:30 pm	Madeline Marx, Maddym1984@gmail.com
Mon	Running for Brews Melbourne, Vincinos Ristorante & Pizzeria	7:00 pm	Larry Miller— lmill4435@gmail.com 321-749-7591
Tues	Cocoa Village 6 miles @ 6am	6:00 am	Keith Dutter kdutter@cfl.rr.com
Tues	Iron Oak Post Run Club, Downtown Melbourne	6:00 pm	321-327-8479
Tues (1st/3rd of each mo.)	Playalinda Fun Club Runs, Playalinda Brewing Company	6:30 pm	Donna Scott (225-8978)
Tues	Running for Brews Satellite Beach, Beef 'O' Brady's	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Tues	Long Doggers Locals Running Club, Satellite Beach	7:00 pm	Erickson Jaquays, 321-773-5558 Eriksonjaquays@gmail.com
Wed	Pineapple Park, Eau Gallie	6:00 am	Running Zone (erin@runningzone.com)
Wed	Intra Run Club, Eau Gallie, Intracoastal Brewing Co.	5:45 pm	Amy Ustjanowski (amy@theyogiperogi.com)
Wed	Cocoa Beach Fun Runners/Walkers Long Doggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:30 pm	Judd Spitzer (judds@gmail.com) and Craig Piepmeier (cpiepmeier@gmail.com)
Wed	Village Idiot Pub, Cocoa Village	6:00 pm	321-301-4487
Wed	Run Amok Run Club, Space View Park, Titusville	6:30 pm	Becky Shealy Ahrens—Becky.ahrens@icloud.com www.facebook.com/groups/1423502080999358
Wed	Long Doggers, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	Cocoa Village 6 miles @ 6 am	6:00 am	Keith Dutter 321-576-3699
Thurs	Running Zone, Melbourne	5:30 pm	Running Zone (erin@runningzone.com)
Thurs	CrossFit Rise Above, Melbourne (1st Thurs of month), Chase Bank, Indialantic (all other Thursdays)	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)
Thurs	The Downtown Melbourne lululemon run club	7:00 pm	Bryan Clarke (321-956-3089)
Fri	Find Your Fitness with Gina 5K Fun Run, 2101 S. Waverly Place, Melbourne	5:30 pm	Gina: http://goo.gl/1vxqSL

LOCAL FUN RUNS

spotlight run of the month

MONDAY NIGHT

Running Zone/Pizza Gallery Fun Run



- **MEETS WEEKLY AT PIZZA GALLERY & GRILL, LOCATED AT THE AVENUE VIERA, 2250 TOWN CENTER AVE.**
- **FREE FUN RUN STARTS AT APPROXIMATELY 6:00 PM AT THE BACK DECK AREA. COLD DRINKS AFTERWARDS.**
- **CHECK OUT RUNNINGZONE.COM'S WORKOUTS FOR UPDATES.**

Looking for a great way to start your week off with a run? Join the 6pm crew on Monday nights at Pizza Gallery & Grill, located at the Avenue Viera. This is a social run and every pace is welcome. There are 2-mile and 3-mile route options that begin and end at Pizza Gallery & Grill.

It's a great opportunity to meet a fun group of people that share your interest and you'll get a good workout in too. Runners tend to wear the shirts from whatever race they did over the weekend which makes for interesting running conversation. Plus, every first Monday of the month is FREE pizza night.

SCR Central

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



Welcome New Members

We look forward to running with you.

Jacob Adkins
Marcelle Adkins
Theo Adkins
Larry Boettger
Elena Campbell
Moona Choi
Steven Cooper
Audrey Doyle
Hatice Foell
John Fricano
Rhea Gonzales
Michelle Graves
Karen Hyde
Hunter Ingeldsen

Jennifer Ingeldsen
Lily Ingeldsen
Marcus Ingeldsen
David Kraut
Ed Leaman
Bobby Myers
Gina Myers
Sara Myers
Niccol Obcemea
Andrew Smith
Joshua Wilson
Mary Woolf

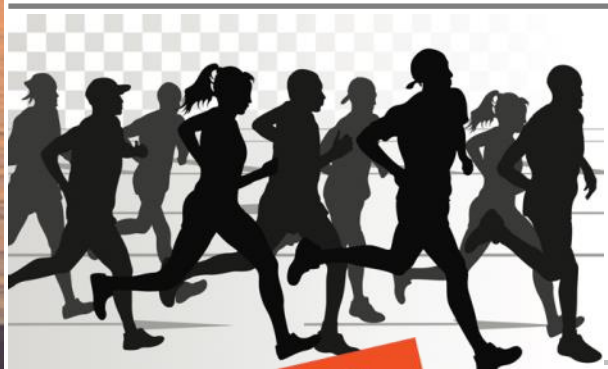
Photo credit: Marissa Flint

Running Safety Tip



DON'T BE A ROAD OR TRAIL HOG.

- ◆ Never run more than two abreast if you are running in a group.
- ◆ Don't run down the middle of the road or trail.



COMING

SOON!

Space Coast Runners is planning to launch a 5K training program in Spring 2018.

We'll be unveiling the new running program in January. It will be a fantastic way to build endurance for the spring racing season.

BEACHSIDE HALF MARATHON & 5K

SUNDAY, JANUARY 7, 2018

SPACE COAST RUNNERS GET \$10 OFF THE HALF MARATHON!
WITH COUPON CODE - SCR10 - GOOD THROUGH 12-20-17

The 9th Annual Beachside Half Marathon for a Healthy Start will take place on Sunday, January 7, 2018 at 6:45 am and the timed 5k starts at 7:00 am at Riverside Park located at 3001 Riverside Park Dr., Vero Beach, FL 32963

THE DETAILS

Free Kids Run & Toddler Dash: Goodies to all finishers.

Half Marathon - Racer Premiums: Includes race shirt, post-race party, finisher medal, and chip timed on a certified course. There will be a special 5-year medal to any runner that has finished 5 Beachside Half Marathons.

Half Marathon - Awards: Awards will be given to the overall male and female winners, top male and female master, top three finishers in each of the 5-year age groups, (starting with 15-19 and ending with 75+) for the 1/2 Marathon only.

USTAF Certified Course: With timing will be done by Run Vero using the ChronoTrack Systems D-Tag.

BeachsideHalfMarathon.org

Proceeds Benefiting

 **Indian River County
Healthy Start**
COALITION, INC.
Every baby deserves a healthy start



The 13.1 mile 1/2 Marathon starts near the pavilion in Riverside Park with breathtaking views of the intra-coastal and ocean while crossing the two main bridges to Orchid Island. You will run through coastal neighborhoods and the Oceanside retail area with incredible views of the beach and ocean, finishing back at Riverside Park.

IN BEAUTIFUL VERO BEACH, FLORIDA

SCR Central

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



CONGRATULATIONS SCR BOSTON 2018 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.

Space Coast Marathon

Cocoa, FL

John Wall — 2:54:54
1st AG Men 45—49

Joel Kinnunen — 3:12:53
2nd AG Men 50—54

Bret Halliday — 3:15:57
2nd AG Men 55—59

Matt Mahoney — 3:37:02
2nd AG Men 60—64



Ritter raises the most!

Cheryl Ritter participated in the TCS NYC Marathon on November 5th as a charity runner for the Melanoma Education Foundation, a cause near and dear to her heart. The dermatological PA was recognized by MEF as the top fundraiser of all their marathon participants.

"Thank you everyone for donating to the Melanoma Education Foundation! I raised the most money for this charity on record — \$5,530 and ran the NYC Marathon November 5, 2017 in 4:03! Running for this charity was an incredible experience and I wanted to say Thank you again to everyone for your support. It meant a lot to me to raise awareness about skin cancer.

STAY CONNECTED
WITH SPACE COAST
RUNNERS



FOLLOW US ON

Instagram



SCR Central

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



Free New Year's Eve 5K Fun Run!

SCR will host a free 5K fun run with age graded results. The race starts at 11:45pm and is hand timed, this year by Lisa Hamelin since perennial stalwart Matt Mahoney will be on the high seas. It's an out and back course. You get to see fireworks while you run. It's a really cool way to end 2017 and ring in the new year...all in one run.

Please bring a snack for the potluck afterward. No alcohol please. The attendance record for this SCR New Year's Eve run is 89 participants and it dates back to 1981/82. Invite your run friends. Facebook event:

<https://goo.gl/47f5qc>



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



10K
2 MILE
SLAY THE BEAST
CHALLENGE

CHRISTMAS SPECIAL

Register + Receive
FREE
Dragon Ornament
with in-store sign up
at **Viera Pizza**

OFFER AVAILABLE WHILE SUPPLIES
LAST. REGISTRATIONS PRIOR TO
12/1/17 ARE NOT ELIGIBLE.

Sunday
February 18, 2018
Melbourne, FL

Eye of the Dragon 10K & 2 Mile Tail of the Lizard are part of the SCR Runner of the Year Series. The holiday ornament features a fierce dragon sitting upon a stony rock that flows over the top of a pearly orb. The dragon mantles his wings over his back, and peers out from red eyes. A ribbon is included for easy hanging! This will be the 30th running of the 10K. Anniversary celebration planning is in progress.

get involved.
join a committee.

SCR has several
committees in need of
volunteers.

For more info, please contact
Lisa Hamelin via email:
lisahamelin@gmail.com

FOLLOW US ON >>TWITTER: @SPACESTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

SCR Central

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

RUN AND FIGHT CHILDHOOD HUNGER

Health First

2018

5K

FIGHT CHILD HUNGER

Saturday Jan. 13 2018

RUN / WALK

Viera High School
6103 Stadium Parkway, Melbourne
8:00am race start

Adults \$25 day of race \$30
Youth 12 & under \$15 day of race \$20

For more information or to register visit
<http://www.fightchildhunger5k.org/>

Honorary chairpersons Bob Gabordi,
Executive Editor of Florida Today and his
daughter Jessica.

**Become a "Best of Brevard"
\$1,000 Sponsor Today!**

Local businesses, individuals and
congregations committed to helping
hungry children in Brevard County.

Proceeds benefit:

 **The Children's Hunger Project**
"Brevard County's Backpack Program"

 **Sharing Center**
of Central Brevard

 **Lite Rock 99.3**

 **KISS 95.1**

 **News Talk WMMB**
1240 • 1350

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 **iHeart MEDIA**
MELBOURNE

SCR 40th Anniversary Shirts are on sale now!



Celebrate the 40th anniversary of Space Coast Runners with this special-edition tee. Cut from soft, lightweight fabric, it features a run-inspired graphic that showcases club pride. The design was created by member, Susie Meltzer.

Your next available opportunity to purchase a shirt is at the Reindeer Run. They will be available at the SCR tent for \$16 which includes tax. Cash or check only. To reserve a shirt, simply email your name, address and shirt size to info@spacecoastrunners.org.

Available sizing:

Men: S M L 2XL (XL is sold out)

Women: S M L XL

Sizing is limited so don't delay!

Winter Social

SPACE COAST RUNNERS INVITES YOU TO

Run + Eat + Drink

Sunday, January 7th 2018

AFTER THE LONG RUN IN COCOA VILLAGE

Set-up around 8:30/8:45am

Social kicks off 9am

SCR will provide fresh bagels from Bagel 13,
hot coffee, and OJ.

Bring a dish to share if you like...

Come, mingle & meet SCR members
you might not know, find new run partners
to join you as you reach for your 2018 goals...



Dragon Slayer
2 Miler Medal



2018 Finisher
Medal Design



Dragon Slayer 2 Miler Perks:

- Finisher medals!
- Cotton t-shirts
- Age group awards & overall male & female winners!
- Best Camelot costume contest
- Post race feast fit for kings & queens!

Sunday, March 18, 2018

Viera, Florida • 7:30 am Start

Dragon Slayer 2 Miler • 7:45 am Start

Sword fight by

Medieval Times
DINNER & TOURNAMENT

Register online at
ExcaliburRun.com

Excalibur 10 Miler & Relay Perks:

- Ruby Sword finisher medal!
- Gender specific tech shirts
- Age group & overall winners to receive an Excalibur Knight award
- Best Camelot costume contest
- Post race feast fit for kings & queens!

- Just a short drive to Kennedy Space Center, Medieval Times, other Orlando Attractions & the beautiful Space Coast beaches.
- Race site on the beautiful Campus of Viera High School Race Kingdom: 6103 Stadium Parkway, Viera, FL 32940.



EXCLUSIVE SCR RACE DISCOUNTS

save \$ = run more races

- ◆ **NEW!** [Eagle Pride Virtual Run](#) presented by Virtual Strides. Receive a 20% discount on all [Virtual Strides](#) events by entering the club discount code **SCRmember20** during registration. Choose 5k/10k/Half Marathon distances all of which benefits USA Cares provides financial and advocacy assistance to post-9/11 active duty U.S. military service personnel, veterans and their families.
- ◆ **LAST CHANCE!** SCR members save \$2 on this fun, all-Santa race. Race the [Run Run Santa 1 Mile](#) in Viera (Dec 23) or Vero Beach (Dec 24) or both! Use code: **RRS2SCR** to receive the discount.
- ◆ **NEW!** [Beachside Half Marathon](#) in Vero Beach, FL on January 7th at Riverside Park is offering SCR members a \$10 discount. Use code **SCR10** by December 20th to reserve your spot in this scenic, USATF-certified race!
- ◆ **NEW!** If you've never run the [Daytona Beach Half Marathon](#) which starts and finishes on the International Speedway, you're missing out. Run it on February 4, 2018. To save \$15 off the half, relay or challenge, use code **DBHMSPACE18**. It's valid until 1/31/18.
- ◆ **NEW!** [Riverside Dash](#) at Ft. Mellon Park, in Sanford, FL April 8, 2018 has something for the whole family, a 5k, 15K and a Kids Dash. The 15k is one of Florida's top races, fast & flat, winding around the scenic shoreline of the St. John's River. Code **SPACECOAST** will give you a \$5.00 discount!
- ◆ **EXTENDED!** Use code: **SPACECOAST042017** to receive 10% off any [Sommer Sports](#) events like the Orange Blossom Half Marathon in Haines City or the Lake Minneola Half Marathon & 5K in Clermont. The discount is available to SCR members through 12/31/17.
- ◆ The [Town of Celebration Marathon & Half Marathon](#) is offering a \$10 discount to SCR members. The race runs on January 28, 2018. Use code: **SCR**
- ◆ **Smooth Running Races** is offering a 15% discount for all their Publix Florida Marathon Races on February 11, 2018, with 20 lives bands on the half marathon course! Use code **SCRSTRONG**.
- ◆ You don't want to miss the 2018 [Sarasota Music Half Marathon](#) on 2/4/18. 20 bands along the run through Selby Botanical Gardens and over the Ringling Bridge. Wicked cool medal and T-shirt, then a rockin' after-party with live music, massages, beer garden and tons of fun! SCR gets \$5 discount with code: **SCR5**.
- ◆ Beautiful Tybee Island, GA, has their annual [Critz Tybee Run Fest](#), offering something for everyone—a 1 mile, 2.8 mile, 5k, 10K, and half marathon! This February 2 & 3, 2018 race should be great weather. Get an 18 percent discount with code **SCR18**.
- ◆ **EXTENDED!** [Vacation Races](#) is extending a 15% discount to all SCR members. Save on upcoming 2018 races like the Antelope Canyon Ultras (2/23) or the Coastal Redwoods Trail Fest (4/12/14/18) use code **16RC84784**.
- ◆ **EXTENDED!** [MultiRace](#) will extend a 10% discount to all its events! Use code: **SCR17**. (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor).
- ◆ [St. Pete Run Fest 2017](#) is offering SCR members a 5% discount to either the half marathon, half marathon relay or 5K race. It's two full days of festival fun, including running events, a health & fitness expo, local food, music and craft beer. The fun begins on November 19, 2017. Use Code: **TIAPET5**
- ◆ The 5th [Tomoka Marathon](#), a Boston Marathon Qualifier, will take place in Ormond Beach, FL on Saturday, March 24th, 2018. Save 10% when you enter code **SCR10** for any of the 3 distances.
- ◆ Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPACEMOAT**.
- ◆ Run the inaugural [Sunrise Half Marathon & 5K](#) on 3/25/18 in South Florida. This first time event will take place in the centrally

Exclusive SCR Race Discounts

located Markham Park and Sawgrass Industrial Park in Sunrise, Florida. Come and see why over a million people visit Markham Park each year. Save 20% on the half by using code **SCR20**.

- ◆ **Flying Pirate Half Marathon & 5K**, Saturday & Sunday 4/14-15/18. A Pirate-themed half marathon on the Outer Banks of NC! Begin in Kitty Hawk, go into Nags Head, around the Wright Brothers Memorial, and the Woods Maritime Forest. Finish with a Pirate Jamboree! First Flight 5K - Saturday. Double Dare Challenge - Both Days! Use code: **SPACECOAST18** for 15% off the half or challenge distances.

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.

If your race would like to offer a discount, please email info@spacecoastrunners.org your race name, date and code.



DECEMBER 23, 2017

Viera's first & only all-Santa race!
The 2nd annual 1 Mile race will run at 7:30am on 12/23/17. Space is limited. Register today.

www.runrunsanta.com



Join us for the next race in the 2017-18 Running Zone Foundation Race Series:

JINGLE BELL 2 Miler

PRESENTED BY
Health First

Health Plans

SATURDAY, DECEMBER 16, 2017 • 5:45 PM • SATELLITE BEACH LIBRARY



Benefits Satellite High School running programs.

- 🎅 Santa Hats to the 1st 500 Entrants
- 🔔 Jingle Bells for everyone's shoes
- 🎅 Best Holiday Costume Contest
- 🔔 Fun Stocking Awards
- 🎅 Santa Arrival on Fire Truck
- 🔔 Cookies provided by Long Doggers
- 🎅 Random Giveaway: LED TV

#jinglebell2miler



runningzone.com/series

Stop by Running Zone • 3696 North Wickham Road • Melbourne, Florida 32935 • 321-751-8890



RUN LOCAL



Turkey Creek Sanctuary



Turkey Creek Sanctuary is a precious preserve on about 117 acres. It offers a few different trails that you can hike, run, or mountain bike on (all listed on the website provided). Amenities include: canoe and kayak access to the creek, nature center with exhibits, picnic tables, and restrooms. Public access and parking to the sanctuary is available at the Margaret Hames Nature Center by the Tony Rosa Community Center-located off Port Malabar at Santiago Dr.

The park is open 7 days a week and admission is Free!

This day we ran the blue trail (color from the website). An early morning run was great, access is off Briar Creek Rd. and there are no restrooms off of this trail. We saw no other runners, but beware of mountain bikers-they were few. Had no problems with bugs, but bring some bug spray just in case.

TURKEY CREEK
SANCTUARY
AUTHORIZED VEHICLES
ONLY
VIOLATORS WILL BE
PROSECUTED

Palm Bay
City of Palm Bay
Code Violations

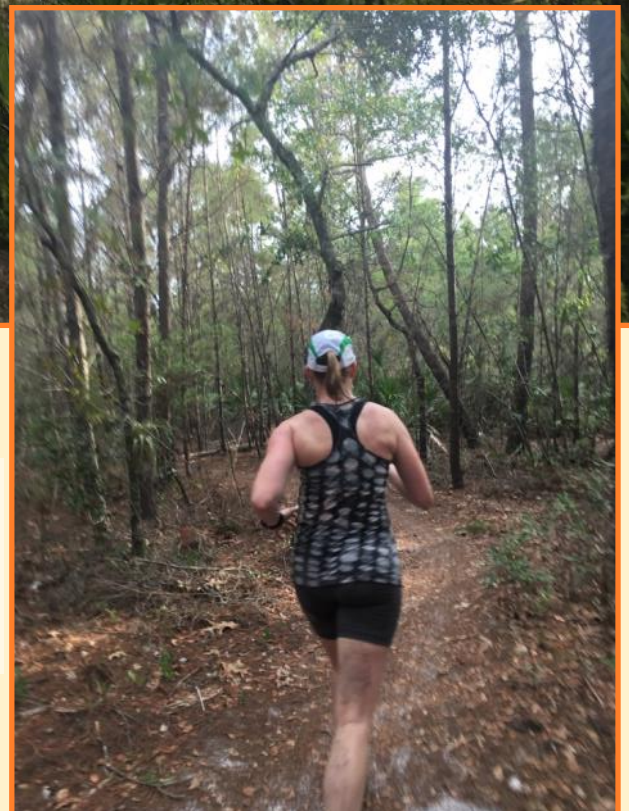
- 36.06 INJURY/REMOVAL OF PLANTS
- 36.07 LITTERING
- 36.10 BICYCLES IN SANCTUARY
- 36.11 SWIMMING **DO NOT FEED**
- 36.13 FISHING **ALLIGATORS IT IS A FELONY**
- 36.14 FIREARMS
- 36.19 ALCOHOL/DRUG USE
- 36.21 PETS IN SANCTUARY
- 36.25 FIRE/SMOKING
- 36.45 TRESPASSING AFTER HOURS

KAYAK-CANOE LAUNCH
PARK HERE & CARRY IN
MOUNTAIN BIKE TRAIL
PALM BAY PARKS
& RECREATION



Turkey Creek Sanctuary continued

Turkey Creek provides a great nature run, with lots of roots, so pick up your feet! One trail is just a boardwalk, so I'm sure that is much easier to maneuver on, but not quite as a thrill to run.



Check out this hidden gem!

**Turkey Creek Sanctuary is located at
1518 Port Malabar Blvd. NE
Palm Bay, FL 32905**

Article & photos by Krysti Dixon



Rockledge High School Presents:
**NEW YEAR
 NEW YOU 5K**

Saturday, January 6th, 2018

8:00 AM - Start

Rockledge High School

220 Raider Rd., Rockledge

Race Amenities:

- Cotton Race Shirt
 - Guaranteed if registered by 12/18/17
- Finisher medals to all participants
- Refreshments after the race

Time Table:

Friday, January 5th, 2018: Running Zone
 (3696 N. Wickham Rd., Melbourne)

10am-6:30pm: Early Packet Pickup and Registration

Saturday, January 6th, 2018: Rockledge High School
 (220 Raider Rd., Rockledge)

7:00am: Registration & Packet Pickup Opens
 7:45am: Registration & Packet Pickup Closes
 8:00am: 5K Race Start!

**Free Kids Fun Run & Awards Ceremony Following 5K*

Join us on January 6th, 2018 to kick off the New Year. The New Year, New You 5K will benefit Rockledge High School and will give you the opportunity to celebrate the New Year in a healthy way!

Race Fees:

Adult: \$30
 Child (12 and under): \$15

Sorry, No Refunds.

Awards:

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

Age Groups (Top 3 M-F):

8 & Under	25-29	50 -54	75-79
9-11	30-34	55 -59	80+
12-14	35-39	60 -64	
15-19	40 -44	65 - 69	
20-24	45-49	70 -74	



New Year, New You 5K

Mail entry form with fee to: *Running Zone - 3696 N. Wickham Rd., Melbourne, FL 32935*

Make check payable to: Rockledge High School Track Boosters

First: _____ Last: _____

Address: _____ City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

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

T-Shirt Size: Youth Medium Small Medium Large XLarge XXL Large

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 New Year, New You 5K 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.

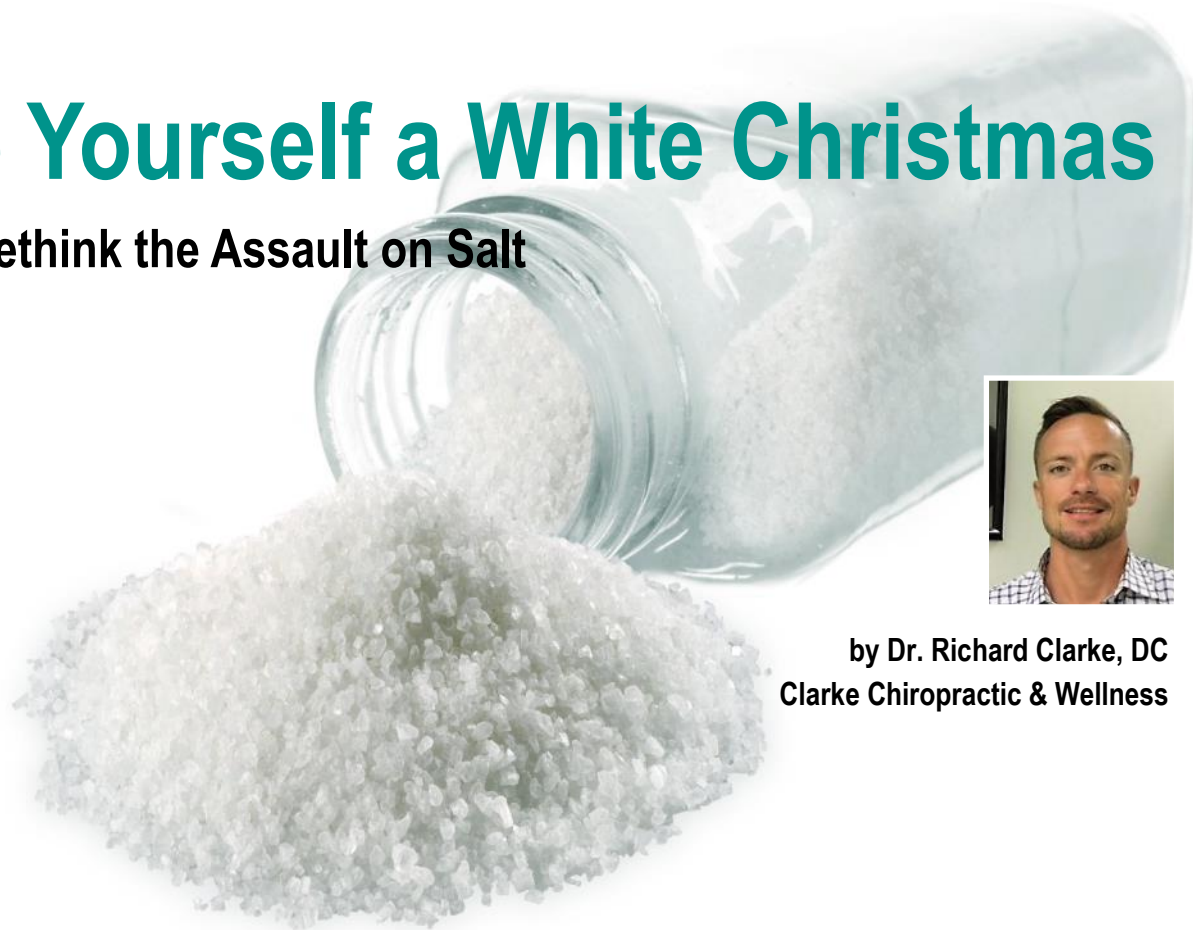
 SIGNATURE

 SIGNATURE OF PARENT/GUARDIAN (FOR THOSE UNDER 18)

 DATE

Have Yourself a White Christmas

Time to Rethink the Assault on Salt



by Dr. Richard Clarke, DC
Clarke Chiropractic & Wellness

Let's face it. Something isn't working. Obesity rates, diabetes and dementia continue to rise. Cardiovascular disease and cancer consistently sit atop the list of killers. This is a train moving in the wrong direction and it's up to each of us whether we stay along for the ride or seek out an alternate mode of transportation.

(How's that for a Happy Holiday greeting?)

The point being made here is that we need to remain or become open to new ideas, especially those counter to what has been dogmatically accepted for years as law. Thankfully we are seeing this growing recognition when it comes to cholesterol (dietary & endogenously produced), fats (especially saturated fats), and beyond. This is crucial as it illustrates a deeper understanding of physiology and serves as reactionary recognition that the guidelines being adhered to, prescribed from the top down for decades, are not only not working, but are more than likely playing a heavy hand in contributing to the very problems they were intended to ameliorate.

This trend of awakening and rethinking formerly held nutritional and health beliefs is gratefully also being seen when it comes to salt; which is especially important for us hot weather runners. Salt is the only essential (meaning we do not produce this on our own and that it must be obtained from sources external to the body) mineral that has been demonized and restricted due

to a lack of comprehension of how salt interacts with the body. This wasn't necessarily done maliciously (although a portion of the low salt push was derived from a shameful display of hypothesis driven, cherry picking of data similar to Ancel Keys and The Seven Country Study that landed us in this "fat" mess (pun intended) to begin with), but in an attempt to attenuate one of contributors to and factors in deadly heart disease: blood pressure. A noble intention, no doubt.

However, a notion that can be applied almost universally is based off of the fact that change is constant, and as the volume of knowledge and understanding changes for the better, when applicable, it needs to be considered and evaluated against the in place, older data. This is how we grow, evolve and survive. So let's look at the latest data on salt, why you should care, and what you can do about it.

Why the bad rap for salt?

First off, as stated, the main reason salt was vilified to begin with was based off its effect on one marker; blood pressure. Decreasing salt intake will indeed drop blood pressure as it leads to a drop in blood volume. However, this drop in blood volume is concurrent with a drop in overall body fluid which can lead to dehydration. A lower salt intake also causes heart rate to go up (as high as 25%, but on average a 10-15% increase in beats per minute) stacked against the average drop in blood

pressure being ~1%. This relatively larger increase in heart rate causes more stress on the arteries and heart.

Instead of focusing on and being satisfied with the relatively small drop in blood pressure we generally see and attribute to restricting salt, more attention should be paid to the correlation between hypertension and insulin resistance. When insulin is chronically elevated (the cornerstone of type II diabetes) it leads to activation of the sympathetic (fight or flight) nervous system, elevating heart rate and causing vasoconstriction which both lead to higher blood pressure.

We make this worse if in response to the unrecognized insulin driven hypertension, we are told to go on a low salt diet. This means the kidneys now have to work harder to reabsorb the salt already in our body in order to avoid hyponatremia (low sodium). The body executes this low salt diet prompted survival task by sending insulin to act on the kidneys. To ensure the kidneys get more than enough insulin, other cells become resistant to the insulin. This includes the blood vessels who rely on insulin for its vasodilating (blood vessel widening and thus blood pressure lowering) properties.

(So we see that in this day of the low carb craze, and the problematic elevated levels of insulin that comes with it, insulin is not all bad. It's when we have it in overabundance, mainly in response to a diet high in processed/refrained grains, carbs and sugar that it becomes an issue. We now understand that a low level of sodium leads to increased insulin levels and, with exception to the kidneys, insulin resistance in the tissues. Sounds like another player in type II diabetes to me.)

Beyond blood pressure, how else can salt, in particular ascribing to a low salt diet, be problematic (especially for a sweaty, salt depleting Florida runner)?

Stubborn Weight Loss or Low Energy Levels?

How about if you are one of the estimated 22 million Americans with a thyroid disorder? It is a function of the thyroid to prompt the kidneys to retain salt. If the thyroid is sluggish (hypothyroid) you may already be susceptible to lower sodium levels due to this lack of retention. A common cause of sluggish thyroid function is iodine deficiency. We can be sure to obtain our necessary allowance of iodine by consuming, you guessed it; salt. (Real salt is not just a sodium and chloride ion, but rather a beneficial combination of a variety of heavy hitting minerals like iodine and magnesium. We will get into type of salt

and mineral content shortly.)

So now we can potentially have low salt intake, leading to an iodine deficiency, leading to hypothyroidism, OR hypothyroidism being exacerbated by restricting salt intake, leading to iodine deficiency. Let's take it one step further and make this scenario runner specific and account for the ~1200mg (half tsp) of sodium and ~75mcg of iodine we lose in our sweat per hour of exercise. We can see how these mineral deficiencies can get out of hand quickly and perpetuate if not be the outright causative factor for the above described thyroid linked issues. As the master gland for metabolism we now have the stage set for fatigue and stubborn to non-existent weight loss despite faithful workout sessions.

Digestive Issues or Heartburn?

Although we mostly speak of sodium when talking about salt, we must not overlook the white crystals other half. The Cl of the NaCl is chloride and it is also crucial to have adequate levels. A low salt diet can lead to low levels of Cl. This is the same Cl of HCl, that is the hydrochloric acid secreted in our stomach and absolutely necessary for proper digestion. (Interestingly, although conventional western wisdom rushes to suppress stomach acid at the first sign of indigestion, hypochlorhydria (low stomach acid) can actually be an underlying cause of what we commonly refer to as heartburn.)

Without adequate HCl (whether due to antacids, proton pump inhibitors or low salt intake), we skip an early, essential step in the orderly process of digestion. We now set the stage for infection and/or overgrowth as stomach acid plays a role in neutralizing pathogens. We decrease the ability to fully digest our food in the intestines leading to nutrient deficiencies, and increase what now become indigestible proteins poking holes in the gut lining (intestinal permeability aka "leaky gut"), leading to inflammation and immune reactions. Could low levels of Chloride due to a low salt diet be at play here?

Worried about Bone Density and Osteoporosis?

As stated, the body will do all it can to keep us out of a state of hyponatremia. This includes pulling sodium from our bones in order to keep circulating levels on par. The problem is that along with the sodium, the calcium, potassium, and magnesium are also stripped from the bone, causing a temporarily misleading elevation in serum levels, as the Ca, K and Mg make their way through the blood to the kidneys and out via the

urine. Instead of recklessly throwing Ca in the body hoping it finds its way to the bones, recognition and action based upon comprehension of the delicate internal dance of mineral balance, including adequate salt intake is necessary for bone health and beyond.

There are many other issues that can manifest due to low salt intake, ranging from "keto-flu" symptoms experienced by low carb, high fat dieters, adrenal hyperfunction, and even erectile dysfunction due to low salt induced poor circulation. In addition to all we covered, your curiosity should be further peaked if you experience:

Salt cravings

Decreased exercise tolerance (dizziness, fatigue, exercise induced headaches, overheating etc.)

Reduction in sweat volume

Muscle spasms/cramps

Increased heart rate with or without palpitations

Orthostatic Hypotension (light headed/dizziness upon standing)

POTS (Postural Orthostatic Tachycardia Syndrome: an increase in heart rate (~30bpm) when going from sitting to standing)

Decreased capillary blood fill (can be observed by pinching the finger nail and blood flow not returning within 1-2 seconds)

Lab Markers:

Low Na

Low Cl

Increased Uric Acid

Elevated Insulin

Elevated BUN: This is often elevated, especially in athletes and in the absence of other flags, the common prescription is to drink more fluid to counter dehydration. However, one of the reasons BUN elevates is due to a reduction of blood flow to the kidneys. If on a low salt diet, the resultant lower blood volume leads to less flow to the kidneys. If you find an otherwise deemed insidious elevation of BUN and you stay adequately hydrated, low salt may be the explanation.)

Certain habits or practices can also predispose us to salt loss or "spilling" and a subsequent deficiency and all of these fun things associated with it. This includes, but is not restricted to:

Caffeine: For every 4 cups of coffee, we lose ~1tsp (2400mg) of sodium in the urine; which can cause issues of you ascribe to or are below the RDA of 2000mg.

Sleep Apnea: If you suffer from sleep apnea or are one of the estimated 20 million undiagnosed folks, you could be losing up to 3000mg of Na per night as due to the lack of breathing and subsequent build in central pressure, the body senses overload and looks to excrete fluid and sodium along with it.

Digestive Issues (IBS, Crohn's, celiac, etc.): All of these conditions can decrease the ability to actually absorb essential minerals like salt in the first place, setting the stage for widespread deficiencies, NaCl included. It would be wise if your physician inquired and/or investigated about this prior to suggesting to apply a one size fits all approach in a low salt diet.

Consuming a Low-Fat Diet: When we strip the fat from the food or look to avoid it, we also strip a portion of the palatability. To make up for this, we add either sugar or salt. If you follow the long standing advice to avoid salt, you end up turning to the wrong white crystal. One could argue that a major contributing factor to this mess of insulin resistance, obesity, diabetes type II, food addiction and the cascade of anatomical and physiological destruction that follows is in part due to the avoidance of the healthier taste enhancers (healthy fats & salt) and the default to sugar.

Conversely, embarking on a journey into a HFLC (high fat low carb) diet can also be a detriment to sodium and other electrolytes if a status of ketosis is achieved. Negatively charged ketones can pull the positively charged sodium out of the system and thus create a deficiency. This can be easily attenuated by intelligently supplementing with a mineral rich salt (see below) during the process.

As an athlete on any level, but especially one who trains and competes in the heat, why is this especially important?

SWEAT



In the presence of salt we actually sweat more as the body is willing to release it, while the lower the salt, the less we sweat as the body attempts to attenuate any further depletion of an already depleted essential mineral. Sweat helps to thermoregulate, cooling the body and allowing us to go long-

er and harder, especially in the heat.

IMPROVED BLOOD FLOW & LESS LACTIC ACID

Salt actually serves as a potent vasodilator, improving circulation and delivering more oxygen to the muscles and other tissues. This helps us two-fold when it comes to lactic acid as the more oxygen available for aerobic respiration, the less lactic acid is produced via anaerobic respiration; and the lactic acid that does form is removed more rapidly via the sodium (from salt) - hydrogen (from lactic acid) transport mechanism.

LOWER HEART RATE

As we noted above, lower salt intake actually increases heart rate. We strive to keep HR lower as it enables us to go longer, harder and faster, as well as recover more quickly as the change in heart rate will be directly reflected in recovery metrics like HRV.

If you find any of this information sounds like you, or you are curious and intrigued enough to dig deeper in search of optimal health, performance and longevity, I would suggest consulting with your open minded, forward thinking, healthcare professional prior to making any major changes; dietary or otherwise. We work with plenty of patients in this arena and always applaud and encourage any proactive inquiry, investigation and action so feel free to reach out at any time if looking for this up to date, forward thinking opportunity for personal enhancement. (Dr.RClarke@gmail.com 321-848-0987).



The one size fits all approach rarely works, but especially if based upon outdated, disproven and antiquated premises. This approach takes no account for bio-individuality and the myriad of causes for the plethora of issues mentioned here and beyond. You owe it to yourself to work with someone who will dig deeper in order to uncover and rectify the root cause and underlying dysfunction, which will then, more often than not attenuate or outright eliminate symptoms and signs that you are seeking care and being medicated for. Whether you seek out this assistance with myself or someone else, I sincerely wish you success in your quest for optimal quantity and quality of life.

CHOOSING THE BEST SALT

As a closing and a Christmas gift of some take home information to be used at your discretion; should you opt to reunite with salt, we need to choose wisely as all salt is not created equal. We want to stay away from the typical table salt as it has been bleached (most real salt is not actually snow white) and chemically processed which leaves it devoid of other crucial minerals like Iodine, Magnesium, Iron, and Calcium. Typical table salt also is usually mixed with an anti-caking agent (more chemicals) and dextrose (wrong white crystal). Here are some options:

CELTIC SEA SALT: high in Magnesium (~40mg per 10g of salt), but no Iodine

ANCIENT LAKES MAGNESIUM INFUSED SALT: high in Magnesium (44mg per 10g of salt), high in Iodine (120mcg per 10g of salt)

HIMALAYAN SEA SALT: Low in Magnesium (1.4mg per 10g); higher in iron, high but inconsistent in Iodine (can range 100-1000mcg per 10mg)

HAWIAN SALTS: Decent magnesium (30-35mg per 10g), no iodine, great taste.

REDMOND REAL SALT: Low Magnesium (8mg per 10g), Consistently strong Iodine (50-100mcg per 10g)

Additional write ups can be done on the above mentioned iodine and magnesium as both are vitally important, depleted dramatically in sweat, and oft deficient, hence the focus and inclusion above.

As always, thanks for reading and good luck out there. Perhaps a salty Christmas is right for you.



MARK YOUR
CALENDAR!

SCR Runner of the Year SERIES

2017—2018

Running on Island Time 5K

Saturday, August 26, 2017

Overall Male & Female Winners:
William Maltin & Jennifer Absher

Turtle Krawl 5K

Saturday, September 9, 2017

CANCELLED

Space Coast Classic 15K & 2 Mile

Sunday, November 5, 2017

Overall Male & Female Winners:
Derek Beckett & Jennifer Absher

Space Coast Marathon & Half Marathon

Sunday, November 26, 2017

Overall Marathon Male & Female Winners:
David Kilgore & Gabriela Herra Arroyo
Overall Half Marathon Male & Female Winners:
Brian Atkinson & Holly Davis

Reindeer Run 5K — 12/9/17

Saturday, December 9, 2017

Tooth Trot 5K

Saturday, January 27, 2018

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

Sunday, February 18, 2018

Downtown Melbourne 5K

Saturday, March 24, 2018

Space Walk of Fame 8K & 2 Mile

Saturday, April 7, 2018

Eat My Crust 5K

Sunday, May 6, 2018



CITY OF CAPE CANAVERAL PRESENTS THE 22ND ANNUAL



SATURDAY, DECEMBER 9, 2017 - 8:00 AM

Proceeds benefit The Brevard County Sheriff's Office Charities, Inc. - YDC Program.

PRE-REGISTRATION BY 11/23:

Individual \$25

REGISTRATION 11/24 – RACE DAY:

Individual \$30

SCR YOUTH SERIES FUN RUN: FREE!

First 600 Registrants Receive Race Shirts

RAIN OR SHINE – No Refunds

SCR Receive \$3 OFF

BEST OVERALL: 1st, 2nd & 3rd Male and Female Masters, Grand Masters & Senior Grand Master

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 75-79 80+

NEW CO-ED TEAM DIVISION: Best Finishing Team of 4

PACKET PICKUP & REGISTRATION

FRIDAY, DECEMBER 8, 2017

10:00 AM – 6:30 PM - (cash/or check only)

RUNNING ZONE

3696 N. Wickham Road, Melbourne (Across from EFSC)

RACE SCHEDULE

SATURDAY, DECEMBER 9, 2017

6:45 AM - REGISTRATION AND PACKET PICK UP BEGINS

7:45 AM – REGISTRATION CLOSES

8:00 AM - 5K RUN/WALK START

9:00 AM - SCR YOUTH SERIES FUN RUN

9:15 AM - AWARDS PRESENTATION

9:45 AM - DOOR PRIZES

CHERIE DOWN PARK

8492 Ridgewood Avenue, Cape Canaveral



HOLIDAY COSTUMES ENCOURAGED!!!

Online Registration open until 12/7/17 <https://secure.runningzone.com/>

MORE INFO: beachteach104@aol.com or 321-360-9936

A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL FREE WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE 1-800-HELP-FLA (435-7352)

The Brevard County Sheriff's Office Charity, Inc. is recognized as a not for profit corporation section 501(c)(3) charitable organization# 59-3441257. BCSO Charity Inc., 700 S. Park Ave. Titusville, FL 32780

SEND COMPLETED ENTRY FORM WITH FEE TO: RUNNING ZONE, 3696 N. WICKHAM ROAD, MELBOURNE, FL. 32935

CHECKS PAYABLE TO: **Brevard County Sheriff's Office Charity, Inc.**

WRITE: ****REINDEER RUN**** IN MEMO

Last Name: _____ First Name: _____ M.I. _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ E-mail _____

M: _____ F: _____ Age on Race Day: _____ D.O.B: ___/___/___ Shirt Size: XS S M L XL XXL

Team: _____ **TEAM OF 4 MUST BE CO-ED & EACH MEMBER MUST COMPLETE REGISTRATION FORM**

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 22nd 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)

Runner of the Year Series

LEADER BOARD IS UPDATED THROUGH SCC15K

2017—2018 ROY Leader Board

OVERALL

- 1 Derek Beckett
- 2 Steve Hedgespeth
- 3 Shane Streufert

MASTERS

- Jonathan Howse

GRAND MASTERS

- Keith Snodgrass

SENIOR GRAND MASTERS

- Matt Mahoney

2017—2018 ROY Leader Board

OVERALL

- 1 Jennifer Absher
- 2 Annie Caza
- 3 Marie Thomas

MASTERS

- Mary Hofmeister

GRAND MASTERS

- Kristen Faust

SENIOR GRAND MASTERS

- Debra Stokes

Please note: the series standings reflect your age on August 26, 2017, the date of the first race of the 2017-2018 ROY series season. If you have any series questions, please email John Davis by clicking [here](#).



FEATURED ROY SERIES RACE

Get ready for the 20th Anniversary of the Tooth Trot! Look for an appearance by the Tooth Fairy. Over 45 raffle items for you to win at the post-race party. Don't miss out.

WHERE ► Wickham Park Community Center
2815 Leisure Way, Melbourne, FL 32935

WHEN ► 8:00 AM—Sat., Jan. 27

COST ► **SCR Members save \$3.** Early discounted registration runs until 1/19/18.

WHAT TO EXPECT ► Race medals for all the finishers and long sleeve tech shirts guaranteed to the first 400 registered. Great post-race breakfast.

Plus, the race will refund \$5 back to any race participant who joins SCR for the first time at the Tooth Trot.

SCR YOUTH SERIES ► 9:00 Open to kids free of charge that are 12 & under.

ONLINE RACE REGISTRATION ► [Click here](#)

CURRENT COURSE RECORDS ► Male: John Davis —16:56
Female: Holly Davis — 17:53

Run's Done Runner's Reusable Seat Cover

- **A for price and durability**
- **B+ for comfort**

By Jennie Ward



Collect All 9!
wristbands awarded at the finish line

Your child can participate in our next SCR Youth Series Run at...

City of Cape Canaveral
Presents the *22nd Annual*
REINDEER 2017 RUN

In support of
Brevard County Sheriff's Office Police Athletic League

The seat cover sells for \$8.95 on the company website, is constructed of a “durable non-woven fabric,” and is described as “tough enough for 10 sweaty runs and machine wash cycles.”

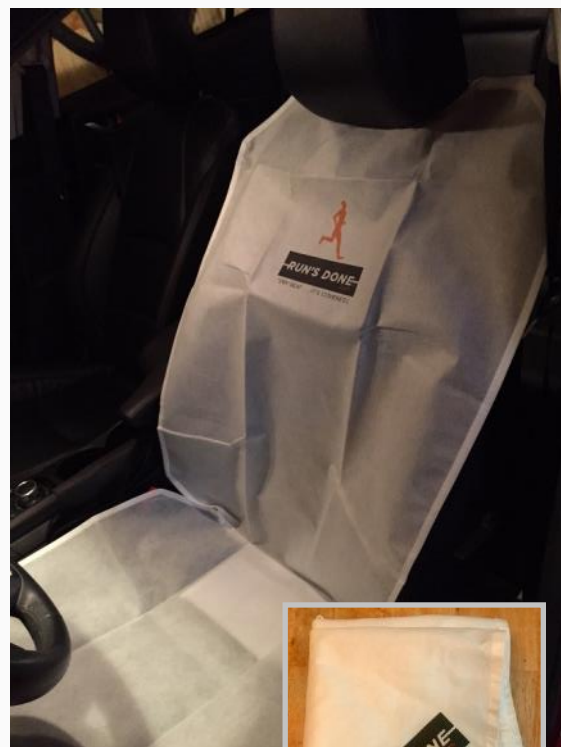
I am a big fan of removable seat covers, because my car has faux leather seats, which look very nice, and are easy to clean up, but do not feel good against sweaty, bare legs.

The seat cover was initially somewhat stiff, but it covered the seat nicely and softened some after one wash cycle. It attaches to the head rest with three velcro strips, and folds up into an attached 8” X 4” pocket for easy storage.

I used it after several runs, swims and trips to the beach. It was very good at shedding sand, and dries out quickly when hung up. I did not find washing instructions on the package insert or the website, so I washed and dried it with the towels. After five wash cycles, it was still in good shape, which no discernible degradation of the overall fabric or the velcro attach points. Because I was testing the product, I machine washed it more times than I would have if I had purchased it. The water resistant fabric makes it easy to wipe off by hand, so it does not require washing after every use.

The only thing I did not like about the seat cover is that fabric has a bit of a slick feel and doesn't breathe well, so it can be a bit hot. This really is not an issue for short trips after a run or trip to the beach, but I wouldn't recommend it for longer trips in warm weather.

For the price, this seat cover is a good value, and would make a good stocking stuffer for active, sweaty, dirty people. As a Cross Country mom who drives sweaty, dirty kids around, I think it would be great for the back seats, as well.



Editor's Note: To find out more about this product, visit www.runsdone.com. Thank you Jennie for being our product tester. If you have a product you would like to be evaluated by one of the SCR members, please email info@spacecastrunners.org.



FEBRUARY 10 & 11, 2018
MELBOURNE, FL

REGISTER NOW

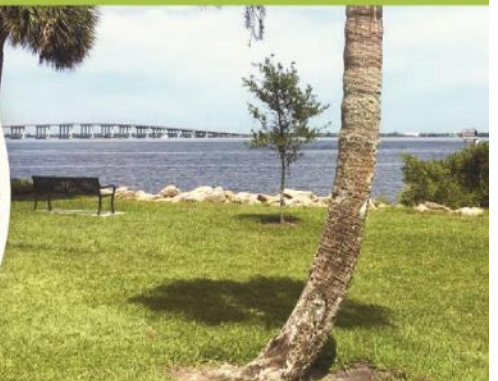
THEFLORIDAMARATHON.COM

HALF MARATHON • FULL • 5K/8K

Florida's Original Music Marathon & 1/2 Marathon

- Florida Today 5K/8K Run & Mascot Run Saturday
- 1/2 Marathon, Marathon & 1/2 Relay Sunday
- USATF Certified 1/2 and Marathon Courses
- A Top Boston Marathon Qualifier Race
- Tech Tees, Hats & Medals to Sunday Runners
- Run Both Days - Floridiot Challenge Medal
- Post-Race Party With Live Music Both Days!
- 20+ Bands Playing Over the Weekend

AT THE FINISH LINE: Saturday & Sunday **Publix.** | Sunday **FLORIDA BEER CO.**



2018 Pineapple Finisher's Medal

RUNNER'S WORLD® "Top 10 Bucket List Waterfront Races"

MELBOURNE'S SIGNATURE SPORTING EVENT

THEFLORIDAMARATHON.COM





Above: Austin Weeks finishes third in the men's 30-34 age group division.

Beautiful morning greets 5K runners in Cocoa Beach

Ah, the last weekend in October, when thoughts turn from autumn leaves elsewhere or the end of hot weather here, to holidays and cooler temperatures!

They also turn to the running season ramping up, and one way that now begins is with the Fall Into Winter 5K, a run/walk on the sand that precedes the Cocoa Beach Half Marathon by a day (Oct. 28), complete with pumpkin carving and costume contests.

Erik Montes of Merritt Island was men's and overall winner at 20:14, ahead of Sarah McBeath of Orlando (20:19) and Izaak Betjes of the Netherlands (20:42).

Matt Mahoney of Melbourne was third among men at 20:56.

Ilonka Langeberg, also of the Netherlands, was second in the women's division at 22:28, followed by Sue Holstein of Cocoa Beach (24:23).



Report by Lyn Dowling

OVERALL MEN

Erik Montes, 20:14
Izaak Betjes, 20:42
Matt Mahoney, 20:56

OVERALL WOMEN

Sarah McBeath, 20:19
Ilonka Langeberg, 22:28
Sue Holstein, 24:23

MALE MASTERS

Art Anderson, 20:58

FEMALE MASTERS

Tricia Tezel, 25:02

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



Pictured above: A hard core Orlando City fan sported his team's colors during the 5K beach run.

Photo credits: Space Coast Event Management



Over 1,800 Turnout to Trot on Thanksgiving in Cocoa Beach

It is part Thanksgiving Day pageant, part homecoming but mostly a 5K foot race, and this year, more than 1,800 runners, some bearing turkeys, jammed the streets of Cocoa Beach to celebrate the holiday and kick off the Cocoa Beach Art Festival Weekend.

This year, Steven Cross was among the reveler-runners, and the Pan American Juniors gold medalist and former Gatorade Florida Cross Country Runner of the Year and Class 3A state cross country champion cruised to finish at 16 minutes, 15 seconds.

Mason Jones (16:27), an old rival from Titusville High School, now of Florida Southern, and Costa Stathis (16:39), the Cocoa Beach High School and University of North Florida alumnus who won the Turkey Trot last year, finished behind him.

Ex-Minuteman Althea Hewitt, who, like Cross, now runs for Florida State University, smoked the women's field at 18:43, ahead of Sarah McBeath of Fort Myers (19:21) and Leigh Nassis of Winter Park (20:43) in the 19th annual event.

"That is the fun part (of the race): So many kids home from school," race director and former SCR President Dick White said. "The race gets bigger and better each year (and) next year is our 20th celebration."

ScottTurkey (Darryl, Mark, Gabriel and Joshua Scott of Melbourne) won the male team division in a cumulative time of 1:54.36. Shake Your Tail Feathers (Amy Murphy, Samantha Holder, Corinne Diehl and Audrey Staples of Merritt Island) took women's honors at 2:22.13. Team Parrish (Sage, Matthew, Jackson and Thor Parrish of Cocoa Beach) were co-ed team winners at 2:03.14.



Report by Lyn Dowling

OVERALL MEN

Steven Cross, 16:15
Mason Jones, 16:27
Costa Stathis, 16:39

OVERALL WOMEN

Althea Hewitt, 18:43
Sarah McBeath, 19:21
Leigh Nassis, 20:43

5K MASTERS

Alex Colon, 18:25
Kristi Choate, 22:06

TEAM RESULTS

ScottTurkey — Male
Shake Your Tail Feathers— Female
Team Parrish — Co-Ed



Photo credit: Space Coast Event Management

Space Coast Turkey Trot 5K & 10K - 11/23/17 - Melbourne *Race Report*



Report by Lyn Dowling

OVERALL 5K

Andrew Cacciatore, 16:17
Daniel Moore, 16:31
Tyler Roberts, 16:38

Amanda Beach, 18:08
Melissa Taylor, 20:12
Amanda Sava, 22:13

5K MASTERS

Gary Gates, 19:09
Mary Hoffmeister, 23:33

OVERALL 10K

David Kilgore, 34:24
Steven Raymond, 36:59
Joel Rivera, 38:59

Kim Hunger, 42:11
Dina Viselli, 42:32
Eleanor Baker, 42:42

10K MASTERS

Steve Sears, 39:54
Tracy Dutra, 45:17

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



Photo credits: Running Zone

Thanksgiving Tradition runs in new locale, offers pie incentives

David Kilgore, Kim Hunger, Andrew Cacciatore and Amanda Beach opened the holidays in fine fashion Thanksgiving day at the inaugural Space Coast Turkey Trot, winning the men's and women's 10K and 5Ks races respectively in fine fashion.

Kilgore, a Palm Bay resident and Holy Trinity Episcopal Academy alumnus who now works as a cinematographer for a television series, crushed the longer course in 34 minutes, 24 seconds, ahead of Steven Raymond of Gainesville (36:59) and Joel Rivera of Melbourne (38:59).

More than 1,600 runners, some dressed for the day, participated in the event, which for 13 years, took place in the area around the Suntree Country Club to benefit the Brent R. Gooch Memorial Fund of the Juvenile Diabetes Research Foundation.

After its goals were met and its longtime race director, Steve Baerst, stepped down after last year's races, the Running Zone Foundation, of

Space Coast Turkey Trot 5K & 10K - continued *Race Report*



Main photo: Participants take on the 1-92 Causeway bridge which was part of the new race course.

Far right: Harris Krause, 24 of Indialantic wears his best turkey trot attire to race.



whose race series the Turkey Trot is part, took over its organization and switched the location to the Front Street Civic Center in Melbourne to better accommodate numbers of runners. Its beneficiary was the West Shore Junior/Senior High School Parent-Teacher Organization.

Kilgore, who finished almost unnoticed among a pack of 5K runners, did not suffer the effects of a morning trip over the Melbourne Causeway, the most challenging aspect of the new course.

Hunger, on the comeback from injuries, ran with her vizsla Nala and had to be told by second-place finisher Dina Viselli of Melbourne (42:32) that she won at 42:11. Eleanor Baker of Jacksonville Beach (42:42) finished third.

In the 5K race, another Holy Trinity homecomer, Andrew Cacciatore of Indialantic, finished finishing at 16:11, ahead of Daniel Moore (16:31) and Tyler Roberts (16:38), both of Melbourne.

Melbourne Central Catholic alumna Amanda Beach captured the women's crown at 18:08, in front of Melissa Taylor of Indian Harbour Beach (20:12) and Amanda Sava of Delaware (22:13).

Tracy Dutra of Melbourne took the female masters' championship in the 10K at 45:17. The male winner of the race was Steve Sears of Massachusetts (39:54), who finished fourth overall.

Masters champions in the 5K were Gary Gates of Melbourne Beach (19:09) and Mary Hofmeister of Malabar (23.33).

9th Annual

Family, Fun, Fitness!



Brevard PALS

5K Run/Walk for Autism Awareness

Proceeds benefit Brevard County families affected by Autism

FEBRUARY 17, 2018

8:00 AM

FREE Kid's Fun Run at 9:15



Location:

Florida Institute of Technology

**The Scott Center
for Autism Treatment**

150 W University Blvd
Melbourne, FL 32901



RACE MANAGEMENT BY



REFRESHMENTS AVAILABLE FOR
ALL PARTICIPANTS

RUN FOR AUTISM IS A RAIN OR SHINE EVENT.
NO REFUNDS WILL BE ISSUED

FEES

\$25* Each Registrant until 2/3/2018
\$15* Each Student K—12 until 2/3/2018
\$30* late registration or race day registration
Kid's Run is FREE
*Save \$5 if you do not want a shirt

PACKET PICK-UP

Running Zone

Thursday 2/15/2018 & Friday, 2/16/2018
between 10:00 am - 6:30 pm
(across from Eastern Florida State College on Wickham Rd)

The Scott Center for Autism Treatment

On race day between 6:45 - 7:45 am

T-SHIRTS

All 5K entrants will receive a race T-shirt.
Shirts and sizes are not guaranteed for
late registration.

AWARDS

Largest team
1st place team—fastest 3 runners
Top Male & Female overall
Top Male & Female Masters (40+ years)
Male & Female for top 3 in each age category

RESTRICTIONS

For safety reasons, earphones and animals are
PROHIBITED on the race course.

Register on line:

[https://secure.runningzone.com/
autismawareness5k/](https://secure.runningzone.com/autismawareness5k/)



SCR
Runner
of the Year
SERIES

What a BLAST!

Marathon Weekend Does Not Disappoint

To former astronaut Mike McCulley, who offers words to start the event and then runs it each year each, the 46-year-old Space Coast Marathon and Half Marathon simply is "The Race," and the event once again drew thousands of people, including about 6,000 runners, to Cocoa the Sunday after Thanksgiving.

David Kilgore, Gaby Herra-Arroyo, Brian Atkinson and Holly Davis topped the tree, taking the marathon and half marathons respectively in the Space Coast Runners Runner of the Year Series races.

Three days after flying through the Space Coast Turkey Trot, Kilgore took his third straight Space Coast Marathon, in two hours, 30 minutes, 36 seconds, well ahead of Adriano Bastos of Sao Paulo (2:41.27) and Arnaud Enjabert of New York (2:46.42)

"We had nice weather and (the race was) not too bad. It was one of my best marathons



Report by Lyn Dowling

HALF MARATHON OVERALL

Brian Atkinson, 1:09:10
Derek Beckett, 1:14:22
John Davis, 1:16:47

Holly Davis, 1:19:07
Kayla Atkinson, 1:20:40
Nicole Rozario, 1:23:17

HALF MARATHON MASTERS

Alexander Barnsteiner, 1:17:27
Theresa Helsel, 1:32:52

MARATHON OVERALL

David Kilgore, 2:30:36
Adriano Bastos, 2:41:27
Arnaud Enjabert, 2:46:42

Gabriela Herra Arroyo, 2:59:59
Violetta Yazlovskaya, 3:01:39
Keara McGraw, 3:15:34

MARATHON MASTERS

Eduardo Souza, 2:53:08
Pam Carr, 3:15:34

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

Pictured above: SCR member, Derek Beckett receives his 2nd overall Half Marathon award and top SCR half marathon finisher.

Space Coast Marathon & Half Marathon continued *Race Report*



ever, I think. It's always nice to come home to a Running Zone event because you know it will be well-organized and fun," said the former cross country and 1600-meters state champion told FLORIDA TODAY.

Herra-Arroyo kissed and then covered herself with the first-place finisher's tape after she crossed the line at 2:59.59.

Violetta Yazlovskaya of Mims (3:01.39) finished second, followed by Keara McGraw of Tampa (3:15.34).

Pam Carr of Oviedo, who finished at 3:15.34 and Eduardo Souza of Coconut Creek (2:53.08) were female and male masters winners in the marathon.

The half marathon results were perfect for the holidays: family affairs.

Brian Atkinson, who won state championships three times in cross country and track at Melbourne High School, returned to Brevard from Tampa to cross the line field at 1:09.10, ahead of Derek Beckett of West Melbourne (1:14.22) and John Davis of Viera (1:16.47).

"It was really good and we had great weather," said Atkinson, a Duke University graduate who is about to finish medical school in Tampa. "I always love coming back to do the marathon because it is one of the best-managed races, which makes it more fun."



Davis's wife, Holly Davis, won the women's half at 1:19.07, followed by Kayla Hale Atkinson, Brian's wife (1:20.40) and another Brevard prep cross country and track luminary. Nicole Rozario of Tampa was third (1:23.17).



"I ran with Shane Streufert and Steve Hedgespeth and had a strong finish," Davis said

Masters winners in the half marathon were Alexander Barnsteiner of Germany (1:17.27) and Theresa Heisel of Windermere (1:32.52).



RRCA National Championship Race.

The **Space Coast Marathon** was a designated **RRCA National Championship** and the **Half Marathon** was a designated **RRCA State Championship** event for 2017!

RRCA South Florida State Representative, Don Nelson was on hand to congratulate and present the winners with their awards.

The goal of the RRCA Championship Event Series is to shine a spotlight on well-run events and to award top performing runners in the open, masters (40+), grand masters (50+), and senior grand masters (60+) categories for both men and women.

* Denotes SCR member.

RRCA National Marathon Championship

OVERALL MALE CHAMPION

David Kilgore, 26 2:30:36

MALE MASTERS CHAMPION

Eduardo Souza, 40 2:53:08

MALE GRANDMASTERS CHAMPION

Jose Mercado, 50 3:09:46

MALE SENIOR GRANDMASTERS CHAMPION

David Farraday, 61 3:21:14

OVERALL FEMALE CHAMPION

Gabriela Herra Arroyo, 38 2:59:59

FEMALE MASTERS CHAMPION

Pam Carr, 43 3:15:34

FEMALE GRANDMASTERS CHAMPION

Sonia Bergh, 54 3:26:18

FEMALE SENIOR GRANDMASTERS CHAMP

Elaine Burkholder, 60 4:15:06

RRCA State Half Marathon Championship

OVERALL MALE CHAMPION

Brian Atkinson, 25 1:09:10

MALE MASTERS CHAMPION

Alexander Barnsteiner, 43 1:17:27

MALE GRANDMASTERS CHAMPION

Keith Snodgrass, 52 1:25:48

MALE SENIOR GRANDMASTERS CHAMPION

Sal Farino, 61 1:36:27

OVERALL FEMALE CHAMPION

Holly Davis, 22 1:19:07

FEMALE MASTERS CHAMPION

Theresa Helsel, 41 1:32:52

FEMALE GRANDMASTERS CHAMPION

Marie Thomas, 52 1:46:31

FEMALE SENIOR GRANDMASTERS CHAMP

Donna May, 62 1:49:04

CONGRATULATIONS TO THE WINNERS!

Christmas Fit-Mas 3K

To Benefit **SUNTREE VIERA YOUTH ATHLETICS**

**Saturday December 9th
at Viera Regional Park**



4:30-5:30 pm

Sign up and Registration

(In front of The Viera Community Center)

Online Registration at RunningZone.com

www.runsignup.com/Race/FL/Melbourne/ChristmasFitMas3K

Adult 3k Run/Walk \$25

Child 3k Run/Walk \$15



6 pm

Start of the Race!

7-8:30 pm

Family Fun Celebration!

- ❄️ **Fun Holiday Race Packets**
- ❄️ **Free Little Elf Fun Run for all Kids**
- ❄️ **Christmas Fit-Mas Awards Ceremony**
- ❄️ **Moisture wicking Race T-Shirts For all Participants**
- ❄️ **After Race Food and Drink by Pizza Gallery & Grill**
- ❄️ **Great Contests, Give Aways and Prizes!**
- ❄️ **Winter Wonderland After Party**

Presented By











Create a Gift Basket for Your Special Runner

With December right in the middle of Florida's running season, there are sure to be some running surprises under the tree. However, if you are like most runners I know, you used Black Friday as a chance to stock up on your favorite essentials or to try out some new gear, leaving your loved ones wondering what to get you.

Although running appears to be a simple sport where the participants enjoy being uncomfortable, the truth is that runners are VERY particular about their essentials. Therefore, I suggest setting up a budget and designing a gift basket or gift bag. Mix and match to create a special bag for your special person.

<p><u>Snacks</u> Add some Honey Stingers, Gu, or other energy snacks.</p> 	<p><u>Runner Safety</u> For the solo runner, there are many easy to use safety tools available: whistles, pepper spray, alarms, or sharp keychains.</p> 	<p><u>Night Runner Safety</u> Consider something reflective. The price can be as low as \$8 for an LED armband or \$50 for a light-up safety vest.</p> 
<p><u>Fashion</u> Headbands, hats, jewelry, socks, and other accessories can be great surprises for those runners who love a little bling.</p> 	<p><u>Main Gift</u> Decide how much you want to spend on your most expensive gift. Although runners love shoes and watches, they have probably already chosen what they want. Consider getting a gift certificate for the item, so the runner can choose.</p> 	<p><u>Runner Pride</u> Show the runner you love how proud you are. Put together a scrapbook of running photos, or purchase a bib/medal display to help keep the memories of each accomplishment alive.</p> 



Elena Campbell

New Runner, High Motivated Mom

Name: Elena Campbell

Family: David (husband), Lucas & Eli, 2 dogs

Ages: 2 and 4 years old

Originally from: Germany

Grew up where?: Germany, moved to Melbourne in 2014

Occupation:
Stay at home mom



Dream profession:
Flight attendant (former occupation)

Number of Years Running: 2

Began Running Because/To:
Meet fellow moms who ran with their strollers and it seemed fun. Plus, I needed to get back in shape after giving birth to my 2nd child.

I Knew I Was Hooked When:
I owned more running clothes than regular clothes

Race PRs (Personal Records):
5k 23:40, 10k 50:20, 15k 1:28



Favorite Race(s): Why? Ragnar Races, the crazy fun experience running 200ish miles thru day and night, sleeping in a van, making new runner friends.

Favorite Place(s) to Run:
Trail, Beaches

Running Goals:
Boston Marathon

Training Philosophies:
rest days are training days too

One Piece of Advice That I Would Give to a New Runner:
invest in the right pair of shoes and set small, achievable goals.

Other Sports & Interests:
soccer, ballet

Favorite Meal:
anything pasta related

Dream Vacation:
South Africa

Why did you join SCR?
Representing Brevard County at all sorts of races and being introduced to new runners with more experience. Tapping into their knowledge and learn a thing or two about improving my training.





Canada Army Run 2017

By Marion & Skip Oswald

Long Distance Relationships

Have you ever run with a foreign prime minister right there in the crowd? How about a defense secretary or a top brass army general? The Canada Army Run offers you a chance to do all this and run through the beautiful city of Ottawa, Canada.

We had the chance on September 17 of this year to run this race and what a weekend we had! First of all, Ottawa is worth a visit all on its own as the capital city of Canada. There is lots of sightseeing to do with a distinctly British feel. All the race courses wind through the downtown area and along the Rideau Canal which is a UNESCO World Heritage site. You pass the parliament and its replica of London's Big Ben clock tower, the city hall, the U.S. Embassy, and of course many other government buildings and museums. Look left when you go by the parliament to see the statue of Terry Fox who ran Canada from coast to coast on a prosthetic leg in his Marathon of Hope to raise funds for cancer

research. The half marathon features a bridge crossing, but aside from that the courses are mostly flat.

The weekend starts on Friday with a large expo (think Gate River Run and go early or a lot of merchandise will be sold out) and exhibitions of military history in Confederation Park and next-door City Hall. We chose to run the 5K/10K challenge which was dedicated this year to the 1917 battle at Vimy Ridge in northern France, a Canadian military victory that proved to be a turning point in WWI. We once visited the memorial that is now there and the trenches, which are on land ceded by France to Canada.

One thing not to be missed during race weekend is the seated pasta dinner with various speakers on Saturday night, served military-style in a field tent. Little did we know, until told afterwards by our Canadian fellow-runners, that we had the honor to be served our choice of pasta by the Minister of Nation-

Long Distance Relationships

al Defense, H.E. Mr. Harjit Sajjan, and Brigadier-General Simon Hetherington, one of the highest ranking Canadian generals, who both volunteered at this event and ran the 5K too. The race benefits army veterans who have fought alongside U.S. troops in many wars.

Overall there were 22,000 runners with strong participation from veterans. Disabled vets were given an earlier race start. A howitzer blast (what else) saw the 5K runners off in waves with voluntary seeding. We had to finish the race in less than 45 minutes to be back in time for the 10K start. It was a little tough running in the crowds for the first mile, but then it got better and we finished in 29:43 (Skip) and 32:01 (Marion). Canadian Prime Minister Justin Trudeau was seeded up front (with no security detail, we saw) and ran a 22:37, a very fit head of government!

A very efficient transition zone after the 5K provided water, Gatorade, GU, bananas and bars to refuel before the 10K start. Another cannon blast and we were off again. Lots of stops for water and Gatorade, pacers, as well as numbered "encouragement areas" with great crowd support, helped us finish in 1:03:26 and 1:13:12. As it was a surprisingly warm day, for a Canadian fall at least, misting stations cooled us down if we so wanted. Our combined times for the 15K Vimy Challenge made Skip 11 out of 31 in the male 65-69 and Marion 24 out of 53 in the female 60-64 age groups. The half marathon started 45 minutes after the 10K.

We celebrated at a great post-race party in the park with fruit, bagels, bars, and more GU and Gatorade; there were craft beer samples for the half marathoners. The finishers' medal after each race was most appropriately a dog tag and upon completion of the full Challenge we received a commemorative coin, all handed out by military volunteers. Race pictures can be downloaded for free.



SCR OUT-OF-TOWN RACE RECAP

email your results to:
info@spacecoastrunners.org

SUSAN G KOMEN RACE FOR THE CURE 5K

Albany, NY on 10/07/17
Paul Boucher 60-64 — 28:33 **1st AG**

DISNEY WINE & DINE 10K

Lake Buena Vista, FL on 11/04/17
Pascal Colquhoun 38 1:01:08
Jennifer Eggers 41 1:11:45
Neal Eggers 39 1:11:45
Heather Felix 46 1:10:57
Audra Gass 48 1:11:03
Lisa Girard 40 53:29
Christopher Guodace 46 1:09:00
Kimberly Guodace 44 1:11:00
Joanna Kiel 29 1:19:28
Ryan Kiel 30 1:19:30
Linda Schultz 60 1:24:47
Judd Spitzer 48 1:07:57
Clara Squires 44 1:23:10

ROCK N ROLL SAVANNAH MARATHON

Savannah, GA on 11/04/17
Elizabeth Gmerek — 6:46:43



HALF MARATHON

Greg Griffin — 2:01:49
Sara Griffin — 2:51:36
Ashley Lum — 1:58:19
Alysson Lyons — 2:12:42

ROCK N ROLL SAVANNAH 5K

Savannah, GA on 11/04/17
Greg Griffin — 25:23
Alysson Lyons — 28:33

1 MILE

Greg Griffin — 21:28
Sara Griffin — 21:23
Alysson Lyons — 8:43

DISNEY WINE & DINE HALF MARATHON

Lake Buena Vista, FL on 11/05/17
Chris Bennett 33 2:10:04
Lois Boxer 60 3:38:37
Audra Gass 48 2:49:07
Joshua Maitlen 38 2:04:28
Rebecca Maitlen 43 2:29:38
Monica Overman 50 2:46:56
Keri Robinson 38 3:02:48
Judd Spitzer 48 2:34:58
Clara Squires 44 3:06:53
Laura Walker 35 3:08:51

TCS NEW YORK CITY MARATHON

New York, NY on 11/05/17
Ilse Berube 52 4:07:49
Tony Bils 56 3:46:06
Kathy Bils 55 4:40:30
Steve Chin 49 BQ 3:24:44
John Davis 30 BQ 2:45:52
Holly Davis 22 BQ 2:54:52 **2nd AG**
Joe Hultgren 58 BQ 3:33:20
Lori Kruger 55 4:28:32
Scott Larson 46 BQ 3:07:07
Alison Nolan 28 BQ 3:23:56
Shona Price 40 4:52:09
Cheryl Ritter 49 4:03:51
Mei Wong 53 5:28:49

DISNEYLAND AVENGER SUPER HEROES HALF MARATHON

Pasadena, CA on 11/12/17
Paul Boucher — 2:13:18

TRAIL FEST AT GRAHAM SWAMP

Palm Coast on 11/18/17
Lisa Rose — 2:11:49 **1st Masters**
Scott Rose — 2:17:17

IRONMAN PHOENIX

Phoenix, AZ on 11/19/17
Christy Tagye — 13:08:59

HUNTER'S CREEK 5K

Osprey Park, Orlando on 11/19/17
Matt Mahoney 62 — 21:31 **1st AG**

MASTERS OF ALL TERRAIN OFF ROAD HALF MARATHON

Orlando, FL on 11/19/17
Sean Black 45-54 — 1:47.17 **3rd AG**
Sherri Lorraine 35-44 — 2:33.19
Andrea Lucas 45-54 — 2:40.54
Karen Stout 55+ — 3:07.38

MASTERS OF ALL TERRAIN OFF ROAD 5K

Orlando, FL on 11/19/17
Dawn Brush 55+ — 1:12
Marissa Flint 45-54 49:05 **2nd AG**
Paula Lemieux 45-54 — 46:05 **1st AG**
Trisha Lucas 35-44 — 1:06
Becky Maitlen 35-44 — 48:02
Joshua Maitlen 35-44 — 35:23 **1st AG**
Bernadette Serafinowicz 35-44 — 1:10
Tina Theobald 45-54 — 1:10
Kelly Semenko 35-44 — 42:56 **3rd AG**

CANDY CANE 3K

Vero Beach on 12/3/17
Brittany Streufert — 14:20 **1st AG**
Samantha Kervin — 16:35 **1st AG**
Allison Kervin — 33:58

EMAIL US
YOUR RACE
TIMES!

info@spacecoastrunners.org



WHERE IN THE WORLD

are Space Coast Runners running?

January 2018

January 4—7
Walt Disney World Marathon Weekend
Lake Buena Vista, FL

Tracy Geiger
Kelley Lake—Dopey Challenge



January 14
Key West Half Marathon
Key West, FL



Deb Stokes, Tom Stokes

February 2018

February 6 — 7
Critz Tybee Run Fest
Tybee Island, GA

Terry Ryan



February 24—25
Gasparilla Distance Classic
Tampa, FL



Lisa Hamelin, Keith Snodgrass,
Brittany Streufert, Shane Streufert

April 2018

April 8
Credit Union Cherry Blossom Ten Mile Run
Washington D.C.

Carol Ball



April 16
122nd Boston Marathon
Boston, MA



April 28
Kentucky Derby Festival miniMarathon
Louisville, KY



Carol Ball,
Barbara Linton

We would love to hear if you're running an upcoming race like Disney, a marathon in the Spring or other half marathons in Florida.

In order to keep this feature going, we need your input! Take the time to tell us where you'll race next.

info@spacecoastrunners.org



THANK YOU

HEALTH FIRST PRO-HEALTH & FITNESS CENTERS!

They allow SCR to use a meeting room in one of their facilities for our 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 three locations — Merritt Island, Melbourne, and Viera. It's like having three gyms in one!

For more info, visit Health First Pro-Health & Fitness Center.

GET YOUR NEXT RACE LISTED

email your race,
date & city/state or
country to:

info@spacecoastrunners.org

SCR MEMBER DISCOUNTS!

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

SAVE 10% at these local businesses



GET MOVING!
Group Fitness & Personal Training



ALL ABOUT YOU PHYSICAL THERAPY, LLC
Specializing in Orthopedic and Sports Injury Rehabilitation

SAVE 10% off one item per member



SAVE \$10 on a zoo membership



SAVE 10% on Hammer products at Nutrition Leaders in Indialantic



ENDURANCE FUELS & SUPPLEMENTS

STAY CONNECTED WITH SPACE COAST RUNNERS





FOLLOW US ON
Instagram



Find us on
Facebook

Race Calendar

DATE · EVENT · TIME · LOCATION · CONTACT

12/2	Run for the Future 5K	4:00pm	Viera High School Stadium, Viera	knowles.susan@brevardschools.org
12/9	Reindeer Run 5K 	8:00am	Cherie Down Park, Cape Canaveral	beachteachc104@aol.com
12/9	Christmas Fit-mas 3K	6:00pm	Viera Regional Park, Viera	events@pggfl.com
12/16	Candy Cane 5K	8:00am	YMCA Central FL, Cocoa	(321)433-7770
12/16	Jingle Bell 2 Miler	5:45pm	Satellite Beach Library, Satellite Beach	events@runningzone.com
12/23	Run Run Santa 1 Mile	7:30am	Calvary Chapel Viera, Viera	runrunsanta1mile@gmail.com
1/6	New Year, New You 5K	8:00am	Rockledge High School, Rockledge	Sebetka.Edward@BrevardSchools.org
1/12	Space Race 2-Mile & 4-Mile Walk Run	7:20pm/ 7:30pm	Kennedy Space Center, Cape Canaveral	United Way of Brevard
1/13	Fight Child Hunger 5K	8:00am	Viera High School, Viera	http://fightchildhunger5k.org
1/20	Fly Fish 5K	8:00am	Knight Enterprises, Titusville	Lboisseau@gmail.com
1/21	Bayfront 5"K9"	8:00am	Palm Bay Animal Clinic, Palm Bay	palmbay@myfamilyvetclinic.com
1/27	Tooth Trot 5K 	8:00am	Wickham Park Community Center, Melbourne	jrbird23@aol.com



Space Coast Runners RACING TEAM

The Space Coast Racing Team is now fully sponsored!

The title sponsor for the team is **Rall Capital Management** and the supporting sponsor is Imagine Believe Realize, LLC. Space Coast Runners is appreciative of their sponsorship and commitment to support the running community. Read more about them below.

At Rall Capital Management, the focus is relationships. We are a family owned and operated firm serving other families from our offices on Florida's Space Coast and in Columbus, Ohio.

We believe that the value we place on personal relationships helps us meet your needs much more comprehensively than multinational investment firms could.

Certified Financial Planner and founder, Bob Rall, "I wanted to sponsor the racing team because I believe in their importance in representing the Club and wanted to show my support. Also, with my logo on the back of the singlets, it's like 43 little billboards that hundreds will see at every race during the season."

<http://rallcapital.com>

Imagine Believe Realize, LLC (IBR) is an innovative, agile, small business with core capabilities in systems engineering, software development and integration. We bring the experience and commitment to design, build, and operate high performance IT solutions for our customers. IBR is dedicated to establishing a supportive environment in which employees can perform and feel their best by fostering an atmosphere that recognizes the importance for overall health, well-being and work/life balance. Our Corporate Wellness Program, run by a licensed and certified Registered Dietitian, is designed to identify the employee needs and formulate plans that can aid in employee development at group and individual levels.

We have sponsored Space Coast Runners because we support the organization for its dedication to promoting a healthy lifestyle through running, eating healthy and community.

<http://www.teamibr.com/>



SPACE COAST RUNNERS MEMBERSHIP APPLICATION FORM

Select One: New Member Renewal Address change

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____ DOB: ____/____/____ Age: ____ Sex: M / F

Email: _____ Volunteer? YES / NO

Emergency Contact _____ Phone _____

Membership Class/Dues (select one): Individual (\$30/year) Family (\$35/year)

Student (\$15/year) (*Membership benefits apply to an eligible student, under 25, enrolled in school full time*).

If Family Membership, list family members below: Membership benefits apply to 2 adults and children UNDER 25 years of age. All family members MUST have the same mailing address.

Name: _____ DOB: ____/____/____ Sex: M / F Vol? YES /NO

Email _____ Phone# _____

Name: _____ DOB: ____/____/____ Sex: M / F

Email _____ Phone# _____

Name: _____ DOB: ____/____/____ Sex: M / F

Email _____ Phone# _____

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 SCR events 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, 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 club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. *I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.*

Signature _____ Date _____