

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

FEBRUARY 2015



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Above: Running on the Space Coast is always a blast, especially at the January 1st Solar Bear Run in Melbourne. (Photo credit: Doug Carroll)

On Our Cover: Couples in Love, Loran Serwin and Christy Zieres along with Nancy Wingo and Rick Foresteire share their stories of how running brought them together. (Photo credit: Bob Rall)

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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, LinkedIn and Twitter. Stay current on club events, races and fun runs, set up workouts, communicate with other members of the community, share photos and provide feedback to the Board. Come join us and keep the conversation going!

ED SPRINGER
SCR President

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SPACE COAST RUNNERS
 P.O. Box 541837
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Love is in the air! February is a great month—the weather is conducive for running—the crisp air is refreshing and the lower humidity makes for less of a sweat fest. The season is heating up in this cool weather, as there are a lot of weekend races to choose from!

The newsletter is brimming with good stuff this month. We have a great article about some of our local running couples—how they met and some other interesting tidbits. And we were lucky enough to catch Cupid and interview him for this month's Run a Mile With. What a fun little guy.

Raise your hand if you will be running any of our local races this month that are advertised in the newsletter. If so and would like to write a race report about it, please let me know. In return, I offer you worldly recognition and the inner satisfaction of knowing you are a vital aspect of our active community!

Finally, I have to give a big shout out to the newsletter team—Brittany, Michelle, Marisa, and special advisor, Patti. I would like to spotlight Brittany, as she is THE creative genius behind our beautiful newsletter. It has come a long way and I envision it just getting better. Great things are coming! Thank you to the team and for Space Coast Runners for supporting.

Keep Moving Forward!

Lisa Hamelin
Editor-in-Chief
lisahamelin@gmail.com



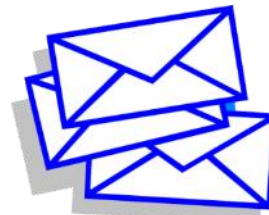
Advertise in this newsletter.

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.

Editor's Correction

In the January newsletter's Boston Qualifying Times section, the incorrect Space Coast Marathon time was listed for Jacquelyn Kellner. The correct marathon time is 4:36:10.



Letter to the Editor

Our mailbox is always open. If you have an opinion, compliment or complaint feel free to communicate it to the highly underpaid newsletter staff. Tell us what running topics matter to you most.

Speaking of no pay...If you would like to be a part of this award-winning (*in our dreams*) team, we have openings for an investigative race reporter, an action photographer and a story journalist.

Email us by [clicking here](#).

Thinga-ma-Jogger

Manatee Elementary



March 7, 2015

LOCATION

Manatee Elementary School
3425 Viera Boulevard
Viera, FL 32940

EARLY REGISTRATION

Through Feb. 21, 2015

Students (14 and under) \$15/Adults \$23

Timely Registration:

Feb. 22 - March 6, 2015

Students (14 and under) \$17/Adults \$27

Day of Race

Students (14 and under) \$20/Adults \$30

SLEEP IN FOR SEUSS

Can't make the race or races not your thing? You Can Still Support! Make a \$23 donation and receive a race t-shirt. Shirts will be available during packet pick-up.

EARLY PACKET PICK-UP

Manatee Elementary School
March 6, 2015 5:00PM - 7:00PM

RACE DAY SCHEDULE

Registration & Packet Pick-Up: 6:30AM - 7:30AM

5K starts: 7:30AM

Free Kid's Fun Run: 8:30AM (ages 6 & under)

AWARDS

Fun Seuss Awards

Top 3 Overall Male/Female

Overall Masters (40 and up) Male/Female

Awards 3 deep in Male/Female 8 & under, 9-11, 12-14, 15-19, and five year age groups thru 75 & up and "Middle of the Pack". Shirts guaranteed to pre-registered participants, or those making a donation.

PROCEEDS BENEFIT

Manatee Elementary School - Bringing enhanced technologies to our classrooms. Help us celebrate National Read Across America Day by donating a new or gently used book for deserving local area children. You can donate at packet pick-up, or donate day of race.

CONTACT

Marty Winkel 321-537-3526
runsalot@cfl.rr.com • sceventmgt.com
Nichi Hensley 321-433-0050
manateeptto5k@gmail.com

MAKE CHECKS PAYABLE

Manatee Elementary PTO
3425 Viera Boulevard
Viera, FL 32940



<http://tinyurl.com/manatee5k>

ONLINE REGISTRATION IS AVAILABLE AT: sCEVENTMGT.COM

Thinga-ma-Jogger 5K

Last Name _____ First Name _____ M.I. _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____ D.O.B. _____

T-shirt Size: XS S M L XL XXL

Sleep In For Seuss

In consideration of my entry, I, intending to be legally bound, do hereby, for myself, my heirs, executors, and assigns, waive, release and forever discharge any and all rights and claims for damages that I may have or which may hereafter accrue to me against the Manatee Elementary PTO and the School Board of Brevard County, its or their respective officials, agents, representatives, successors, assigns for any and all damages that may be sustained and suffered by me in connection with my association with or entry or participation in the Manatee Elementary PTO Fundraiser 5K event. I understand that a physical examination is not required to run this event and that all competitors participate at their own risk. (If in doubt as to your physical condition to engage in an event as strenuous as a 5K, it is strongly recommended that you seek the advice of a competent physician). I also understand that in the event this event cannot be held as scheduled because of an act of God or circumstances beyond control, the Manatee Elementary PTO is not liable to refund any money paid by me to participate. All persons under 18 years of age must have written consent of parent or legal guardian to participate in the abovementioned event. I, the undersigned parent or guardian, hereby consent to the applicant's participation and waive and release all rights and claims for damages as is more fully set forth above. I also hereby consent to permit emergency treatment in the event of injury or illness at my own expense. I grant permission to Manatee Elementary PTO and Space Coast Event Management to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purposes.

Signature (Parent, if under 18) _____ Date _____

Springer's Spiel

A Monthly Column from SCR President, Ed Springer

Space Coast Runners,

"When I came inside (after my run) I got a strong sensation of smelling rusty smoke or maybe wet coins or burning iron." This is a quote from a colleague, and newbie runner, who recently e-mailed me after a 10K morning run. I assured him the smell was unrelated to his run as I have never heard of such a phenomenon associated with physical activity. I further recommended he look around his house for potential fire hazards. Being sure he wasn't hallucinating, he further investigated his experience and shared his findings.

The smell was in fact ammonia, which is a by-product of protein metabolism. Ammonia is produced during most runs but in small undetectable quantities. Ammonia production is amplified when the body lacks adequate carbohydrates and burns proteins for fuel. A pungent ammonia smell is an indicator of a carb deficit. So if you recognize the smell, you don't necessarily need to look for a fire extinguisher... you may just need to increase your carbohydrate intake.

Happy Running and Always Learning,
Ed Springer
SCR President

springer993@gmail.com



FEBRUARY BOARD MEETING

The next SCR Board Meeting will be held at 7:00 pm, February 16th at the Pro-Health in Viera.

All members are welcome to attend.



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

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

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

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ACROSS FROM BREVARD COMMUNITY COLLEGE

Local Fun Runs & Walks



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

It's always better to run and walk with friends! Our fitness community offers several opportunities to find a group to train with. Below are the details on the groups that meet regularly. If you are aware of any other groups that aren't listed, please contact lisahamelin@gmail.com and we will add them!



Running Zone, Melbourne



Palm Bay Rec Runners, Palm Bay



Juice 'n Java, Cocoa Beach



Running for Brews, Viera



Oars & Paddles, Up & Running, IHB



Running for Brews, Satellite Beach



Long Doggers, Indialantic

Fly Fish 5K

February 8, 2015

- ✓ Giveaways
- ✓ Costume Contest
- ✓ Tech Race Shirts

Run or Walk

8:00 AM Rain or Shine



Sign Up Today!!



This is a unique opportunity to run on a normally restricted access property (**701 Columbia Blvd. Titusville**) along forested perimeter roads, past historic missile testing facilities, storage bunkers and test fire ranges.



The race supports Casting for Recovery – Florida. The Mission of Casting for Recovery (CFR) is to enhance the quality of life of women with breast cancer through a unique program that combines breast cancer education and peer support with the therapeutic sport of fly fishing. The retreats offer opportunities for women to find inspiration, discover renewed energy for life and experience healing connections with other women and nature. CFR's retreats are open to breast cancer survivors of all ages, in all stages of treatment and recovery and are free to participants.

SCR Central

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

welcome!

NEW MEMBERS!

Naweed Akram
Arlene Allen-Buono
Mary Ann Alukonis
Chris Bennett
Rachel Bower-
Wilkerson
Dawn Brush
Cristina Canales
Thomas Chapman
Patti Chapman
Roz Chapman
Keely Crovo
Riley Crovo
Canon Crovo
Terry Crovo
Shana Crovo
Maria Dishaw
James Dishaw
Susie Earwood
Valerie Eastman
Kristen Faust
Sammy Fischel
Aiden Fischel
Missi Fischel
Betty Green
Kimberly Guodace
Bob Harvey

Connie Harvey
Jeffrey Hathaway
Breanna Hausman
Blake Hausman
Sarah Hausman
Benjamin Hausman
Tyler Heminger
Kari Heminger
Tammi Jerdonek
Edward Jerdonek
Ann Marie Keim
Paul Kennedy
Joel Kinnunen
Stephanie Kinnunen
Maria Kostka
Paul Kostka
Jennifer Kyle
Les Lake
Kailyn Lake
Nickolas Lake
Christian Lake
Kelley Lake
Sean Lamb
Virginia Lamb
Michelle Lamb
Denise LaVenture
Angela Leeds

Adam Lewandowski
Nicole McAnary
Heather Mitchell
Lois Mrdjenovich
Mem Nix
Marion Oswald
George Oswald
John Ouweleen
Jennifer Penna
Sue Perry
Gary Perry
Susan Petracco
Cassandra Plotkin
Noah Pope
Ayden Pope
James Pope
Tamara Pope
Marty Ransom
Lea Richard
Karen Richardson
Keri Robinson
Donna Scott
Bernadette Serafi-
nowicz
Claire Sims
Finn Sinclair
Macie Sinclair

Derik Smith
Sharon Smith
Susan Snodgrass
Carol Souve
Tina Theobald
Addison Tinker
Garrett Tinker
Harrison Tinker
Mark Tinker
Steve Trigwell
Alexis Van Vuren
Jonathon Van Vuren
Alison Volgelbacher
Ned Voska
Sandy Walk
Beth Walker
Douglas Wendel
Holly Wendel
Kayla Wildenthaler
Laura Williamson
Daphne Willingham
Zoe Willingham
Joseph Wingate
Patrick Wingate
Mei Wong
Cris Zecman

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

Running Zone in Melbourne and Daddy Ultra Runs in Cocoa Village

We look forward to running with you!



SCR Central

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



CONGRATULATIONS SCR BOSTON 2016 QUALIFIERS!

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

David Grant—3:56:37 — Walt Disney World Marathon
Bret Halliday—3:21:16 — Town of Celebration Marathon
Susie Koontz—4:52:59—St. George Marathon

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

COME JOIN US on the SCR Fun Run Sunday Mornings!

The **Sunday Morning Fun Runs** from Cocoa Village are now heading **SOUTH**.

The group meets at **6:30 am** every Sunday at Riverfront Park. Short announcements will be given so don't miss out.

All paces are invited to join the fun. Water and Gatorade will be available at miles 2 & 4.

(Photo credit: Steve Colella)



Coaches Wanted for Spring/Fall 2015

Theresa Moulton is recruiting coaches and assistant coaches for the Spring and Fall 2015 sessions of the Girls on the Run program.

Coaching a Girls on the Run program is the most rewarding way to get involved with Girls on the Run. You get to experience the program first hand, feel a sense of accomplishment that you have made a difference in the lives of girls and have a ton of fun with your team of coaches and incredible girls.

Head Coach: is a volunteer position that works with a team of coaches to facilitate the Girls on the Run® curriculum to program participants. This position works closely with the Council Director and entails approximately 4 hours per week with additional time required on two to three weekend days for: a one day six hour training; a community race event; and for First Aid/CPR training, if necessary.

Assistant Coach: assists the Head Coach(s) which entails approximately 1.5-3 hours per week for 12 weeks.

For additional information or questions, please contact Theresa Moulton at tbaby968@live.com.

SCR Central

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

Run for Team SCR at the Corporate 5K

10 DISCOUNTED SPOTS LEFT!



Thursday, March 12th is the Florida Today Corporate 5K to benefit the United Way of Brevard County. Space Coast Runners will once again be putting together a competitive team to race this St. Patty's Day themed-event. Joan Meadows is this year's SCR team captain.

Last year SCR placed 1st in the Club Team division and 3rd in the Co-Ed Team division. If you would like to be a part of this year's event which runs at FIT Aviation, contact Joan Meadows.

SCR is offering a 50% registration discount to the first 20 male or females who sign up to be on the team. [Click here](#) to learn more about the Corporate 5K event. Members on last year's team had a great time representing Space Coast Runners.

Fashion Police: "Ale Yeah!"

Hundreds of beer drinkers from around Brevard County came to run in the World of Beer Tap It & Run 5K on Sunday, January 18th. However, Keith and Marisa Flint went all out for the event as they showed up in traditional "Beer Fest" attire. Marisa ran in her stylish Bavarian beer maid Dirndl dress while husband Keith ran the course in a full German Lederhosen ensemble.

The dashing pair yelled, "O'zapft is!" at the start of the 5K which meant "It is tapped!" and off they went. At the post-race celebration, race participants and spectators alike raised their glasses to this unique and fashionable couple.

Are you concerned about a certain runner's fashion? Do you just love someone's running wardrobe style? Submit them to the Fashion Police! [Click here](#) to file your complaint or compliment.



UPRISING FITNESS CHALLENGE • FEBRUARY 21, 2015



Now in its third year, UpRising Fitness Challenge is more than a 5k run!

Designed for any fitness level.

Includes strength exercises using body weight or light lifting.

Choose from two entry divisions: the Open Division and the Rx Division. Both include three miles of running or walking.

Start Time: Saturday, February 21st 2015, 7:30am

Location: CrossFit Rise Above, 1054 Cypress Avenue, Melbourne

Registration:
\$35 Early Registration before 2/7/15; \$45 Regular Fee

Online Registration:
www.imathlete.com/events/uprising2015

FURTHER DETAILS AT www.uprunningfitness.com

EMAIL info@uprunningfitness.com



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TO BECOME
A SPONSOR**



SCR Central

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

1 Day Early Bird Registration

2015 SPACE COAST MARATHON & HALF MARATHON



If you haven't already, SCR members will be able to register for this year's Space Coast Marathon & Half Marathon one day early on Saturday, February 14. Your membership must be current.

Stay tuned to SCR's Facebook page for updates and instructions. You don't want to miss this fantastic race day.

Competitor Magazine just named the Space Coast Marathon it's winner for the best marathon in the Southeast!



The Running Zone crew and Bart Yasso at this year's Space Coast Marathon & Half Marathon Expo.



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SCR Central

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



It's time to Celebrate

1/25/15— Weather conditions could not have been any nicer for participants at the 2nd annual Town of Celebration Marathon & Half Marathon. Runners and walkers alike took to the streets in 43° temps with little wind.

Viera's Susie Meltzer was the Female Masters Champion for the second straight year with her spectacular time of 1:35:07.

Other SCR runners who made it to the half marathon's award podium were Keith Snodgrass (1:26:08) who was 1st in the men's 45-49 age group. Marie Thomas (1:43:26) took second in her 50-54 age group. Joel Fenlason (1:28:42) was also second for men 40-44.

He was the lone SCR member who ran the full marathon but that didn't stop him from racing to the top of his age group. Bret Halliday earned first place in the men's 50—54 division with his awesome time of 3:21:16.

Space Coast Runners finishing the half were: Mike Acosta (1:38:33), Harry Prosser (1:42:29), Molly Kirk (1:44:30), Brittany Streufert (1:45:38), Naweed Akram (1:52:52), Ricky McDonald (1:58:25), Kimberly Yates (1:59:40), Joan Meadows (2:00:44), Kimberly Prosser (2:08:57), Debbie Molina (2:08:58), Kelly Hunter (2:09:25), Nancy Wingo (2:17:35), Bill Floyd (2:24:43), Suzie Biery (2:26:53), Anne Doerflein (2:28:25), Lorraine Petersen (2:28:26), Martha Belinski (2:49:52), Rick Foresteire (3:39:19), Tonya George (4:01:50).

SPECIAL SCR RACE DISCOUNTS

- ◆ The local [Brianna Marie Foundation 5K](#) is scheduled for Saturday, 3/14 at Wickham Park. Use discount code SPACECOASTRUNNERS10 to receive a special 10% discount off your race registration.
- ◆ March 29th, 2015, will mark the second running of the beautiful [Tomoka Marathon](#), Half-Marathon and 5K Races. Save 10% with code SCR10 on your registration.



1/18/15—Congratulations goes out to Tony Bils who nabbed a first place age group finish at the 16th Annual Clearwater Distance Classic. He covered the half marathon distance in 1:37:27 and was 27th out of 781 finishers.



1/18/15— In South Florida news, Debbie Molina of Merritt Island ran the Davie PAL Road Race 10K. She scored a second place age group (60-64) win with her time of 51:31. Way to go!

SCR Central

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



Storm Chasers + Tinker Keep Pace in Miami

1/25/15— Three down, two to go! Palm Bay's Lori Rattay, and Melbourne's Andrea Lucas pictured left show off the bling they earned after completing the 2015 Miami Half Marathon. The race was number three in the Florida Storm Series where those who run three or more of the five Storm-designated events earn extra medals. Each extra medal grows in size. To learn more about the Florida Storm Series, [click here](#).

Merritt Island's Kristen Tinker, center in the yellow singlet below, gathers the peeps for her four-hour pace group at the Miami Marathon. Tinker and her crew cruised in at 3:59:35. Right on!

SCR Marathon finisher: Kristen Tinker, Merritt Island, 4:00 pacer, 3:59:35

SCR Half Marathon finishers: Andrea Lucas, Melbourne, 2:43:04; Lorna Mazza, Melbourne, 3:09:19; Tony Mazza, Melbourne, 3:30:05; Pat Mister, Cocoa, 2:13:27; Lori Rattay, Palm Bay, 2:43:03



NEWLY APPOINTED ECHO AMBASSADOR

Brittany Streufert was recently named one of five race ambassadors to the Echo Half Marathon & 5K. The 2nd annual point-to-point race will be held on June 7th. Runners race along 13.1 oak canopied miles on the beautiful paved trail from Osteen to DeBary, FL.

As a race ambassador, Brittany is able to provide SCR members with a \$10 discount off the half marathon. The code to use for online registration is "**Brittany10**". "I know...a half marathon in June sounds crazy hot but it's shaded, well-supported and has some really beautiful scenery", said Streufert who was already registered for 2015 when she received the ambassador appointment. Check it out at echohalf.com.

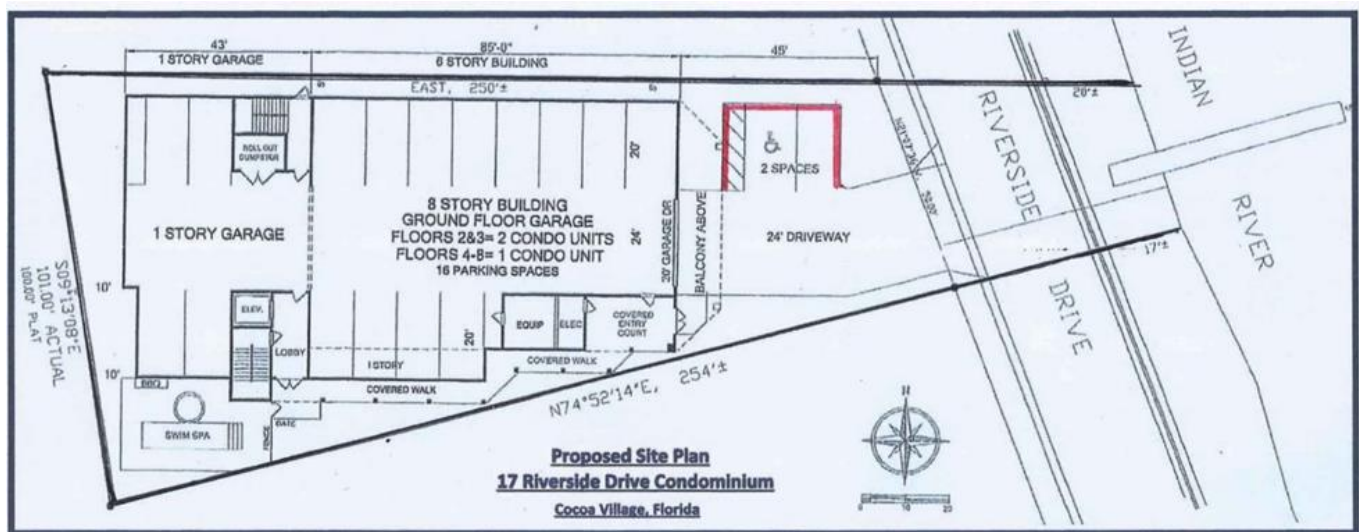


SCR Central

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

Be in the Know — River Road

The Cocoa City Council is currently considering a variance and rezoning request to allow an 8 floor hi-rise condo at 17 Riverside Drive. The pie-shaped site has only 50' of frontage (code is a minimum of 120'), is less than ½ acre, and as proposed would only accommodate two non-resident parking spaces – one being for disabled/handicapped. With limited parking onsite, vehicles would park along Riverside Drive, which creates some safety concerns because of the high volume of runners, walkers and bikers along the route.



Tentative dates have been scheduled for Council to hear these petitions. All interested parties are invited to attend and will be heard if desired. The meetings will be held at City Hall, 65 Stone St. Cocoa, FL.

City of Cocoa Planning & Zoning Meeting on February 11, 2015 - 6:00 PM – Agenda to consider and enact into law the rezoning of 17 Riverside Drive into an 8 floor condominium.

City of Cocoa Board of Adjustment Meeting on February 18, 2015 - 6:00pm – Agenda to consider variance on frontage width of 17 Riverside Drive from 120 feet to 50 feet.

If you would like to contact City Officials regarding the proposed rezoning and variance of 17 Riverside Drive, you can do so via e-mail.

Henry E. Parrish III	hparrish@cocoaf1.org – Mayor
Brenda Warner	bwarner@cocoaf1.org – Deputy Mayor – District 2
Michael Blake	mblake@cocoaf1.org – Councilman – District 1
Don Boisvert	dboisvert@cocoaf1.org – Councilman – District 3
Tyler Furbish	tfurbish@cocoaf1.org – Councilman – District 4
Steven Biel	sbiel@cocoaf1.org - Mr. Biel, Cocoa Senior Planner

SPONSOR SPOTLIGHT



Paddling Paradise offers SUP (Stand UP Paddleboard) and kayak sales and rentals, lessons, tours of local waterways, and regular Ohana (family) events like Friday morning TGIF sessions and Sunday Sunset Sessions. The colorful showroom displays a variety of watercraft options, including surf SUP boards, BIC One Design boards, race boards, fishing boards, a wide range of kayaks, Kenalu paddles, and a good selection of SUP, surf, and kayak accessories, including innovative products like the Paradise Lock System for keeping boards safe.

Owner Danny Smith sponsors the popular SUP N Go summer Series of SUP races, including BIC One Design races, and Neptunalia race.

Visitors experience the spirit of Ohana, opportunities to paddle beside dolphins and manatees, and glorious sunrises and sunsets.

www.NeptunaliaChallenge.com

www.SUPNGO.com

Regular Sunrise Sessions and Sunday Sunset Sessions

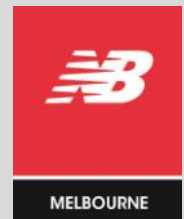
Rentals with full instructions for SUP and Kayaks (all rentals include Personal Flotation Device (PFD) and Whistle)

Rental Rates

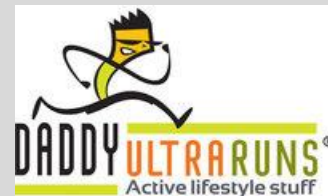
1 hour SUP board \$25.00, 2 hour SUP board \$40.00, 4 hour SUP board \$50.00, Full day \$60.00

SCR MEMBER DISCOUNTS!

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



It's your future...be there healthy.



GET MOVING!
Group Fitness & Personal Training

LINDSAY BROWN winter blast 5K

benefitting the Rockledge High School Key Club

Sponsored by:



HARBOR FINANCIAL SERVICES, LLC MEMBER FINRA/SIPC

Saturday, February 7, 2015 – 8:00 a.m.

START LOCATION: ROCKLEDGE HIGH SCHOOL

SCHEDULE:

❄️ 6:30 – 7:45am Packet Pickup & Late Registration
8:00am START TIME

ENTRY INFO:

Beth Scarborough 321-544-7067 / Scarborough.mbeth@brevardschools.org

\$20 Early Registration (\$17 – No Race Souvenir) by January 27, 2015

\$25 Late Registration (\$20 LATE No Race Souvenir) after January 27, 2015

\$15 Students (\$10 – No Race Souvenir)

Race Souvenirs given to the First 125 Runners

Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time.

Kiwanis Club of Rockledge | Club Inc. is a 501(c)(4) FEIN 59-616-8944 | Foundation Inc. is a 501(c)(3) FEIN 26-0067460 | FL Solicitation CH 17406 CHI7406 "A copy of the Official Registration and Financial Information may be obtained from the Division of Consumer Services by calling toll-free (800-435-7352) within the state. Registration does not imply endorsement, approval or recommendation by the state."

REGISTRATION:

ONLINE AT: raceroster.com/events/2015/4009/2015-Lindsay-brown-5k-winter-blast

BY MAIL: send this application to Beth Scarborough, 220 Raider Rd, Rockledge, FL 32955

❄️ The monies raised through this event will help continue Lindsay's passion to developing Student Leaders. She believed that teens leading teens provided a positive foundation for young adults while giving them confidence for their future.

Please make checks payable to Rockledge High School, and mail with the form below:

Name _____ Phone _____

Address _____ City _____ Zip _____

Age (day of race) ___ Sex M / F tshirt size: S M L XL youth M email _____

In signing below, I acknowledge that participating in this event is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decisions of race officials relative to my ability to safely complete the race. I assume all risks associated with participating in this event, including, but not limited to falls, contact with others, the effects of weather, traffic, road conditions, all such risks being know and appreciated by me. Having read this waiver and knowing these facts in consideration of your accepting my entry I for myself and anyone entitled to act on my behalf, waive and release; Rockledge High School, City of Rockledge, J. Kyle Braid Leadership Foundation and any race sponsors from all claims or liabilities of any kind.

Signature / or parent if under 18 _____ DATE _____

New Year's Eve & New Year's Day Runs

How does Brevard County bring in the New Year? By running with their like-minded friends, of course! There were 3 fun runs to help celebrate.

Matt Mahoney's annual New Year's Eve run started off the celebrations. It started at 11:45pm on December 31st and the 3.1 mile course makes it so that the participants come to the finish after the New Year. The course is an out and back from the 7-11 in Melbourne Beach, going north on A1A and Oak Street and then back. They finished up by sharing potluck food and good fellowship.

The second run began on New Year's Day at 8:00am at Cherie Downs Park in Cape Canaveral. The run was first started 15 years ago. There were varying distances of 3 to 6 miles on paved streets and on hard packed beach. At the end, the heartiest of souls jumped into the ocean to cool off. They also gathered for brunch over shared treats and the fine cooking of Chef R C Koontz.

Last but not least the final New Year's Day group gathered for what's called the Solar Bear Fun Run which started at 12:00pm at Front Street Park in Melbourne. The main 5 mile course took the participants over the Melbourne Causeway, south on Riverside Drive and then ended at Ocean Park at the beach. There were also 10 and 15 mile options. There was a little bit of drizzly rain, but that did not stop the masses from gathering and enjoying post-run refreshments and potluck food. In addition, the braver ones jumped in the ocean (Solar Bear Plunge).

Race report by Lisa Hamelin



Matt Mahoney's group ringing in the New Year.



Marlene & Dick White enjoy refreshments post-run.



Solar Bear Run group at the Front Street Park start.

Make Check payable to: **ABCDS for Tooth Trot**

Mail to: Running Zone

3696 N. Wickham Road, Melbourne, FL 32935

On-Line: www.ToothTrot.com

Entry Fees	Postmarked by	After
NO REFUNDS WILL BE MADE!	1/30/2015	1/30/2015
◇ 5K	\$25	\$30
◇ SCR/Gecko Club Member	\$23	\$30
◇ 5K Walk Only Division	\$25	\$30

Name: _____

Team name (if applicable): _____

Address: _____

City: _____ Zip: _____

Phone: _____ SCR/Gecko Member? Yes No

Email: _____ Birthdate: _____

Age on 02/07/2015: _____ Male Female

Circle T-shirt Size (5K adult only):

S M L XL XXL

5K Child size cotton shirt: Child M Cotton Child L Cotton

I hereby release Brevard County Dental Society, Alliance of the Brevard County Dental Society, Wickham Park, Brevard County Parks and Recreation, Eastern Florida State College and all sponsors, officials and race volunteers involved in any and all damages or injuries arising out of participation in the 2015 Tooth Trot. I attest and verify that I am physically fit and have my physician's permission to participate in this race. If I should suffer illness or injury, I authorize race officials to use their discretion to have me transported to a medical facility, and I take full responsibility for this action. I hereby grant full permission to any and all of the foregoing to use any photographs, or any other record of this event for any purpose of the event whatsoever. I understand that all participants are responsible to know the course, race management is not obligated to alter results due to any runner's misperceptions, mistakes or other circumstances that lead to an error on the course. I have fully read this release and understand that it presents a risk of physical injury or illness, and knowing this, I am entering this event at my own risk.

Signature above — no exceptions! (parent or guardian if under 18)

Race Management &

D-Tag Timing by:



Fun after race party with numerous door prizes and continental breakfast

Technical T-shirts to 1st 250 adult 5k registrants!

Packet Pickup available 2/5/2015 and 2/6/2015 at:



MORE INFORMATION

Race Director: Jerilyn Bird
Phone: 321.848.5940
E-mail: JRBird23@aol.com



2/07/15

2014-2015 SCR ROY Series Race!



Proceeds benefit:

Give Kids a Smile

Providing free dental care to children in need.

Presented by:

The Brevard County Dental Society &

Corporate Sponsors:



WORK WITH THE BEST!

RACE INFORMATION

Race Date: Saturday, February 07, 2015

Race Time: 9:00 A.M. 5K Run & Walk

Location: BCC/Wickham Park Main Pavilion (Behind BCC off Wickham Rd.) Melbourne, FL

SCR Youth Series Run: 10:00 AM Open to 12 & under, 1/4 mile, 1/2 mile or 1 mile run. Parents must sign a waiver on site. Participation awards to all! No shirt.

For safety reasons: skates, skateboards, bicycles, baby joggers, headphones and animals are PROHIBITED.

Rain/Shine event: No refunds will be made!

EASIEST REGISTRATION

Online at www.ToothTrot.com

PACKET PICK-UP

Pick up race number, t-shirt, & goodie bag at **Running Zone on February 5th or 6th, 2015** or on race day at the race site beginning at 7:30 A.M. (Please allow 24 hours after online registration before packet pickup at Running Zone! Thank you.)

T-SHIRTS

Adult sizes receive **technical t-shirt**. Child sizes (M & L) available in cotton only. Sizes & availability are not guaranteed.

5K RUN 9:00 AM

Participants may run or walk any part of the event. Awards are based on overall and age group categories for male and females, as noted in this flyer. **SCR OY Points**.

5K Walk Only Division 9:00 AM

Participants must walk the entire course! Scored separately from 5K Run and cannot change category mid-race. Walkers may not jog or run any part of race. Medals awarded to top 10 finishers.

SCR Youth Series Run 10:00 AM

Free to children age 12 and under. Parents must sign a waiver on site. Participation awards to all!

VISIT WITH THE TOOTH FARM



AWARDS

5K RUN Awards

Participants may run or walk this event.

Overall: 1st, 2nd 3rd, Male & Female

Master: 1st Male & Female 40+

Grand Master: 1st Male & Female 50+

Age Group: 1st, 2nd, 3rd place Male & Female age 0-9 and in five year age groups from 10-14 through 80+.

SCR OY Points to SCR members.

5K Walk Only Division Awards

Participants must walk the entire course— cannot jog or run. Overall: First 10 finishers.

5K Run Dental Team Award

Participants who work for a dentist or dental company may run or walk this event. Award for 1st place team.

AMENITIES

D-Tag Timing

Technical T's to first 250 in 5K

Door Prizes you will want to win and tasty post-race refreshments!

With a record turnout of members both old and new, this year's social was a morning filled with sunshine, for some a few miles and for everyone genuine camaraderie.

Winter Social



ARTICLE BY Brittany Streufert



LOCATION Cocoa Village's Riverfront Park

SPECIAL THANKS TO Daddy Ultra Runs for being a great host to the SCR event and to the new Village Idiot Pub for opening its doors early for members to socialize and to get to know this new establishment.





It sure didn't feel like your typical winter morning temperature-wise but then again this is Florida. Over 200 runners, walkers and family members gathered to socialize and take advantage of the SCR early registration into the 2015 Space Coast Marathon and Half Marathon. Tables in front of Daddy Ultra Runs were filled with food brought by members and hot coffee and orange juice were a plenty with the occasional mimosa being poured.



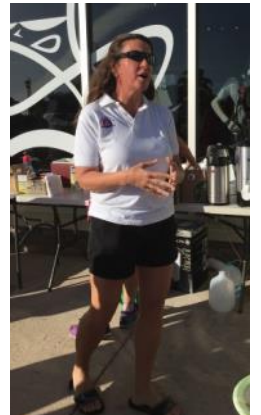
The Sunday morning social was the perfect way for our running community to start 2015. Athletes of all ages spent time socializing over food and drink after SCR vice-president, Marisa Flint greeted everyone. She said, "I loved welcoming new people at the registration table! Early entry into the marathon may be what brings them in, but I think it will be the great people they meet that will encourage them to be active members of SCR."

Groups of athletes caught up with each other and shared post holiday run stories. The line was continuous at the SCR tent where volunteers took over 240 registrations, 47 new member sign ups and 21 membership renewals.

Lisa Hamelin added, "I knew it would be busy, but was surprised at just how busy it was! Saw a lot of happy SCR members, both existing and new that don't have to worry about 'getting in' to year three of the Big Bang Series."

The next SCR Social is being planned for sometime this summer.





6th Annual



Proceeds to benefit families affected by Autism in Brevard County!

FEBRUARY 21, 2015
8:00 AM

FREE Kid's Fun Run at 9:15

New this year!
High School Teams compete!
Special price of \$10 per student.

ELECTRONICALLY timed race course at

The Scott Center for Autism Treatment
Florida Institute of Technology
150 W University Blvd
Melbourne, FL 32901

Family, Fun, Fitness!

REFRESHMENTS AVAILABLE FOR ALL PARTICIPANTS

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

Brevard PALS



FEES

- \$25 Each Registrant until 2/14/2015
- \$25 Each Team Member until 2/14/2015**
- \$10 Each High School Team Member**
- \$30 late registration or race day registration
- Kid's Run is **FREE!**

**Minimum of 3 per team

PACKET PICK-UP

Running Zone

Friday, 2/20/2015 between 10 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 entrants will receive an awesome race T-shirt. Shirts and sizes are not guaranteed for late registration.

AWARDS

- Largest family team
- 1st place family team—fastest 3 runners
- Largest high school team
- 1st place high school 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 will be **PROHIBITED** on the race course.

Mail or bring entry form to:
Brevard PALS
c/o Child and Family Consultants
1800 Penn St Suite 12
Melbourne, FL 32901
321-768-6800

MAKE FUNDS PAYABLE TO: **Brevard PALS**

Or register on line:

<https://secure.runningzone.com/autismawareness5k/>

REGISTRATION

Name _____
Last First

Team Name (if applicable) _____

Birth Date _____ Age on 2/21/15 _____

Family Team _____ School Team _____

Gender M F T-shirt size S M L XL XXL

Address _____

City _____

State _____ Zip _____

Phone Number _____

Email Address _____

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, assign all rights and claims for damage, 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 damage or injuries which may be sustained and suffered by me in consideration of my association with any entry or participation in the "Run for Autism 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 Required (parent or guardian if under 18)

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. Florida registration number is 01-0717788



Runner of the Year Series

NO SERIES RACE IN JANUARY = NO LEADERBOARD CHANGES

2014—2015 LEADERBOARD

OVERALL — MEN

- 1st Shane Streufert
- 2nd Joel Fenlason
- 3rd Joe Lento

AGE GRADED DIVISION

- 1st Shane Streufert
- 2nd Art Anderson
- 3rd Joe Hultgren

OVERALL — WOMEN

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

AGE GRADED DIVISION

- 1st Jacquelyn Kellner
- 2nd Marie Thomas
- 3rd Cheryl Ritter

ROY Standings are through the **Reindeer Run 5K**. Please note these standings reflect your age on August 23, 2014, the date of the first race of the 2014-2015 ROY series season. If you have any series questions, please email lserwin@cfl.rr.com.

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

FEATURED SCR RACE OF THE MONTH



Where else can you run a race and watch your gender counterparts run their race? Right here on a newly re-certified course loops twice through historic downtown Melbourne. The men and women

each have separate race times in this unique event.

WHERE ► Downtown Melbourne at Municipal Lane at East New Haven Ave.

WHEN ► March 28th – 7:30am (men), 8:15am (women)

COST ► SCR Early Registration (by 3/27) - \$19. (After that date price increases \$6.00).

WHAT TO EXPECT ► This year will be the 33rd year of this race. It is the only race in this area that sports a separate men's race and a women's race and to top it off, it has a flat and fast course. The beneficiary is The Haven for Children.

LAST YEAR'S WINNING TIMES ►

Male—John Davis—16:46.2 Male Masters—Shane Streufert—17:28.9

Female—Dina Viselli—20:21.4 Female Masters—Tina Kraver—21:24.9

SCR YOUTH SERIES ► Will start at 9:00 AM.

EVENT WEBSITE ► <http://goo.gl/SfypV0>

DOWNLOAD RACE REGISTRATION FORM ► <http://goo.gl/C0m5zV>

THANK YOU

**to all of the 2014—2015
RUNNER OF THE YEAR SERIES
sponsors!**

**Bill & Liz Harris
Smooth Running
Coast Air & Heat**

**Atlantis Urgent Care
Daddy Ultra Runs
Millennium Engineering
& Integration Co.
New Balance Melbourne
Paddling Paradise
Up & Running Fitness
Viera Pizza**

Chik-Fil-A




Space Coast Runners Volunteer Incentive Program

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

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

HOW IT WORKS

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

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

SCRVIP OPPORTUNITIES

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

Feb 28, 2015

Space Walk of Fame 8K


Apr 11, 2015

VOLUNTEER INCENTIVES FOR 2014-15

SCRVIP T-shirt

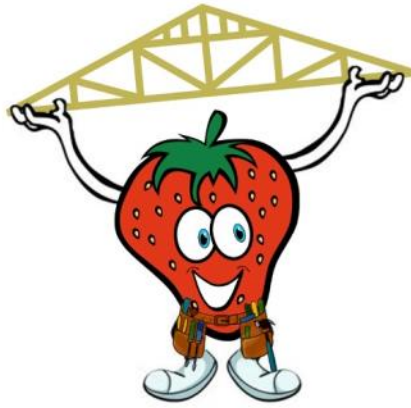
\$5 Gift Certificate to Daddy Ultra Runs or Running Zone

Chick-fil-A voucher

 Free Slice of Pizza from Viera Pizza



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



Brevard Habitat for Humanity

Raise the Roof 5K

A world where everyone has a decent place to live

Sunday March 15, 2015 Race Starts at 8am

Wickham Park Pavillion (2500 Parkway Dr. Melbourne, FL)
T-Shirt & Pancake Breakfast for first 250 entrants

Award Ceremony to immediately follow race.

Awards include: Top 3 Overall Male and Female; Top Masters (40+) Male and Female; Age Groups Male & Female 1st, 2nd & 3rd

To Register:

Go to:
<http://secure.runningzone.com>
321-751-8890

Form can be mailed or dropped at:

Habitat for Humanity Office
4515 Babcock Street
Palm Bay, FL 32905
or
Running Zone
3696 N. Wickham Rd.
Melbourne, FL 32935

Contact:

Race Director: Heather Felix
321-394-8663
raisetherooft5krun@gmail.com

RACE MANAGEMENT BY



All Proceeds Benefit:



Time Table:

Now until March 10, 2015
Registration fee \$25

March 11, 2015 through race day
Registration fee \$30
*\$5.00 discount is 12 or under on race day

March 13 & 14, 2015
Packet Pickup & Registration at
Running Zone

March 15, 2015
Registration & Packet Pickup
Starting at 6:45am
Race Starts at 8am

Immediately following race
Awards Ceremony and Pancake
Breakfast



ENTRY FORM (Please Print)

SEND APPLICATION TO: Habitat for Humanity of Brevard County, Inc, 4515 Babcock St., Palm Bay, FL 32905 (or drop off at Running Zone). Checks payable to Habitat for Humanity of Brevard County, Inc., \$25 until 3/10/2015, \$30 through race day. Sorry, no refunds. Part of your fee may be tax deductible.

NAME:: _____ **BIRTH DATE:** _____ **AGE ON RACE DAY:** _____

Includes donation of \$ _____ to Habitat for Humanity of Brevard County, Inc. Payment enclosed \$ _____

ADDRESS: _____ **CITY:** _____ **STATE:** _____ **ZIP:** _____

EMAIL ADDRESS: _____

TELEPHONE: _____ **SEX:** Male Female (circle one) **SHIRT SIZE:** YM S M L XL (circle one)

WAIVER: I know that running in a road race is a potentially hazardous activity. 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 safely completing 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 weather, including heat and/or humidity, traffic and conditions of the road, all 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 Habitat for Humanity of Brevard County, Inc., Running Zone and Sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on part of the persons named in this waiver.

Signature: (parent if under 18 years old): _____ Date: _____



Kyle Butler, Ali Cobb win Inaugural 5K

5K racing has returned to The Avenue at Viera. After a previous management decision to oust all racing events from the open-air shopping destination, runners and many race directors were happy to hear they were welcome to run the roads there once again.

Literacy for Adults in Brevard (LAB)'s Lace Up 4 Literacy 5K Run was not only the first timed race in Brevard County of 2015 but also the first one back at The Avenue. Florida Southern College cross country runner, Kyle Butler won the inaugural 5K handily, and Davidson College research fellow, Ali Cobb was the first female finisher.

The 26-year-old Butler took the lead right from the start in 70° temps with humidity levels of 96%. He finished in 17:15. "It was pretty hot and humid for this time of year. I played an alumni soccer game at my high school the night before so I was pretty tired before the race started.", said Butler, who will be heading back to college soon.

For extra motivation he shared, "My dad was doing the race and I don't get to run with him very much so it was a nice little race." His dad, Doug Butler finished in third (19:09) behind Shane Streufert who secured second by running 18:17.

Ali Cobb's 19:02 run was fast enough to be the third overall race finisher. Cobb agreed with Butler's weather assessment stating, "It was a difficult race today due to the heat and humidity. I go to college in North Carolina, so it has been a while since I've run in such tough conditions." And again Coach Butler factored into the race. "Coach Butler and I have a little friendly competition going on and wanted to race head to head.", said Cobb. When both had crossed the finish line, Ali bested her former coach by 7 seconds.

She was followed by 44-year-old Kerri Robbins from Davidsonville, MD who took second place in 21:36. Another out-of-towner, Donna Kraft ran a 23:38 for third. Kraft hails from London, Ontario.

Saturday's 5K Master's winners were Ron Ritter for the men (19:39) and Betsy Butler for the women (23:47). Pizza Gallery & Grill hosted the post-race party and served up piping hot pizza along with bananas, oranges and Danish pastries. The awards ceremony took place in the Central Park fountain area where winners received medals for their hard efforts.

Just over 150 ran or walked the event. Proceeds from the race went to benefit Literacy for Adults in Brevard, Inc. ([LAB](#)). For complete race results, [click here](#).

Race report and photos by Brittany Streufert.



Top: Kyle Butler passes the 2 mile marker and heads to the finish line.

Bottom: Race director, Kristen Tinker welcomes race participants before the start.



Despite the humid conditions the morning brought, runners and walkers were enthusiastic to race the inaugural run and to be back racing around The Avenue Viera.

The youngest finishers, Evie Busse and Kendall Bird were age 4 and the oldest, Jean Bernaquez was 82.





RACE BENEFITS COCOA BEACH H.S. PROJECT GRADUATION

LUCKY LEPRECHAUN 5K RUN/WALK

Saturday, March 14, 2015

8:00 am - 5k Run/Walk

9:00 am - Family Fun Run

**Race benefits Cocoa Beach
High School Project Graduation**

Registration

By Mail

Mail entry with check payable to
Cocoa Beach Project Graduation
220 Jamaica Drive
Cocoa Beach, FL 32931

On-Line

[https://runsignup.com/Race/FL/
CocoaBeach/LuckyLeprechaun](https://runsignup.com/Race/FL/CocoaBeach/LuckyLeprechaun)

Race Day Registration

From 7:00 to 7:45 am at Bailiwick Plaza
20 N. Brevard Avenue, Cocoa Beach

Awards

Overall 1st, 2nd, 3rd Male and Female

Master 1st Male and Female 40+

Age Group 1st, 2nd, 3rd Male and Female in age groups 1st, 2nd, 3rd Male and Female in age groups 0-9, 10-14, 15-19 and 10 year age groups from 20-29 through 80+

No Duplicate Awards

Amenities

T-Shirt with 5k entry (*T-shirts not guaranteed for race day or packet pickup days registration*)

Post race refreshments

Door prize drawings

**For More Information, contact Linda Bunting
(321) 783-6899 or
cbprojectgraduation@gmail.com**

Entry Fee

	Postmarked by 2/21/15	After 2/21/15
5k Run/Walk	\$20	\$25

5k Run/Walk	\$20	\$25
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Name _____

Address _____

City _____ State ____ Zip _____

Phone _____ Birthdate _____

Email _____

Age on 3/14/2015 _____ Male Female

T-Shirt: Pre-register early to guarantee your shirt size!
T-shirts not guaranteed for race day registration.

Circle one. Youth sizes: YM YL

Adult sizes: WS WM WL WXL WXXL

MS MM ML MXL MXXL

(Women's size typically run 1 size smaller)

Release form: I assume all risks associated with my participation as a participant in the event on this form including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road. All such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled to act on my behalf, waive and release the directors and sponsors of this race from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (parent or guardian if under 18) _____ Date _____



New 5K honors First Responders



Runners had the opportunity to start the New Year in a healthy fashion by participating in the inaugural Run for the Responders 5K. Held on January 10th at Wickham Park, families were welcomed to come down to the event to cheer on their favorite runner or walker as they completed this race. Proceeds of the race benefited Families of the Shield, Inc., which is an organization that raises awareness about police officers killed or injured in the line of duty or meeting the needs of their family members, and helps other First Responders during today's most challenging times.

Robert Longstreet led the race and scored a victory with his first place win of 18:18. Following closely behind in pursuit was Vincent Avitabile (19:18) and Art Anderson (19:34). The female winner and also placing 10th overall was Michele Longstreet with a speedy 22:49. Amy Sue Carter dominated second with 23:46 and not far behind was Renee Grant with 24:52. Although it was a chilly morning, it didn't stop these racers from performing their best.

At the post-race party, yummy breakfast was provided and DJ Master Key was spinning some tunes. Massages were also available for those runners/walkers who needed those tight or sore spots worked out. There was even a kid's run, which commenced at 9:15am after the 5K finished. Awards were provided to the top three male and female in each age group as well as the Battered Boot Trophy being presented to the largest police or fire station. It was a wonderful way to start the New Year on a healthy note. Mark your calendars and don't miss this 5K for 2016!

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

Race report by Michelle Au. Race photo courtesy of [Prescott Enterprises Photography](#).



WOW! Super Turnout at the Super Hero 5K



It was a sight to see in Viera on January 31, as 420 runners and walkers took off down Stadium Parkway — many of them dressed as their favorite super hero. After taking a year off and moving its start location down the road to the Church at Viera, this 5K race almost doubled its 2013 registration. The morning's schedule consisted of a pre-race Zumba warmup, the 5K, a kid's fun run and a local mascot race as the grand finale.

The overall winner of the race was Alex Colon of Melbourne. His winning time of 18:09 was a mere two seconds faster than Indialantic's Robert Longstreet's 18:11 finish. Doug Butler of Melbourne took third place by running 18:37. Mitch Radella who hails from Cranberry Township, PA ran 21:18 which was good enough to secure the male Master's title.

For the ladies, the overall female champion was Michele Longstreet of Indialantic. She sped to a 22:29 first place finish. West Melbourne's Kate Chapman grabbed second place in 23:19 which was two seconds ahead of Viera's Brittany Streufert who ran 23:21. Jacqueline Seawright of Cocoa was the female Master's winner as she ran 25:24.

The fastest super hero awards were given to two speedy runners dressed in costume. Molly Zenker won it for the women in a time of 24:09 while Andrew Rubio captured it for the men. Rubio's time was 28:05. The top team award went to #EveryDayHeroes. In the fierce mascot race, Bridge's Bear took home the title and trophy to the non-profit he presented which is located in Cocoa Beach.

The race was organized by Friends of Children of Brevard. All proceeds benefited the abused, abandoned and neglected children of Brevard County and support the Guardian ad Litem Program. For complete race results [click here](#). Race report by Brittany Streufert. All race photos courtesy of Brittany Streufert.





BREVARD ZOO'S ZEBRA ZOOM 3K



**Saturday,
February 14th 7:00 am
VIERA, FL**

To benefit BREVARD ZOO

Register ONLINE at runningzone.com/series



<p>Tues., Feb. 10th - Fri., Feb. 13th 10:00 am – 6:30pm Packet Pickup & Registration at Running Zone</p> <p>Saturday, February 14th – Brevard Zoo, Viera, FL 6:00 am Packet Pickup & Registration 6:45 am Late Registration ends 7:00 am 3K Start – Zoom Start!!! 7:35 am 3K Start – A little Less Zoom Start!!! 8:15 am Li'l Zebra Kids' Run - FREE! *Awards Ceremony immediately following all races (all results from both races are combined for the awards) AWARDS: M-F: Top 3 Overall, Top Masters Age Groups – Top 3 M-F 8 & Under, 9-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+</p>	<p>Amenities:</p> <ul style="list-style-type: none"> • Random Giveaway 1 day Disney Tickets and 1 hotel night stay for two! • Check out Zoo Animals along the course • Breakfast from Pizza Gallery & Grill • 50% off Admission for All Participants on Race Day, with race bib • Free Li'l Zebra Kids' Run • Two separate start times with combined results for awards <table border="1"> <thead> <tr> <th>FEES:</th> <th>Until 2/13</th> <th>Race Day</th> </tr> </thead> <tbody> <tr> <td>3K Run/Walk</td> <td>\$30</td> <td>\$35</td> </tr> <tr> <td>Team</td> <td>\$25</td> <td>N/A</td> </tr> <tr> <td>12 & Under</td> <td>\$15</td> <td>\$20</td> </tr> <tr> <td>Gecko Club/SCR Members</td> <td>\$25</td> <td>\$30</td> </tr> </tbody> </table>	FEES:	Until 2/13	Race Day	3K Run/Walk	\$30	\$35	Team	\$25	N/A	12 & Under	\$15	\$20	Gecko Club/SCR Members	\$25	\$30
FEES:	Until 2/13	Race Day														
3K Run/Walk	\$30	\$35														
Team	\$25	N/A														
12 & Under	\$15	\$20														
Gecko Club/SCR Members	\$25	\$30														

ZOOM START <20 MIN. 7:00AM

LESS ZOOM START >20 MIN. 7:35AM

BREVARD ZOO ZEBRA ZOOM 3K OFFICIAL ENTRY FORM -

Make check payable to: Running Zone
Mail to: Running Zone 3696 N. Wickham Road, Melbourne, FL 32935

Name _____
 Address _____ City _____ State _____ Zip _____
 Phone (required) _____ Email address (required) _____
 Sex: Male Female Date of Birth ____/____/____ Age on Race Day _____
 Open Team Name _____ (min. of 5 team members with one person of opposite sex)
 School Team Challenge: (Elementary and Middle Schools Students Only) _____
 Please check shirt size: Sizes: XS S M L XL XXL
 Kid's Registration: \$15.00 (Cotton T-shirt) Youth Medium Adult Small

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 Running Zone Race Series 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, emails 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.

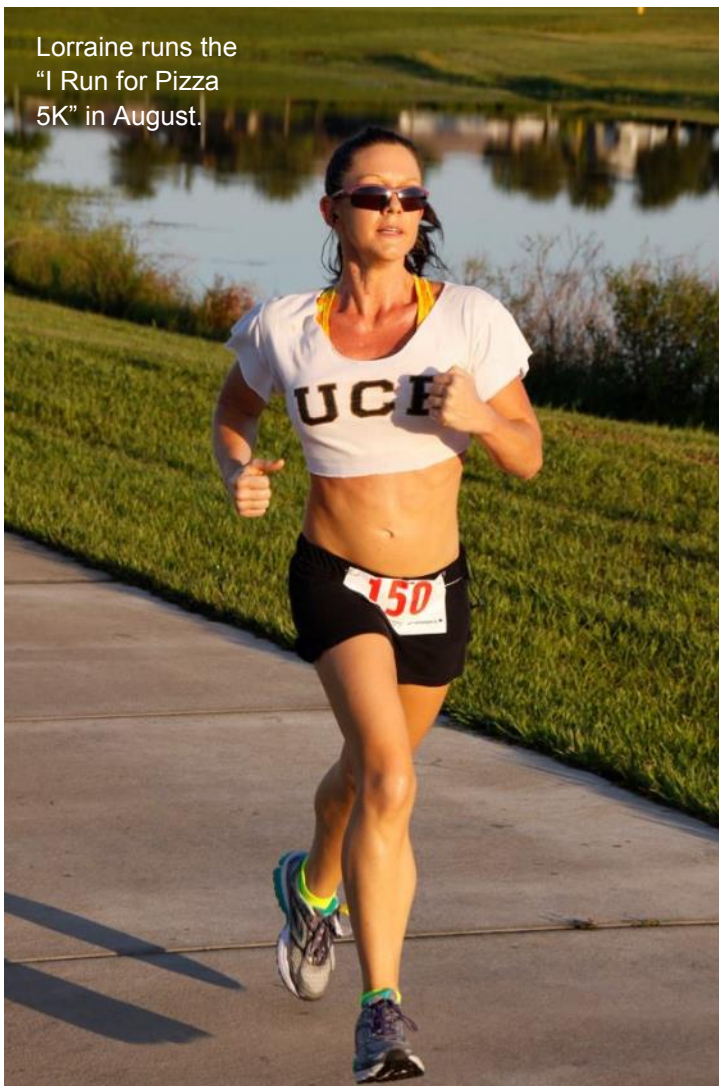
Signature _____

Signature of Parent if under 18 _____

Date _____



Lorraine runs the "I Run for Pizza 5K" in August.



Run Story

Sherri Lorraine survived a life-changing accident but has found her stride in running and helping others.



This is my second year running. I have jogged/walked races in the past to only participate in community events with friends. Since joining SCR in 2013, running has become part of my everyday life. I use it for active meditation and it is a great "reset" button for whatever is happening in my life.

This had been a HUGE missing part of my life, but I didn't know it until I began to run with SCR and the competitor in me was woken. Prior to that, running was something I didn't think my body could handle, so I avoided it. I always thought "don't push things, I'm lucky to be walking".

My accident that "happened for a reason", was not very evident at the time. I was a professional barrel racer and during a live performance rodeo, my horse "King" tripped coming out of the first barrel. We did a summersault and King landed on top of me. My pelvis was broken in 8 places and I was told by 5 orthopedic doctors that I would never walk again (or have children for that matter).

I decided to work with the 6th guy (in a Hawaiian shirt chewing gum?!?!?) who said "Well, it doesn't hurt to try". I laid in traction for 14 days, then was given a wheel chair and sent home.

After a lot of hard work, I got back in the saddle 8 months later and slowly progressed to crutches which I stayed on for the next 4 years. I have aches and pains when I run just like everyone else, but it reminds me how strong I am to have beat the odds.

The accident that "happened for a reason" introduced me to the gym where I met my husband "Rick" (my very best friend and biggest fan), pointed us in the direction of adoption where we adopted "Madden" our daughter (without a doubt my kid and future competitor), and guided the way for my career as a Doctor of Women's Health Physical Therapy where I treat women with pelvic floor disorders (which I'm all too familiar with). I truly believe that everything happens for a reason. You might not know why it's happening at the time, but eventually you will understand.

The ROY age group award was such a HUGE accomplishment to me because of where I started... way behind the start line. As a runner, I now laugh and say "who needs to walk when you can run" & "I run because I can".

27TH ANNUAL

EYE OF THE DRAGON 10K TAIL OF THE LIZARD 2 MILE



USATF Certified Course **FL11120EBM**

GENERAL INFORMATION

Join Space Coast Runners in celebrating the 27th anniversary running of the Eye of the Dragon 10K!

Race Date Saturday, February 28, 2015

Race Time 7:30 am - 10k and 2 Mile
9:15 am - Kids Runs

Location Eau Gallie Civic Center
1551 Highland Ave, Melbourne

Directions From I-95, take SR 518 east,
cross US 1, turn left after 3 blocks
From US-1, go north or south to
SR 518, head east 3 blocks

AMENITIES

Men and Women's cut race shirts, guaranteed to first 600 registrants (pre-registration suggested)
D-Tag timing for 10k and 2 mile events
Post-race refreshments in the park
LOTS of unique door prizes!!!

EVENTS

10k Run

You may run or walk any part of this event. **You must be able to maintain a 20 minute per mile pace! If you cannot maintain this pace, you must do one of the 2 mile events.** Awards are based on overall and age group categories, as noted in the Awards section.
SCROY points for 15 & over only for 10k

10k Walk

You **MUST WALK** the entire course. Running will be cause for disqualification. This event is scored separately from the 10k Run, and you will not be allowed to change your category mid-race. **You must be able to maintain a 20 minute per mile pace! If you cannot maintain this pace, you must do one of the 2 mile events.** Awards are based on order of finish for male and female participants - NO AGE GROUPS.

2 Mile Run/Walk

You may run or walk any part of this event. Awards are based on overall and age group categories, as noted in the Awards section.
SCROY points for 14 & under only for 2 mile

Kids' Runs - SCR Youth Series Event
FREE 1/4, 1/2, and 1 mile runs for children 12 and under. *Parents must sign waiver, available onsite.*

Teams

New this year! Register with your team and show your spirit!

PACKET PICKUP at the RUNNING ZONE
starting Thursday, February 26th



For safety reasons, no animals, baby joggers, skates, or headphones permitted in any event

AWARDS

10k Run

Participants may run or walk this event

Overall 1st, 2nd, 3rd Male & Female

Master 1st Male & Female 40+

Grand Master 1st Male & Female 50+

Senior Grand Master 1st Male & Female 60+

Age Group 1st, 2nd, 3rd Male & Female in 5 year age groups from 10-14 through 80+.

SCROY points for 15 & over only for 10k

10k Walk

Participants must walk the entire course

Overall First 10 finishers each Male & Female

2 Mile Run/Walk

Participants may run or walk this event

Overall 1st, 2nd, 3rd Male & Female

Master 1st Male & Female 40+

Age Group 1st, 2nd, 3rd, 4th, 5th Male & Female in age groups 0-8, 9-11, 12-14. 1st, 2nd, 3rd Male & Female in 5 year age groups starting 15-19 through 80+.

SCROY points for 14 & under only for 2 mile

Team Awards (10k Run & 2 Mile)

Awards for Top 2 Teams in both events
Top THREE runners in each team are scored

More Information: (321) 223-8204
EyeoftheDragon10k@gmail.com
www.eyeofthedragon10k.org

Click for more info!



Mail check payable to *Space Coast Runners* to:

Eye of the Dragon 10k
3533 Carambola Cir
Melbourne, FL 32940

On-Line at www.eyeofthedragon10k.org

Race Day from 6:45 to 7:15 am at Civic Center

Entry Fees

	Postmarked by 2/14/15	After 2/14/15
10k walk or run	\$27	\$32
- SCR member	\$22	\$27

	Postmarked By 2/14/2015	After 2/14/2015
2 Mile walk/Run	\$25	\$30
- SCR member	\$20	\$25

ALL EVENTS

- No Shirt must pre-register. Deduct \$5 from event cost.
- Student to grade 12 same as SCR entry fees!

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ SCR Member

Email _____

Event: 10k Run 10k Walk 2 Mile Run/Walk

Age on 2/28/2015 _____ Male Female

Birthdate: _____ Team Y or N

Team Name _____

Shirt: [YM] [M] [XS] [S] [M] [L] [XL] [XXL]

Women's cut shirt preferred (while supplies last) Yes

Release form: I assume all risks associated with my participation as a participant for the event on this form including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled to act on my behalf, waive and release Space Coast Runners, Road Runners Club of America, and other sponsors and officials involved from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (parent or guardian if under 18) _____ Date _____

27TH ANNUAL

Eye of the Dragon 10k
Tail of the Lizard 2 Mile



A Space Coast
Runner of the Year Event

Sponsored by Space Coast Runners

Not a member? Join SCR and save \$5 on this race entry!!!
Family \$35 Individual \$30 Student \$15

February 28, 2015

USATF Certified Course
FL11120EBM

EVENT BENEFITS ALSA to fight Amyotrophic lateral sclerosis



SPONSORS

Bill and Liz Harris



Dick White
Sports Therapist



Long Distance Relationships

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

Article by Marisa Flint

“The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.”



Robert Frost's words rang true in the Withlacoochee Forest (named one of the "10 Coolest Places in North America" by the World Wildlife Fund) on Saturday, January 4th, during the Croom Zoom 25k/50k/100k trail race. The 50k/100k runners started their journey through the forest at 6:00 a.m. with temperatures in the unseasonably high 60s range; those arriving for the 7:00 a.m. start of the 25k were treated to the sight of the early runners crossing the trail, the darkness illuminated by the runners' headlamps twinkling like a parade of fireflies.

This inaugural race was very well run. Packet pickup was available at the Croom start both the evening before and the morning of the race. Runners received t-shirts, and all finishers of the 50k and 100k received medals, while top finishers of the 25k received customized hats.

The course at Croom Zoom course is quite enjoyable, with the trails winding through oak hammocks where there is ample shade. The main trail is a 10-mile loop. All runners began with a 2.2-mile "starter loop", then the 100k runners ran six loops, 50k runners completed three loops, and 25k runners ran one loop with an additional starter loop. Aid stations were located about every five miles, and those who ran multiple loops had the opportunity to leave drop bags.

After the race, runners were able to relax and were treated to a generous post-race spread with hamburgers, hot dogs, chili, and lots of snacks.

This inaugural race concluded with a total of 213 finishers. Fourteen die-hards completed the 110k, 83 the 50k and 114 the 25k. Brevard runners in the 25k were Keith Snodgrass (male masters winner), Jennifer Schneider, Robert Schneider, Loran Serwin, Cyndi Bergs, Christy Zieres, and Marisa Flint. One Brevard runner, Danny Barrett, completed the 50k challenge, and did it well enough to win male masters.



Race Proceeds benefit Junior League Grants and Community Projects: Fueling Kids and Kids in the Kitchen



Junior League of South Brevard, Inc. Presents

6th Annual NEON Re-Run 5K - FRIDAY, March 6th, 2015

Thursday March 5th - Packet Pickup & Registration 1:00pm-6:00pm @ JLSB Office 1501 Avocado Avenue, Suite 2 Friday March 6th - Packet Pickup & Registration 12:00pm-4:00pm @ JLSB Office 4:30pm-6:15pm @ Eau Gallie Square 6:15pm Late Registration Ends 6:30pm Neon Re-Run 5K Start @ Eau Gallie Square 7:30pm Award Ceremony Start @ Eau Gallie Square 6:30pm-9:00pm LIVE 80s Music by Katty Shack For more information: 5krun@jlsb.net	FEES	Early <u>Until 2/20</u>	Late <u>2/21-3/5</u>	Race Day <u>3/6</u>																
	Adult 15+ \$30.00 Students (14 & under) \$10.00	\$35.00 \$15.00	\$40.00 \$20.00	Mail Form & Check to: Junior League of South Brevard 1501 Avocado Ave, Suite 2 Melbourne, FL 32935 T-shirts only guaranteed if registered by 2/20 Sorry No Refunds www.JLSB.net/5K																
Race Features: <ul style="list-style-type: none"> •Totally Awesome 80s themed fun run/walk •Glow in the Dark Fun along the course! The course will have several GLOW ZONES for runners to experience. •FRIDAY NIGHT race - part of the EGAD First Friday Event •Access to FREE GLOW Paint Station before the race •Glow bracelets in every race bag •Post-Race Party with Live 80s Music by Katty Shack •Electronic Chip Timing •A FREE BEER for runners >21 after the race 	AWARDS: Male/Female Top 3 Overall Male/Female Top Masters (40+) Male/Female Top 3 for the following Age Groups <table border="1"> <tr> <td>8 & Under</td> <td>20-24</td> <td>40-44</td> <td>60-64</td> </tr> <tr> <td>9-11</td> <td>25-29</td> <td>45-49</td> <td>65-69</td> </tr> <tr> <td>12-14</td> <td>30-34</td> <td>50-54</td> <td>70-74</td> </tr> <tr> <td>15-19</td> <td>35-39</td> <td>55-59</td> <td>75+</td> </tr> </table> Awards for Best 80s Costumes and Glow Effects Big hair, leopard pants and all neon is encouraged!				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+
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12-14	30-34	50-54	70-74																	
15-19	35-39	55-59	75+																	

JLSB NEON Re-Run 5K ENTRY FORM - Online Registration Available at sceventmgt.com

Runner Name		Sex	Male	Female
Street Address				
City/State/Zip				
Email Address				
Phone		Date of Birth		Age on Race Day
T-shirt Size	Youth: <input type="checkbox"/> Medium <input type="checkbox"/> Large Adult: <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> XL <input type="checkbox"/> XXL			

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

Release form: I assume all risks associated with my participation as a participant for the event on this form including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather and traffic, hazards of the road and all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled on my behalf, waive and release the directors of this race, the Junior League of South Brevard, Inc. and Space Coast Event Management & Timing officials and sponsors from all claims or liabilities of any kind arising out of my participation in the Neon Re-Run 5K. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (Parent, if under 18) _____ Date _____

The Junior League of South Brevard, Inc. is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

Long Distance Relationships

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

FIRST LIGHT

Article by Carol Ball & Barbara Linton



Mobile, Alabama
PLAN YOUR RACE TRIP
only an 8 hour car ride • affordable
race registration • beautiful course •
artsy awards

Space Coast runners Carol Ball, Barbara Linton, Ruth Rodriguez, and Paul Bevilacqua participated in the Mobile, Alabama Servis1st BankTrust First Light Half Marathon on January 11, 2015. There were a number of events, including a 5K, Kid's marathon, and a full marathon, in addition to the half.

It is an 8 hour drive from Brevard County to Mobile. Carol, Paul, and Ruth drove up on Friday, and toured the Battleship USS Alabama, Submarine USS Drum, and Aircraft Pavilion on Saturday. Temperatures were in the 30's and 40's, a bit chilly for us Floridians!

This was a small, but very well organized event, with an affordable \$45 price tag for the half. There was no chip timing, which added to the small town, old-fashioned vibe of the race. There were definitely some unique aspects to this event; the most notable was the display of southern hospitality by the Mobile Azalea Trail Maids. These high school seniors are selected to be official ambassadors for the city of Mobile, and they attend most local events to provide a lovely window into a world of gentility and charm. They certainly dressed up the expo and the finish line in their antebellum dresses, huge hats and lacy gloves!

Long Distance Relationships

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



The course was lovely and wound through oak lined, shady streets with many example of antebellum-style architecture. There was significant and excellent police support to ensure runner safety and a surprising number of onlookers to cheer for the runners. Another southern twist was the delicious post race food, which included red beans and rice, cornbread, and lots and lots of sweet tea.

There were about 1,100 runners in the full and half marathons. The medals and awards were also unique as they were hand crafted by L'Arche members at the Thomas B. Barnett L'Arche Mobile Activity Center, beneficiary of the race. L'Arche Mobile is a community where people with intellectual disabilities and those who can assist them live, work and share their lives together. The awards were all created by different members, and have a bio on the back about the artist. What a wonderful idea!

First Light partnered with the Mississippi Blues Marathon & Half and awarded medals to over 500 runners who completed both races on Saturday and Sunday.

All in all, it was a great little race and we would recommend it to anyone on the Space Coast who wants to experience some true southern hospitality!

Editor's Note: Congratulations to Carol Ball who received the third place Female Grand Masters award by running 1:58:08.



3rd Annual
brianna marie foundation 5K

March 14, 2015 @ 8am
Wickham Park, Melbourne, Florida

New for 2015 is our Team Challenge!

Come for the 5K run and stay for a morning
of family fun.

KIDS ZONE
face painting
bounce house
FREE KIDS RUN
and more!

award ceremony
silent auction
live entertainment
door prizes and
raffles!



Timing and results
provided by:



Scan
code to
register



our gracious sponsors



Hi,

My name is Aran Hissam and I'm the president of a locally established public charity called the Brianna Marie Foundation. Our organization raises funding and awareness of fetal therapies (life saving surgeries performed on babies prior to birth) in honor of my daughter that passed away almost three years ago from a fatal fetal illness known as fetal hydrops. Our organization has one major fundraiser each year on Brianna's birthday to fund our cause. To date we have raised more than \$75K to help other babies and families in the future and we hope that you too will consider joining us this coming March. This field has virtually no funding; yet, the doctors are able to perform miracles daily. Please join us in a few weeks for our fun filled family event!

Sincerely,

Aran

www.briannamariefoundation.com

REGISTER
by 3/1/15
and use
code
SPACEOASTRUNNERS10
to receive
10%
OFF
registration
fees

Love on the **RUN**

BY MARISA FLINT

We all know about the cardiovascular benefits of running: as you become more fit, your heart pumps stronger and more efficiently, and your muscles utilize oxygen more effectively. There is however, another way that running gets your heart pounding, and that is when your love is also a runner. Meet five Brevard couples who were brought together through running:



Kaitlin (25) & Ed (38) Donner met in 2009 — Annie Caza (53) & David Bills (46) met in 2013
Christy Zieres (54) & Loran Serwin (59) met in 2006 — Kara & Ed Springer (both 37) met in 2007
Nancy Wingo (61) & Rick Foresteire (68) met in 2010

How they met

Kaitlin: Ashley (my sister) swam with Adam Ullein and Ed and it came up that I was starting to get into biking during the off season (I was currently running cross country/track at UF). During the summer of 2009, I started riding with the guys out at Deer Park Rd. After I was done running at school, I started training more on the bike and got to know Ed over time through training sessions.

Annie: I heard of a group of friendly runners (Up & Running) who met at Oars and Paddles every Sunday morning at 7 am, so I started to join them. I chatted with the ones I knew and noticed

one runner I had never met before. At the 5-mile turn around, I decided to introduce myself. I extended my hand and said: "Hi! My name is Annie, by the way". To which he replied: "Oh...I know who you are." I proceeded to ask if it was a good thing or a bad thing, to which he replied that he knew me because I made podium at all the races. I laughed and we continued chatting for the rest of the run.

David: At that time, I was primarily a CrossFitter and started running on Sundays to train for Ragnar. After Ragnar I kept going to Oars and Paddles and it was during one of those runs that Annie and I met. I was running with a couple of friends and she caught up to us and introduced herself. I remember thinking that it was really nice of her to introduce herself and adjust her pace just to chat with us.

Nancy: We met online through a dating service. In our second email I said I had just joined the Space Coast Half Marathon Camp. Rick responded he was helping coach that camp! We met for dinner and two days later was the informational session for the camp...and now we are engaged!

Christy: Loran wanted to try triathlons, but needed to learn how to swim. Mary Ramba thought it would be a good idea to invite him to our group swims – I know she knew what she was doing! It was history from there.



Christy and Loran with matchmaker, Mary Ramba.

Kara: I was an avid member of the Up & Run-

ning on the East Coast group runs in 2006. I had gone to Ohio to spend Christmas with my family and returned in January to the regular Tuesday/Thursday group training runs. While I was gone Ed had joined the group. We continued the group runs but gradually started to plan our own runs together. Those runs eventually became a run followed by coffee or just spending time together. Our first official date was the night after the 2007 Brevard Zoo Buzzard Bait 3K.

Ed: Before meeting Kara my solo runs were very sporadic and becoming more of a chore rather than a pleasure. I knew I needed a change or I would probably lose interest in running altogether. I heard about a couple of local running groups and out of sheer convenience I decided to "test drive" the Up and Running on the East Coast crew. Kara was already a regular at these group runs. Sometimes what appears to be a casual decision ends up being fate working in disguise. I thought I came to find people to run with and ended up creating a "boy meets girl" through Up and Running on the East Coast story.

First impressions

Annie: Obviously, being that I am 5'10 and that David is 5'6, my first impression was that he was short. I also noticed that he was really nice and interesting. After the run, we were all hanging out in the parking lot, and that is where I observed that he was very outgoing, funny, kind and genuine (not to mention good looking).



Annie and David with Olive

David: I thought she was very nice... and very tall. As superficial

Running Zone Foundation presents the second running of the



REGISTRATION FORM

Register online at
ExcaltiburRun.com

Sunday, March 1, 2015
Viera, Florida
7:00 am Start Time



The Only Medieval Themed 10 Miler in the Land

PAY BY DATE	AUG. 1 - NOV. 30	DEC. 1 - JAN. 31	FEB. 1 - RACE DAY
EXCALIBUR 10 MILER	\$60	\$70	\$80
RELAY (PER TEAM MEMBER)	\$50	\$60	\$70

CHECK DIVISION: 10 Miler Relay (teams of 2 running/walking 5 miles each)

NAME _____ EXPECTED FINISH TIME _____

TEAM MEMBER NAME (if Relay Division is checked above) _____

TEAM NAME (if Relay Division is checked above) _____

RELAY TEAM TYPE: Male Female Co-ed

Male Female RACE DAY AGE _____ BIRTH DATE ____/____/____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

(Please print legibly as this email will be used for important race communication and virtual race bag delivery)

T-SHIRT SIZE: X-Small Small Medium Large X-Large XX-Large *Unisex Sizing (Tech shirt will not shrink)*

SELECT A COLOR: Maroon Blue *(Corral designation for starting charge towards each other and bib color.)*

NOTE: Entry fees are non-refundable and race numbers are non-transferable.

MAKE CHECK PAYABLE TO: Running Zone Foundation.

MAIL TO: Running Zone Foundation, Inc., 3696 N. Wickham Road, Melbourne, FL 32935

INCOMPLETE OR UNSIGNED FORMS WILL NOT BE ACCEPTED! In consideration of my entry into the 2015 Excaltibur 10 Miler being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, 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 2015 Excaltibur 10 Miler. 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 emails, 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 _____ DATE _____

SIGNATURE OF PARENT FOR THOSE UNDER 18 _____

Behold, thy quest begins...



as it sounds, I didn't envision dating someone as tall as Annie, but the more I talked to her the more I liked her. I was smitten from the start.

Kaitlin of Ed: There's no way those calves can keep up with me running!

Nancy and Rick: We had a lot of common interests and were pretty infatuated right off the bat.

Christy: Well, I had seen him out running for a while and always wondered who that tall, handsome runner was – I was pretty excited to find out he was single!

Loran: I was a little intimidated because of her athletic abilities, but I was interested to get to know her because of our shared interests.

Any hesitation at letting the other see you at your sweaty best?

Kaitlin and Ed: We met working out, so there has never been any hesitation about seeing each other sweaty from working hard.

Annie: When you are at my age, you have stopped worrying about that kind of stuff. When you are an athlete, it is all in a normal day.

David: The early test was meeting in regular clothes. My love of khaki pants and plaid shirts was close to being a deal breaker for Annie. Fortunately, most of those wardrobe items have developed mysterious bleach stains and been replaced by a more updated look.

Nancy: When we first met, I was more worried about being able to run my first half marathon and doing well!

Christy: Heck, no. Neither one of us care. Plus, the first time he saw me was in my swim suit – if he could handle that, he could handle a little sweat!

Kara: No, because we met under those conditions and he went for me anyway.

Ed: Not really because she if had any hang-ups with it she probably wasn't the right match for me.

Is speed a factor?



Kara: I let Ed chase me for a while but eventually let him pass me.

Ed: Kara was faster than me when we met, but it didn't take long for me to take the lead.

Kaitlin: Ed and I are about the same speed running and tend to go back and forth with who holds the household 5k record (currently I do ;-). It's nice to live with someone the same speed to do hard sessions with.

Annie: At the time, I was both older than David (still am) and faster. He did not seem bothered by it whatsoever. In his defense however, running was not and still is not his number one sport. Within a week of dating I dared him to sign up for a running camp and he got me to sign up for a CrossFit boot camp. We merged our sports and understanding of each other's passion.

David: I'm usually the one taking pictures of Annie collecting post-race hardware, but I don't mind a bit.

Rick: Nancy is definitely faster! I coach her and love seeing how she keeps progressing! It makes for some good discussions when she wants a running plan. She usually thinks I have her running too slow!

Christy: I'm faster than him in the pool, he's faster than me in running, and we're about even on the bike. So, we bike together well, but don't ever run together. Although, there was one time he

paced me in the Winter Blast 5k – somehow our relationship survived. That was the last time.

Dream running destination

Kaitlin and Ed: We would both love to run in Hawaii, but have been very lucky with all the places we have had an opportunity to run!

Annie: Our favorite past running destination has to be Budapest. Looking ahead, a dream would be to run where marathons started, Athens, Greece. I also always dreamt of running on the Great Wall of China... that would be spectacular.

David: Any beautiful location where we can enjoy the run together is another dream fulfilled.

Nancy and Rick: Boston, of course!

Christy: Wherever the next trip is... Hopefully, there will be beer at the finish line!

Kara and Ed: It's more important with whom than where.

Advice for encouraging non-running partners to join in the fun?

Kaitlin and Ed: Running not only has numerous health and stress relief benefits, but it can really strengthen a couple's relationship since it's something you can do anywhere together, all you need is a pair of running shoes!

Annie: I guess I would say start with the "fun" runs. We have so many great ones around. I would also recommend joining a running camp where you meet runners of all levels of fitness and you are under the care of knowledgeable coaches who can guide you with your progress.

David: In addition to the obvious health benefits, running together establishes a common interest in your relationship and introduces you to a diverse and genuinely wonderful group of people.

Christy and Loran: We both train separately, but enjoy doing races together. It's nice when both partners take part in the same activity. We understand each other's need to train, and support each other in all the craziness.



Ed and Kaitlin cut the cake at their wedding three years ago.

Whether it was fate or fitness that brought these couples together, it's easy to see that a love of running bonds these sweethearts together. This Valentine's Day, keep your heart healthy by going for a run with someone you love, and if you're single, know that Cupid's arrow just might find you on the run!



Nancy and Rick enjoy a brisk post-race cool down run.

33rd Anniversary of the Downtown Melbourne 5K Run and Walk

Saturday, March 28, 2015



A Space Coast Runners' *Runner of the Year* Event



A run for the children

Proceeds benefit **THE HAVEN**

Start Times

Women 8:15 AM * Men 7:30 AM * Youth Series 9:00 AM * Awards 9:15 AM

Location

Starts on Municipal Lane at East New Haven Ave. This USATF (FL94005DL) certified course loops twice through historic downtown Melbourne. Men and women run separate races. The race benefits The Haven, a shelter for abused, abandoned and neglected children.

Space Coast Runners Youth Series

The Space Coast Runners Youth Series aims to include youth in organized runs so as to encourage participation and interest in running and fitness. There will be no charge for these runs, but parents will be required to sign a waiver for their children to participate on the morning of the race. Distances: 1/4 mile, 1/2 mile, & 1 mile.

Awards

Male-Female: Top 3 Overall, Top Masters (40+), Top 3 Teams-Each Race

Age Groups (top 3 male & female)

10 & Under	25-29	45-49	65-69	85+
11-14	30-34	50-54	70-74	
15-19	35-39	55-59	75-79	
20 -24	40-44	60-64	80-84	

Open Team Challenge

- All teams must have a minimum of 4 members. All teams must be all male or female due to each race being gender specific.

Registration

- Online at <http://secure.runningzone.com> ending March 26th at 11:59 pm
- In Person at Running Zone on Wickham Road (between Parkway and Post Road)
- Checks payable to **The Haven**
- By mail to Running Zone (3696 N Wickham Road, Melbourne, FL 32935)
- Race day Downtown Melbourne at Municipal Lane- beginning at 6:30AM

Packet Pick-Up

- Friday, March 27th from 10:00 am to 6:30 pm At Running Zone (3696 N Wickham Road, Melbourne, FL 32935)
- Race day- Downtown Melbourne at Municipal Ln beginning at 6:30AM

Information

- Frank Webbe * 321-674-8104 Days * 321-725-3770 Nights * Fax 321-674-7105 * Email: webbe@fit.edu

Race Management by:



2015 DOWNTOWN MELBOURNE 5K OFFICIAL ENTRY FORM

Fees: \$20 until March 27th
(\$19 for SCR & Gecko Club Members)
\$25 race day

Last Name (Please print) _____ First Name _____ M.I. _____

Address _____ City _____ State _____ ZIP Code _____ Telephone _____

Email _____ Date of Birth ____/____/____ M ____ F ____ S ____ M ____ L ____ XL ____ Y ____ N ____
Age on Race Day _____ Gender _____ T-shirt Size _____ Space Coast Runners Member? _____

Open Team Challenge Name _____ (if applicable, see above for details)

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 high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I grant permission to all of the foregoing to use any photographs, motion pictures, and recording, or any other record of this event for any legitimate purpose. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Space Coast Runners, Running Zone Race Management, Inc., the City of Melbourne and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I have read the above release and understand that I am entering this event at my own risk.

SIGNATURE _____ SIGNATURE OF PARENT FOR THOSE UNDER 18 _____ DATE _____

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



FEBRUARY 2015

Iron Horse *endurance runs*

100 mile - 100 km - 50 mile
Florahome, Florida

Iron Horse Endurance Runs 100 Miler **2/6— Florahome, FL**

Jim Schroeder



Ragnar Relays Florida **Keys 2/6 & 2/7 — Miami** **to Key West**

Frank Hosey, Nadia Hosey,
Teen Sum, Caesar Velez,
Adrianna Vordebruggen, Luke
Alexander, Chuck Mathews,
Jessica Frank, Gabe Hernan-
dez, Lourdes Cox, Tena
Hochard, Elizabeth Ring

Five Points of Life **Half Marathon** **2/15— Gainesville, FL**

Daryl Gilbert



Fort Lauderdale A1A Half Marathon **2/22—Fort Lauderdale, FL**

Debbie Molina



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

Ilse Berube, Cheryl Ritter, Dick
White, Marlene White, Rachel
White

Distance Challenge

Betsy Butler, Shelley Christian,
Barbara Holst, Kelly Hunter, Chris-
tine Kennedy, Charlotte McClure,
Lisa Petrillo

Disney Princess Half **Marathon 2/22—** **Lake Buena Vista, FL**

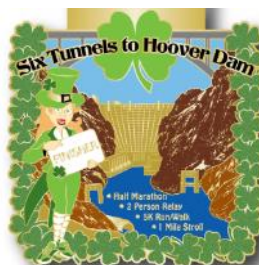
Debbie Molina, Brittany
Streufert



MARCH 2015

Gate River Run **3/14—Jacksonville, FL**

Rick Foresteire, Daryl Gil-
bert, Kelly Hunter, Loran
Serwin, Nancy Wingo,
Christy Zieres



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

Carol Ball, Barbara Linton

United Airlines NYC Half **3/15— New York City, NY**

Jo-Ann Boland



Get your race listed in the next newsletter! [Click here.](#)



Where in the World are Space Coast Runners Running?

MARCH 2015

**The Intimidator Half Ironman 3/21—
Clermont, FL**

Daryl Gilbert



**Shamrock Half Marathon
Dolphin Challenge
3/21 & 3/22— Virginia
Beach, VA**

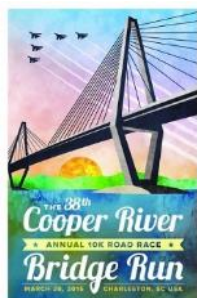
Dick White, Marlene White,
Rachel White

Yuengling



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

Wade Dauberman



**Cooper River Bridge Run
3/28 — Charleston, SC**

Karen and Rick Suarez

**Austin 10/20 3/29 —
Austin, TX**

Kimberly Prosser



APRIL 2015

**Carmel Marathon
4/18— Carmel, IN**

Ilse Berube, Cindy Bishop,
Brittany Streufert, Marie
Thomas



**Boston Marathon 4/20—
Boston, MA**

Ron Abel, Charis Gaines, Molly
Kirk, Abe Oros, Harry Prosser



**St. Jude Country Music
Marathon & 1/2 Marathon
4/25— Nashville, TN**

Monique Pridgin

**Kentucky Derby
Festival Marathon**

4/25—Louisville, KY

Ed Jerdonek



**St. Anthony's Olympic
Triathlon 4/26—
St. Petersburg, FL**

Daryl Gilbert

**Pro Football Hall of
Fame Marathon**

4/26— Canton, OH

Doug Nichols



**Rock 'n' Roll Madrid
Half Marathon
4/26 — Madrid,
Spain**

Mitch Varnes

Submit Your Out-of-Town Race by [Clicking Here](#)



Where in the World are Space Coast Runners Running?

MAY 2015



Run To Remember Half Marathon

5/25— Boston, MA

Rick Foresteire, Nancy Wingo

Biltmore Kiwanis Classic 15K

5/17—Biltmore, NC

Daryl Gilbert



JUNE 2015

Yellowstone Half Marathon

6/13—West Yellowstone, MT

Loran Serwin, Christy Zieres



Grandma's Marathon

6/20— Duluth, MN

Ron Ritter, Micah Vanatta

JULY 2015



Peachtree Road Race

7/4—Atlanta, GA

Daryl Gilbert

The Scream Half Marathon

7/18—Asheville, NC

Daryl Gilbert



AUGUST 2015

Lake Logan Half Ironman

8/8—Canton, NC

Daryl Gilbert



SEPTEMBER 2015



ARX Half Marathon

9/5—Asheville, NC

Daryl Gilbert

OCTOBER 2015

Ironman Maryland

10/3— Cambridge, MD

Cyndi Bergs , Linda Cowart,
Suzie Enlow, Kelly Miller,
Theresa Miller, Christy
Tagye, Christy Zieres



Detroit Free Press/ Talmer Bank Marathon

10/18 Detroit, MI

Ron Abel

NOVEMBER 2015



TCS New York City Marathon

11/1— New York City,
NY

Jay Claybaugh,
Lisa Hamelin,
Christine Kennedy

Where are you Running next? [Click here](#) to tell us!



8th Annual HabiTrot to Higher Education to benefit the Indian River Habitat for Humanity Scholarship Fund

5K and 10K Race/Walk with HabiDash for Kids March 28, 2015

**5K and 10K Race
Courses
are USATF CERTIFIED**

5K (#FL13010EBM)
10K (#FL11061EBM)

Register Online
www.irchabitat.org/Habitrot

South Beach Park, Vero Beach

7:00 am HabiDash Start

(kids 12 & under)

7:30 am 5K/10K Start

Race day registration starts at 6:45 am

Entry Fees

Early Registration (valid through 2/15/15)

10K \$30 5K \$25 HabiDash \$10

Regular Registration (2/16/15 – 3/27/15)

10K \$35 5K \$30 HabiDash \$10

Day Of

10K \$37 5K \$32 HabiDash \$10

Payable by cash, check or credit card.

No Refunds.

Shirts guaranteed to first 150 registered.

Awards

5K & 10K

Top 3 finishers overall

Top 3 male and female finishers in each age group

Age Group Categories

(14 & Under), (15 – 19), (20 – 29), (30 -39), (40 – 49),
(50 – 59), (60 – 69), (70 – 79) & (80 & over)

Race Day Packet Pickup

Thursday & Friday (March 26th and 27th)

10 am - 5 pm at Runner's Depot of Vero Beach

436 21st Street (Miracle Mile)

Entry Form

(Please print legibly)

Please mail to: Indian River Habitat for Humanity, 4568 N. US Highway 1, Vero Beach, FL 32967 or

Register online: www.irchabitat.org/HabiTrot-Online-Registration-1.html

Fax: 772-562-8732 or email: pgibbs@irchabitat.org

Full Name _____ Sex _____ Race Day Age _____ T-shirt size S M L XL XXL

Address _____ E-mail _____

City & State _____ Zip Code _____

Signature _____ Date _____

Parent Signature (if under 18) _____ Date _____

Please Check 10K Runner 10K Walker 5K Runner 5K Walker HabiDasher

I cannot participate but wish to be a "Trotter in Spirit"

Check Enclosed (made payable to Indian River Habitat for Humanity with HabiTrot in the memo)

Cash Enclosed

Please charge the following credit card (circle): Visa MasterCard American Express Discover Card

Name on Card _____ Billing Address _____

Credit Card # _____ Expiration Date _____ Validation Code _____

(3 to 4 digit code on back, Amex code on front)

By signing of the application, I, for myself, my executors, administrators and assigns, do hereby discharge and release Indian River Habitat for Humanity and Runner's Depot of Vero Beach, and all cooperating businesses and organizations, from all claims of damages, actions and whatsoever, in any manner arising or growing out of my participation or that of my child in this event. I also give my full permission to use my name and photograph in connection with this event.



VISITING the MOUSE HOUSE

Close to 80,000 runners and walkers from 65 countries converged in central Florida between Jan. 8-11 to take part in one or more of the races offered during the Walt Disney World Marathon weekend. Their reasons for being there were as varied as the stars in sky of the Magic Kingdom. Below we share with you the stories of four of our SCR members.

Article by *Patti Sponsler*

Never Say Never

After David Grant ran his last marathon three years ago, the now 68-year-old retired Viera resident believed he was done with the 26.2-mile distance.

"I thought I'd just stick to halves," said Grant, who didn't even begin to run until he was 59-years-old.

His decision made sense. After all, Grant had already completed nine marathons, knocking out a Boston Qualifier at his debut Kentucky Derby Marathon Festival in Louisville and then running a three-hour and thirty-three minute personal best in Myrtle Beach before tackling Boston.

But it's funny how friendship and fate can intervene.

"Susie Koontz, Pat Kiesselbach and her friend, Dick Doyle out of Lexington, talked me into doing Disney this year," said Grant. "It is close to home and I always had wanted to do it. I said 'why not?'"

So, Grant once again began sweating out longer distances on his Sunday morning jaunts along the Indian River, laying down a 24-miler a couple of weeks before the race.

"I was tired, he said. "My legs wanted to cave."

Originally, Grant and Doyle had planned to run Disney together, taking it easy and enjoying the sights. When Doyle had to cancel, Grant decided to step up the pace and surprised himself with a 3:56:37 finish, fast enough for fourth place in his age group and another shot at Boston.

"I didn't expect to do as well as I did," he said. "I felt good about my consistent pace of between 8:50 and 9:10/mile. The temperature never really got too high and that helped."

Right now, Grant is on the fence about cashing in on his BQ.

"I did Boston in 2007 and have never repeated any marathon so I don't know," he said.

Friendship and fate, however, are already at work.

Along with her own Disney post-race finish photo, Kiesselbach, also congratulated Grant and made a request from everyone else: "A special shout out to David Grant, with a BQ time of 3:56 and 4th in his age group. Dave needs some encouragement. Rumor has it, he's not sure if he wants to run Boston."

Cause for a Cure

Sometimes, finishing a marathon isn't about the time, the shirt or the medal.

Merritt Island's Sue Johnson has learned that such an event can be a powerful vehicle to show her love and support for those enduring the much tougher - and always unwanted - race against cancer.

Two years ago, Johnson's great-niece, Kamden Fitzgerald, was diagnosed with Chronic Myeloid Leukemia, or CML.

"Our family went crazy," Johnson said. "Young people weren't supposed to get this type of cancer. Everything we could find on the Internet was geared toward older people."



David Grant readies for the marathon at Disney and is even donning Space Coast attire.

Johnson called the Leukemia & Lymphoma Society (LLS), the world's largest health organization dedicated to funding blood cancer research, to see how she could help raise funds through their Team in Training (TNT) programs.

"Their first response to me was not about donating money," she said. "They asked me why I wanted to raise the funds. Within days I had an email from them with info on how the disease affected children and what resources were available to our entire family."

Under TNT's coaching programs, the 68-year-old project manager has challenged herself and raised funds for LLS by finishing a 100-mile bicycle ride, running the Space Coast Half Marathon and, last week, completing the Disney World Marathon.

"I had run one marathon nine years ago and said I wouldn't do another," laughed Johnson. "The mindset for this event was different, though – it had a higher purpose."

As Johnson ticked off the miles, her resolve to not quit or get picked up by a sweep vehicle was strengthened by the thought of all those battling the disease.

"I just HAD to do it because people with cancer can't quit," she said.

Ironically, as incredible outcomes were being obtained in clinical trials



Finisher Sue Johnson for Team in Training



R.C. and Susie Koontz are Disney 'perfects'

for the drug, Gleevac, LLS invested heavily to help the medical community to bring the drug to market much, much faster than normal.

And Gleevac is the drug that saved Camden's life.

"She takes one pill a day and it has allowed her to be active, athletic and bright," said Johnson of her now 11-year-old great-niece. "It's just amazing to me."

Two for Twenty-Two

The Energizer Bunny has nothing on R.C. Koontz and Susie, his bride of 44 years. The dynamic duo – who are now closing in on their seventh decade – just keeps going and going...

Take, for instance, the fact that both have completed every Disney Marathon since the event began in 1994 – this year finishing their 22nd trot through the Magic Kingdom.

The pool of 'perfects' – as Disney dubs those who have completed each race call them – is shrinking.

"There were 95 of them at our 20th annual event a couple of years ago," said Darrel Fry, Sports Media Director for the Mouse House. "There were only 81 Perfects who registered this year and it is still too early for us to know how many (finished)."

"We just love Disney," said Susie. "It is so much fun and great to be part of the

3 Fun Facts from the Walt Disney World Marathon Weekend

- The Distance**— Brevard County runners and walkers were slated to run **8,938.3** miles during the Disney Marathon Weekend, not counting the 5K.
- The Numbers**—Space Coast Runners were indeed a presence at WDW's Marathon Weekend. 10K—2 finishers, Half Marathon—13 finishers, Marathon—8 finishers, Goofy Challenge—6 finishers, Dopey Challenge—5 finishers.
- The Medals**—All in the 34 Space Coast Runners who participated brought home a total of **71 medals**. Of note, Brian Lail of Melbourne who isn't a SCR member placed 3rd in the 45-49 age group for the Marathon (3:00:16).



crowd. It's close to home and we see so many people we know. It's better than it has ever been. Plus it's part of my life and who I am. I love sports and have done some type of exercise for so long."

Indeed. Both Susie and R.C. have been running and competing in triathlons since 1977, completing countless marathons and nine each Ironman triathlons (2.4-mile swim, 112-mile bike, 26.2-mile run), including Susie's two finishes at the Hawaiian Ironman World Championships in Kona.

While Susie has been able to keep running (she again qualified for Boston at St. George in Oct.), R.C. has had to walk his road races for a few years due to a long list of repairs that include two rebuilt shoulders, three knee replacements, three hernia fixes plus some surgery that required vertical and horizontal carving on this throat.

"The first time you have to walk a race is the hardest," he said. "I was thinking 'I used to line up way up there and now I'm all the way back here'."

While others would have given up, R.C. has adapted and also inspires others to do the same.

"I can no longer run a 3:45 but I CAN finish a marathon," he said. "This is what I'm capable of. Maybe you can't do what you did years ago but do what you can. If you quit, you're done and then what are you going to do, start knitting?"

And, Susie, who has also completed eight of the 10 Goofys (half marathon on Sat. followed by full marathon on Sunday), also has no plans to bail anytime soon.

"I am going to go till I drop," she said. "I'm going to be 70 this year and it is all about enjoying life. Your days are numbered. You have to enjoy each day as a blessing."

Ba Da Bling!

When Melbourne's Lorna Mazza began running in mid-2012, her friends suggested that they all register for Disney's Wine and Dine half-marathon taking place a few months later.

"No one registered but me," she laughed. "I really liked the thrill of registering."



Lorna celebrates post-race with Dopey!

And, after finishing the 13.1-mile event, Mazza became addicted to 'bling' – the ribbon-bound glitzy and sometimes glamorous metal object also known as a finishers' medal.

Since that Wine and Dine – only 26 months ago - her addiction and newfound love of distance running has allowed her to also finish at least five full marathons; eight half marathons and two of Disney's 'Dopey' events that includes completing a 5K, 10K, half and full marathon on four consecutive days – not to mention the abundance of races

from 5K to 10 miles she has also completed.

Very few newer runners have racked Mazza's mileage.

"I like to experiment," said the 58-year-old retired chemist whose mind is inquisitive and quick. "I try to learn something from every race."

Core strength work is high on her 'to do' list these days.

"I cramped during Space Coast and went online to figure it out," she said. "I learned that running form – especially in distance – is very important and that is why building core strength is important."

To help her legs stand up to the rigors of last month's Dopey, Mazza discovered a chilly addition to her post-race routine. "Ice baths helped me to freshen my legs for the next day's run," she said. "Between that, rolling, stretching and yoga, I was able to stay relaxed and enjoy the runs."

In spite of all she has accomplished, Mazza does not consider herself athletic. "I just like to run," she said. "I'm bored when I don't register for runs.

And, she does love the bling.

"Dopey is a good way to start the year. I already have six medals."

Congratulations to all our SCR Disney finishers including:

10K finishers, Kim Bissonnette, 50, Cape Canaveral, 1:15:16; Jacqueline Maisto, 47, Palm Bay, 1:27:24.

Half-Marathon finishers Arlene Allen

-Buono, Melbourne, 3:11:16; Kim Bissonnette, 50, Cape Canaveral, 2:48:16; Cathy Chapman, 52, Melbourne, 2:58:28; James Conant, 55, Cocoa, 3:20:28; Suellen Conant, 54, Cocoa, 3:20:29; Beverly Glenn, 53, Cocoa, 2:20:24; Jacqueline Maisto, 47, Palm Bay, 3:08:26; Joshua Maitlen, 35, Rockledge, 3:04:57; Rebecca Maitlen, 41, Rockledge, 2:32:44; Amanda Shagena, 33, Viera, 3:08:23; Karen Suarez, 61, Melbourne, 2:45:21; Mitch Varnes, 52, Satellite Beach, 2:41:52, Beth Walker, 58, Melbourne, 3:04:47.

Marathon finishers: Doug Grandey, 41, Rockledge, 4:32:31; David Grant, 68, Viera, BQ, 4th ag, 3:56:37; Suzanne Johnson, 68, Merritt Island, 7:12:45; Pat Kiesselbach, 65, Melbourne, 6:48:42; Susie Koontz, 69, Merritt Island, 5:06:30; R.C. Koontz, 68, Merritt Island, 6:49:58; Michael McCauslin, 43, Merritt Island, 3:58:01; Joseph Werner, 57, Melbourne, 6:19:01.

Goofy (13.1/26.2) finishers Janet Erlacher, 57, Melbourne, 2:35:19/5:44:22; Jeff Hathaway, 46, Melbourne, 1:49:19/4:00:22; Ken Hill, Merritt Island, 30, 3:18:08/7:23:00; Patricia Lucas, 32, Melbourne, 2:32:44/5:40:09; John Schmidt, 55, Palm Bay, 3:14:25/6:49:47; Angela Wong, 34, Indialantic, 2:59:45/6:26:09.

Dopey finishers (5K/10K/13.1/26.2) Eric Bissonnette, 46, Cape Canaveral, :01/1:15:16/2:20:18/4:30:15; Bill Floyd, 42, Palm Bay, 39:09/1:18:12/3:00:41/5:46:20; Elizabeth Gmerek, Merritt Island, 53, 39:03/1:16:46/2:53:31/6:20:35; Kelley Lake, 52, Rockledge, 38:04/1:21:45/3:11:15/6:49:33; Lorna Mazza, 58, Melbourne, 44:18/1:34:05/3:28:52/7:17:03.



Finishers!

Photo: Kelley Semenko



SUCK IT UP BUTTERCUP 5K

Sponsored By:



SATURDAY, March 28, 2015 • 8:00 AM • Chain of Lakes, Titusville

PROCEEDS BENEFIT

Titusville residents and community volunteers Terry and Joe Biggi need your support. Joe is a cancer survivor having lost a kidney in 2000. But he now has stage 4 cancer in the same area, which will require additional bouts of chemotherapy. Joe works part time at the Village Square Condominium community. Joe's wife, Terry, was diagnosed with Parkinson Disease and her work as a Pre-Kindergarten teacher at the Good Shepard Early Learning Center will soon have to come to an end.

COURSE

The race will start & finish near the pavilion next to the dirt parking lot. The 5K runs on the pedway with the exception of a quarter mile on a well maintained trail

LOCATION

Chain of Lakes, Truman Scarborough Way, Titusville, FL

EARLY PACKET PICKUP

Friday, March 27th, 4:30-7:00pm Chain of Lakes

PACKET PICKUP AND LATE REGISTRATION

DAY OF RACE

Saturday, March 28, 6:30 – 7:45 am.

AID STATIONS

Near the 1.5 mile mark.

ENTRY FEES*

- \$ 30 Day of Race Registration
- \$ 28 Registration (by March 27th)
- \$ 23 Early Registration (by March 14th)

AWARDS

Male & Female: Top 3 Overall, Top Master, top Grand master. Age Group awards top 3 in each of 17 age groups, U9, 10-14, 15-19 and 5 yr age groups thru 75+. Shirts guaranteed to pre-registered participants.

CONTACT

Dennis Filler 907-388-0484 dfillerc@gmail.com,
Marty Winkel 321-537-3526 sceventmgt@gmail.com

Chip timed & managed by Space Coast Event Management

Enjoy a Suck It Up Buttercup cupcake after the race

Online registration available through www.sceventmgt.com

Suck It Up Buttercup 5K

SATURDAY, MARCH 28, 2015 • REGISTRATION FORM

Last Name

First Name

Address

City

State

Zip Code

Male

Female

Amt. Enclosed

Date-of-Birth

Age/Day
of Race

Telephone (Area Code + Number)

Adult Shirt Size

 XS S M L XL 2X

Email

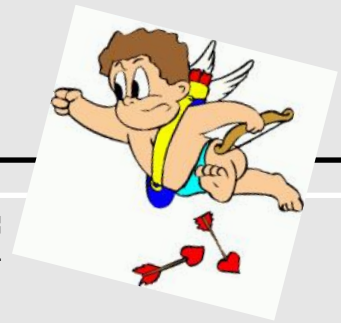
Make checks payable to:
Space Coast Event Management,
7 Indian River Ave #605,
Titusville, FL 32796

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, officers, 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 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, video tapes, 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 (Parent, if under 18)

Date

RUN A MILE WITH... *Cupid*



Name: Cupid

Family: My wife, Psyche, & my child, Voluptas

Originally from: Mount Olympus

Grew up where?: In sunny Merritt Island, Florida

Occupation: Professional Matchmaker

Dream profession: I have always wanted to be a doctor. Instead of my arrows making people fall in love I would like them to heal people instead.

Number of Years Running: I have been around for a while.... I would have to say about 1,000 years.

Began Running Because/To: Impress the ladies, but then I fell in love with my wife, Psyche, so I stopped for a little bit. Then I discovered Space Coast Runners and my love for running was renewed!

I Knew I Was Hooked When: I ran the "Mount Olympus Hermes Half." Although I was in last place, I felt a love of running once I finished the race and I didn't even have to shoot myself with one of my arrows.

Favorite Race(s) & Why?: The Space Coast Marathon and Half Marathon (the scenery reminds me of Mount Olympus) and the 3Ks they always have at the Brevard Zoo (I always love watching the animals as I run by and I sometimes even shoot them with my love arrows. Heehee!)



Favorite Race Distance:

The Marathon because I love challenges!

Favorite Place(s) to Run: I love running by the beach or anywhere I can run by and shoot people with my love arrows.



Running Goals: I would like to get my wife, Psyche, to start running. I wish I had an arrow that could make people run. ;)

Running Partner(s):

My mom, Venus, sometimes runs with me or any of my fellow Space Coast Runners are always up for a fun run.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:

Michelangelo made a statue of me. I would like to meet that guy and ask him why he made a sculpture of me sleeping on a lion skin.



Funniest or Oddest Thing I've Seen While Running:

During the "Mount Olympus Hermes Half," I did see Zeus throw lighting bolts at Hermes because he was passing him. I never knew that guy had such a temper, but it was hilarious!



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

: If you think running is hard, it's not. You don't know the definition of hard when you have to shoot arrows at people with such accuracy.

Other Sports & Interests: I like long walks on the beach.... No, just kidding. I like causing mischief and making people fall in love of course.

Favorite Reads: Any book by Nicholas Sparks. The characters in his books always fall in love and never need help from a love arrow.



Favorite

Movies: Casablanca, baby! That is the ultimate romance flick!



RUN A MILE WITH... *Cupid*

When Nobody is Looking I Like to:

Partake in a little Zumba with my wife. Shhh that is a secret.



Favorite Meal: Well, it is a candy actually. I love Conversation Hearts.

Dream Vacation: I would love to go somewhere romantic like Italy with my wife and be serenaded in the gondolas.

Why did you join SCR? To find more mortal friends

I Think That SCR Could Do A Better Job: They do a fabulous job!



*Cupid image from [Clipart from Clipartheaven.com](http://ClipartfromClipartheaven.com)

Happy
Valentine's
Day

From Space Coast Runners

Marty Winkel

321-537-3526

sceventmgt@gmail.com



Race Calendar February



2/1	Melbourne Music Marathon & Half Marathon	6:30 am 7:05 am	Front St. Park, Melbourne	ashley@themelbournemarathon.com
2/7	Tooth Trot 5K (SCROY)	9:00 am	Wickham Park, Melbourne	jbird23@aol.com
2/7	Lindsay Brown Winter Blast 5K	8:00 am	Rockledge High School, Rockledge	scarborough.mbeth@brevardschools.org
2/7	Terrier Dash 5K Obstacle	8:00 am	Titusville High School, Titusville	terrierdash@gmail.com
2/8	Fly Fish 5K	8:00 am	Knight Enterprises, Titusville	lbouisseau@gmail.com
2/8	Cupid Shuffle 5K	3:00 pm	Lori Wilson Park, Cocoa Beach	ebaypro50@gmail.com
2/14	Zebra Zoom 3K	7:00 am	Brevard Zoo, Melbourne	info@runningzone.com
2/14	Crazy Cupid 5K	8:00 am	East Coast Christian Center, Merritt Island	Heidi@vastarsales.com
2/14	Forever Hearts 5K	8:00 am	Max Rodes Park, West Melbourne	rodescc@brevardparks.com
2/21	Uprising Fitness Challenge	7:30 am	Cross Fit Rise Above, Melbourne	info@uprunningfitness.com
2/21	Autism Awareness 5K	8:00 am	Scott Center at FIT, Melbourne	childandfamily@cfl.rr.com
2/21	Boys and Girls Club Dash 5K	8:00 am	Sandpoint Park, Titusville	jengator6@gmail.com
2/28	Eye of the Dragon 8K / 2 Mile (SCROY)	7:30 am	Pineapple Park, Melbourne	eyeofthedragon10k@gmail.com
2/28	Chili Cook Off 5K	5:30 pm	Max Brewer Bridge, Titusville	321-537-3526
3/1	Excalibur 10 Mile	7:00 am	Viera High School, Viera	info@runningzone.com

U.S.A. BEACH RUNNING CHAMPIONSHIPS

10K • HALF MARATHON

May 10, 2015 | COCOA BEACH, FL

Live **Calyпсо**
music on the beach!



Medals to all finishers!

- Tech shirts and running hats to all pre-registered
- Low-tide, out and back runs on hard packed sand
- Open to all runners/walkers (No qualifying) • Barefoot division
- Mother's Day mimosas • Post race party and light brunch!

RunOnTheBeach.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.



CUT HERE

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.*

Inaugural

Cocoa Beach



Half Marathon

Sunday, October 25, 2015

**First in a collectable medal series:
Genie bottle!**

Finish on the beach!

Run up scenic coastal Hwy A1A past the Atlantic Ocean, Banana River, Port Canaveral, by the channel, cruise ships and more!

- Tech shirts and hats to all pre-registered runners
- Live music and party at the finish



CocoaBeachHalfMarathon.com



February 2015

Birthstone: Amethyst

Flower: Violet

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Shelia Desrosiers	2 OK Sun Sharpe	3 Laura Sardella Colin Hedgespeth Ron Roff Ayden Pope Noah Pope Mei Wong	4 Greg Butler Terry Weber Debbie Molina	5 Marlene White Steve Colella Ryan Berube	6 Quinn Kanner Jeannine Hawkins	7 Vern Thomas Stephanie Kutteroff James Dishaw
8	9 Nancy Hayes Ben Buchanan Ryan Buchanan Meredith Rea James Conant Rachel Bower	10 Amy Sequeira Alecia Dutter	11 Terry Hayden Cassandra Plotkin	12 Shane Sreufert Terry Shepherd Linda Schultz Nicole Guinn Wade Dauberman Trish Boggs Sarah Hausman	13 Tim Gannon Brad Thomas	14 Kendall Enlow Cindy Bishop Ingrid Baird
15 Tiffany Johnston Susan Snodgrass	16 Don Nelson Tim Palko Lorna Mazza Jeanne Higbie Kathryn Varnes	17 Killian McCoy Kurt Holst David Thorpe	18 Lorelei Jacobs	19 James Ralph Sue Strout Joe Lento	20 Joseph Joseph	21
22 Debbie Unrue Christy Tagye	23 Sara Wamsley	24	25 Ryan Farner Robin Moran	26 Alexis Van Vuren	27 Denise Piercy Edward Peters Harrison Tinker	28 Jackie Schmolli Michelle Au Ben Hagerty
(29) Morgan Scott						

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