

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

FEBRUARY 2016



IN THIS ISSUE

**Run a Mile
with John Wall
Race Reports
& More!**



SPACE COAST RUNNERS

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

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



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

DICK WHITE
SCR President

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SPACE COAST RUNNERS
P.O. Box 541837
Merritt Island, FL 32954

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On Our Cover: With perfect weather, runners were all smiles at the start of the Tooth Trot 5K on Saturday, January 30. (Photo: TriHokie Images)

Above: The registration lines were long at the Winter Social as members like Kelly Semenko waited for their opportunity to gain early entry into the 2016 Space Coast Marathon & Half Marathon.

Below: Lucky prize winners were everywhere at the Winter Social. Check out these great new blue SCR hats on these three!



Space Coast Runners

RUNNER OF THE YEAR SERIES

ready to run in 2015-2016

February 27

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



March 26

**Downtown
Melbourne 5K**



April 9

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



May 1

Eat My Crust 5K

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

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

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

GETTING TO KNOW YOUR SCR BOARD MEMBERS

Dick White



Name: Dick White

Favorite SCR series race:
Eye of the Dragon 10K

**Favorite Space Coast area
to run:** USA Beach Running
Championship Half Mara-
thon

Running partner(s):
Marlene White and
Kevin Lynch

**Little known fact/secret
about yourself:** I've com-
pleted 67 Marathons in 50
states(+DC) / 100+ Half
Marathons in 11 States



Did you know??

- ⇒ The fastest mile is held by Hitcham El Guerrouj at 3:43.13. That record still stands since 1999.
- ⇒ The fastest mile held by a female is by Svetlana Masterkova at 4:12.56. Her record is from 1996.
- ⇒ The fastest beer mile record is owned by James Nielson in 2014 with a time of 4:57.
- ⇒ Fauja Singh is the oldest person to run a marathon at 100 years of age. He did that in 2011 and finished in 8:11:06.
- ⇒ The world's youngest marathoner is Budhia Singh. He has run 48 marathons before he was 5 years old!
- ⇒ Over 1 billion pairs of running shoes are sold world-wide each year. How many of yours contribute to that statistic??
- ⇒ Professional runners average 185-200 steps per minute. What is your average cadence?
- ⇒ And last, but not least—ever wonder how Space Coast Runners is such a well-oiled machine? Well, join us at one of our monthly meetings and find out! All members are welcome to attend, whether it's to observe or to come and ask questions or provide ideas. We'd love to have you.

This year is a leap year, so take advantage of your extra day and make it a 'run' day!

Keep moving forward!

Lisa Hamelin
Editor-in-Chief

lisahamelin@gmail.com



Our mailbox is always open to our readers.

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



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

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

PRESIDENTIAL INQUIRY

A Monthly Column from SCR President, Dick White

GREETINGS ALL!

BIG Thank You goes out to EVERYONE that helped make the Winter Social a successful event!

That would include All of the SCR Board Members, their spouses and all members that waited so patiently as the long lines weaved through the Running Zone. Special Thanks to Don and Denise Piercy and their staff for opening their entire store to accommodate our needs on such a COLD and Windy day.

Just to recap, the Social was supposed to set up outside of the building for membership verification, assorted games, pizza, beer and general interaction. What occurred was only by necessity.

We will be considering options for next year's event to avoid the chance of repeating such crowded conditions, but at the same time, retain the ability to directly enter race info onto the computer. ANY SUGGESTIONS?? (dickwhite@cfl.rr.com)

Jerry Bird offered a \$5.00 cash refund to any prospective NEW member that signed up for SCR membership at the Tooth Trot 5K on Jan 30. This was created and promoted by his Race Staff, completely unsolicited by SCR as an "opportunity to support the Space Coast Runners Runner of the Year Series". Thank You, Jerry for continually directing such a well organized event that we are PROUD to have in our series!

Space Coast Runners will be reassessing our Series this year. Be watching your Email for a survey to give your input on existing races and possible changes for the future series. REMEMBER, this is Your Club, we NEED your participation!



It is also time to prepare for elections to next Season's Board of Directors. We have an excellent board this year and certainly hope all will consider staying on, but we will ALWAYS need more help and active input. NOW is the time to get YOUR name on the upcoming ballot and join in the Future of Space Coast Runners.

Don't forget the Space Coast Challenge 33K Series is in full swing - Although the Slay the Beast option is filled, the Eye of the Dragon 10K is still wide open for the 309 eligible runners to earn the 33K trophy/medal. Didn't qualify this year? Ask me about it at the Florida Publix Marathon Expo (Thanks, Mitch) or any Runner of the Year Series Race.

See you at the Races!

Dick

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

FEBRUARY BOARD MEETING

Feb 15, 2016 at 7:00pm
Pro-Health Merritt Island
All members are welcome
to attend.

Advertise in this newsletter.

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

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



For More Information:
Email: EyeoftheDragon10k@gmail.com

28th Annual

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

Saturday, February 27th, 2016
Eau Gallie Civic Center
1551 Highland Ave, Melbourne
ONLINE www.eyeofthedragon10K.org



<http://spacecoastrunners.org>

Join Space Coast Runners in
Celebrating the 28th anniversary
running of the Eye of The Dragon 10K!

Schedule of Events:

Thursday, February 25th & Friday, February 26th:

10 am-6:30 pm: Packet Pick Up @ Running Zone
3696 N. Wickham Rd., Melbourne

Saturday, February 27th, RACE DAY:

5:45am: Packet Pick up and Day-Of Registration Opens

6:45am: Eye of the Dragon 10K Registration Closes

7:00am: Eye of the Dragon 10K BEGINS!

8:00am: Tail of the Lizard 2 Mile Registration Closes

8:15am: Tail of the Lizard 2 Mile BEGINS!

9:15am: Kids' Runs: SCR Youth Series Event

FREE Quarter, Half and 1 mile runs for children 12 & Under (with parent waiver)

Important Details:

10K: You must be able to maintain a 20 minute mile pace, if you cannot maintain this pace, you must do the 2 mile event.

Teams: A minimum of 3 team members required to score. No SBC Teams.

For Safety Reasons: No animals, baby joggers, skates or headphones permitted.

Fees:	Postmarked 2/13	After 2/13
10K:	\$30	\$35
2M:	\$25	\$30
SBC (2M + 10K):	\$45	\$50 SOLD OUT

SCR member & Students 12th grade & Under: \$5 off all fees above.

Amenities:

- ***New this Year*:** Complete the 2 Mile and 10K and complete the Slay the Beasts Challenge (SBC) **SOLD OUT**
- Men and Women's cut technical race shirts for first 600 registrants (pre-registration is suggested)
- D-Tag Timing for both the 10K and 2M
- Great Post-race Refreshments
- Giveaways during awards ceremony

Awards:

10K Awards: Top 3 M & F Overall, Top Masters M & F (40+), Top Grand Masters M & F (50+), Top Senior Grand Masters M & F (60+) and Top 3 in the following age groups: 14 & under, 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+

SCROY points for 15 & Over only for 10K

2 Mile Awards: Top 3 M & F Overall, Top Masters M & F (40+), and Top 5 in the following age groups: 8 & Under, 9-11, 12-14, Top 3 in 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-54, 65-69 70-74, 75-79 & 80+

SCROY points for 14 & Under only for 2M

Team Awards: Top 2 Teams in 10K and 2M/ No SBC Teams

Slay the Beast Awards: All SBC finishers will get a unique Slay the Beasts Challenge Finisher Medal!

OFFICIAL ENTRY FORM Eye of the Dragon 10K/ Tail of the Lizard 2M

CHECKS PAYABLE TO: Space Coast Runners

MAIL TO: Eye of the Dragon, 3533 Carambola Circle., Melbourne, FL 32940

SELECT RACE: Eye of the Dragon 10K Tail of the Lizard 2 Mile Slay the Beasts Challenge 2M + 10K (SBC)

FIRST _____ LAST _____ SCR MEMBER

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

SEX: MALE FEMALE DOB: ___/___/___ AGE ON RACE DAY ___ TEAM NAME _____

SHIRT SIZE*: YOUTH MEDIUM YOUTH LARGE X-SMALL SMALL MEDIUM LARGE XL XXL * Specify M or F on shirt size

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 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 or officials involved from all claims or liabilities of any kind arising out of my participation in the vent. 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 _____

SIGNATURE OF PARENT FOR THOSE UNDER 18 _____

DATE _____



Local Fun Runs & Walks



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

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

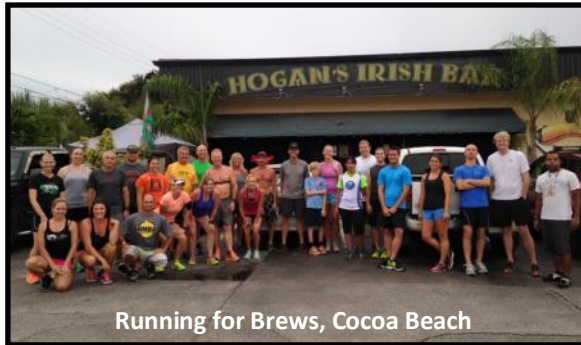
Local Fun Runs & Walks



Running for Breads, Viera



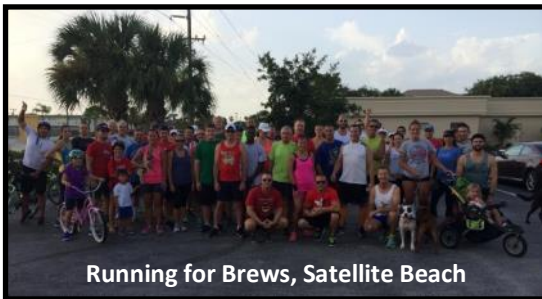
Intracoastal Run Club, Melbourne



Running for Breads, Cocoa Beach



Long Doggers, Indianlantic



Running for Breads, Satellite Beach



Daddy Ultra Runs, Cocoa Village



Running for Breads, Melbourne



Running Zone, Melbourne



Cocoa Beach Runners, Cocoa Beach



Up & Running Fitness, Indian Harbour Beach

Thinga-ma-Jogger

Manatee Elementary



March 5, 2016

Location

Manatee Elementary School
3425 Viera Boulevard
Viera, FL 32940

Registration

Early Registration: Through Feb. 21

Manatee Elementary Students \$15/Adults \$23

Timely Registration: Feb 22-March 4

Manatee Elementary Students \$20/Adults \$27

Day of Race

Manatee Elementary Students \$25/Adults \$30

Early Packet Pick-up

Manatee Elementary School
March 4th 5:00PM-7PM

Race Day Schedule

Registration & Packet Pick-up 6:30AM-7:15AM

5K starts: 7:30AM

Free Kid's Fun Run 9:00AM
(ages 6 & under)

Awards

Top 3 Overall Male/Female

Overall Masters (40 and up) Male/Female

Largest Team

Awards 3 Deep in Male/Female Age Group

Categories & "Middle of the Pack"

Shirts guaranteed to pre-registered participants only.

Help us celebrate Dr. Seuss' Birthday & National Read Across America Day by donating a new or gently-used book to benefit school libraries in need. Donations can be dropped off anytime at Manatee's Media Center or morning of race.

Contact

Marty Winkel 321-537-3526

Nicki Hensley 321-433-0050 ext. 0

Make Checks Payable

Manatee Elementary PTO
3425 Viera Boulevard
Viera, FL 32940

 thinga-ma-jogger 5K

<http://tinyurl.com/manatee5K>

Last Name _____ First Name _____ M.I. _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____ D.O.B. _____

T-shirt: YS YM YL XS S M L XL XXL

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 and Space Coast Event Management & Timing officials and sponsors from all claims or liabilities of any kind arising out of my participation in the Things-ma-Jogger 5K. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose.

Signature (Parent, if under 18) _____ Date _____

SCR Central

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

welcome!

NEW MEMBERS!

We look forward to running with you!

Lisa Arnold	Sandra Lanham
Jim Christian	Kristie McCain
Giselle de la Moriniere	Lauri McGee
Darla Dooley	Ember Michaels
Delori Dulany	Cameron Michaels
Alicia Gleacher	Donna Michaels
Kali Gleacher	Jordan Michaels
Mikaela Hakamaa	Sean Michaels
Katia Hakamaa	Michelle Moore
Marko Hakamaa	Sharon Nazarek
MiriamHakamaa	Dave Nazarek
Megan Hecht	Mark O'Donnell
Victoria Heminger	Kathryn Ownby
Sami Kuperberg	Stacy Powers
Taylor Kuperberg	Suzanne Sparling
Justin Kuperberg	Kem Sprawls
Nicole Kuperberg	Daniel Watts
	Jay Watts

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

**Space Coast Runners
New Member
Welcome Packet**

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

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



Congratulations Johnny O!

A special congratulations to John Ouweleen who was awarded the Masters Long Distance Road Runner of the Year by **USA Track & Field** for Men 75-79.

It was for Johnny O's fast effort at the **USATF Masters National Championship** in the

Twin-Cities, MN on October 4, 2015.

Ouweleen, 75, ran a 3:23:42 marathon that day.



JOIN US

SUNDAY
SPACE COAST RUNNERS
FUN RUN

6:30 AM
COCOA VILLAGE - RIVERFRONT PARK

Hydration stations are set out approximately at Mile 2 & Mile 4 .



4th annual brianna marie foundation 5K

march 12th, 2016

Join the Brianna Marie Foundation 4th Annual 5K for a morning of family fun. The officially timed run begins at 8AM at Wickham Park in Melbourne with race management by Running Zone. Following the race will be a free children's fun run, and an incredible silent auction and raffle.

To register: www.briannamariefoundation.com Enter: SPACECOAST for a 10% discount off of race fees through March 2nd.



Age Group Medals

The Brianna Marie Foundation was established as a public charity in 2012 after the death of the founder's daughter. Their mission is to offer hope to babies that need surgeries prior to being born in the field known as Fetal Medicine. These physicians can operate on organs the size of a pea and can change the outcome of the child and their family!

SCR Central

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

FOLLOW US ON >>TWITTER: @SPACESTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS



CONGRATULATIONS SCR BOSTON 2017 QUALIFIERS!

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

Jacksonville Bank Marathon Jacksonville, FL

John Ouweleen, 75 — 3:32:56
1st AG Men 75—79

Town of Celebration Marathon Celebration, FL

Jonathan Howse, 40 — 3:00:33
3rd Overall

Sal Farino, 60 — 3:28:41
2nd AG Men 60—64

Marie Thomas, 51 — 3:33:26
1st AG Women 50—54



Pictured: John Ouweleen



BE A PART OF THE BOSTON STORY

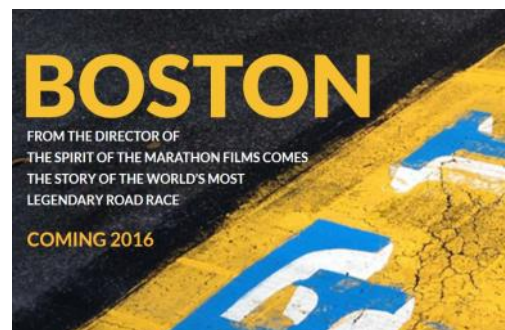
BOSTON is the first-ever documentary film about the Boston Marathon. Directed by award-winning marathoner/filmmaker Jon Dunham, it is endorsed by the Boston Athletic Association (B.A.A.) as the official film of the marathon.

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

WHAT YOU CAN DO

We've raised \$474 to date. The first 100 teams (or individuals) to raise \$2500 will get a free screening of the movie! If SCR is one of them we'll be showing the film at Satellite Beach Cinemas.

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



SCR Central

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

FOLLOW US ON >>TWITTER: @SPACESTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS



FASHION POLICE

“1st Fashion violation of 2016”

Props to Ilse Berube for wanting to be seen on a foggy morning run — but could she at least consider some color coordination before heading out the door?! Her neon lemon-lime compression sleeves coupled with periwinkle shorts trimmed in aqua and black take the focus off her very cute Space Coast Classic race shirt. But to be honest, we're not sure what's worse here, the graphite gray hat or her multi-colored Asics shoes. In a case like this, less is always more. We suggest next time Ilse concentrates on playing up one bright hue instead of piling on every colorful running garment in her closet.

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.

Join us for the next race in the 2015-16 Running Zone Foundation Race Series:



REGISTER TODAY!

SLOTH skedaddle 3k



2 Start Times:

7:00 am: Not Sloth like = less than 20 minutes to finish OR

7:35 am: More Sloth like = more than 20 minutes to finish

This 1.8-mile course offers plenty of animal viewing opportunities and the chance to spend a fun day at the Zoo for 50% off the entry fee*

www.runningzone.com/series

- Check out Zoo Animals during the Run/Walk
- Fun Sloth Awards
- 50% Off Admission for All Participants on Race Day*
- Free Li'l Sloth Kid's Run with Zippy the Gecko
- Breakfast catered by Pizza Gallery & Grill!
- Random Giveaway of one day Disney Tickets and 1 hotel night stay for two!
- AND for the 10th Anniversary we are giving away 2 Family Membership passes!
- Benefits Brevard Zoo

*Must show participant's race number for discounts to Zoo.

Stop by Running Zone • 3696 N. Wickham Rd. • Melbourne, FL 32935 • 321-751-8890

Saturday, February 13, 2016 at 7:00am, Brevard Zoo



#sloth3k

SCR Central

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

FOLLOW US ON >>TWITTER: @SPACESTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS



1/30/16 — Lake Buena Vista, FL

Congratulations to all the Space Coast Runners who participated in the Walt Disney World Marathon Weekend. There were quite a number of Dopey Challenge participants which had the athletes traversing the Magic Kingdom four days in a row. RC Koontz and his wife, Susie kept their Disney legacy alive and running as they participated in their 23rd Disney Marathon in a row. They're both known as "Disney Perfect" and there are less than 95 people who share this title with them.

WDW 10K

Debbie Knight, 37 1:20:10

WDW Half Marathon

Arlene Allen-Buono, 66 3:11:38; Mary Collins, 44 2:42:54; Ragan Krupp, 35 3:21:25; Kelley Lake, 53 3:11:39; Les Lake, 56 2:40:56; Becky Maitlen, 42 2:29:30; Dina Viselli 1:50:36

WDW Marathon

Heather Felix 5:39:00; RC Koontz (*Disney Perfect*) 6:47:40

Goofy Challenge (Half Marathon & Marathon)

Kimberly Anselmo 36 F 2:41:13 2:27:18 5:19:39 5:05:11
Joshua Maitlen 36 M 2:43:30 2:29:31 5:15:58 5:10:55
Debbie Wells 50 F 3:24:19 2:23:07 6:21:46 5:19:14

Dopey Challenge (5K, 10K, Half Marathon & Marathon)

Eric Bissonette 47 M 44:46 1:01:40 2:14:04 5:12:01
Kim Bissonette 51 F 47:37 1:29:08 3:05:49 6:39:37
Elizabeth Gmerek 54 F 41:03 1:33:49 3:08:00 6:07:45
Susie Koontz (*Disney Perfect*) 70 F 39:38 1:12:04 2:42:52 5:28:28
Lorna Mazza 59 F 47:03 1:34:36 3:21:26 6:55:17
Clara Squires 42 F 41:26 1:24:54 3:09:59 6:59:51
Ned Voska 55 M 48:21 1:25:55 3:05:38 6:09:24
Sandra Walker 35 F 48:21 1:25:57 3:05:38 6:09:26

THE FAST & THE FURRIEST



Pictured clockwise: Shane Streufert & Ruby Tuesday, Tena Hochard & Kaileah, Annie Caza & Olive, Lisa and Mark Petrillo & Cooper

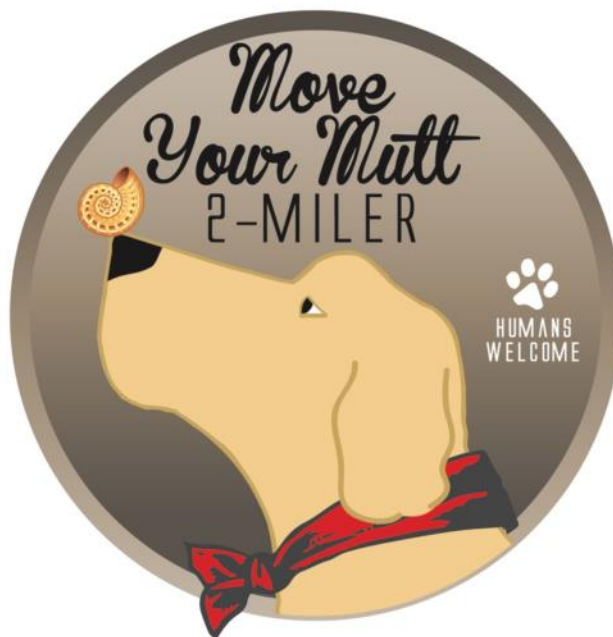
1/24/16 — Palm Bay, FL

Space Coast Runners and their canine companions were definitely best in show at the Bayfront 5"K9" Run/Walk this year. Owners were able to compete with their dogs on leash in either the small, medium or large dog categories.

Ruby Tuesday of Viera completed a "3-Peat" as she once again prevailed as the overall winner of the race & in the small dog category. This is the Boston Terrier's third straight win with her dad, Shane Streufert. Tena Hochard led Kaileah to second in small dogs. In the medium category, Annie Caza and Olive took first place. Cooper Petrillo who ran with his mom, Lisa took second for the large dogs. *Photos courtesy of Doug Carroll & Brittany Streufert.*

REGISTER NOW!

**Up & Running Race
Management**



**2016 Summer
Race Series**



Move Your Mutt 2-Miler

**Saturday, March 5, 2016 – 7:30 a.m.
Satellite Beach Dog Park**

Join other dog-lovers to run, walk or wag your tail 2-miles through the surrounding beachside neighborhood. Begins and ends at our own Satellite Beach Dog Park. The Paw-fect start to your day!

- **Ruff-tastic race shirts guaranteed if registered BY Feb. 18th!**
- **Bandanas provided to furry finishers** (*while they last*)
- **Awards for top age group finishers**
- **Water bowls and treats provided at the finish line**
- **Bring a 5lb bag of dog/cat food for FREE raffle entry**

**\$21 before
Feb 25th**

You and your four-legged friend will be supporting [Brevard ASAP](#) (Aiding Shelter Animals Project) – Humans must eat to survive and so must our pets. A portion of funds will go towards food resources for dogs and cats abandoned or surrendered due to financial crisis.

 **Humans Welcome**



SCR Central

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

SPECIAL SCR MEMBER RACE DISCOUNTS

- ◆ Local race discount! Save at the [SuperHero 5K](#) on Saturday, February 6th in Viera. Members use code **SCR16**, for \$3 off the 5K team or individual registration.
- ◆ Get \$10 off the [Daytona Beach Half Marathon](#) or half marathon relay which runs on Feb. 7, 2016. Simply use discount code: **DBHBREVARD16**.
- ◆ The [Fort Lauderdale A1A Marathon & Half Marathon](#) on February 14th is offering a 15% discount. They have a code set up for the Space Coast area. To save use code: **SPACECOAST**.
- ◆ Receive a 20% discount on all [Virtual Strides](#) events by entering the club discount code **SCR20** during registration. Up next for February is the Piece By Piece virtual 5k/10k/Half Marathon to benefit Autism Speaks.
- ◆ Take advantage of a 10% discount on any of the [Marathon of the Treasure Coast's](#) race distances including the marathon, half, relay or challenge. It's being held in Stuart on March 6th. Use discount code: **TCMSPACECOAST2016**.
- ◆ MFI's [Race the Runway](#) 10K, 2 Miler & Challenge is offering members a \$5 discount. The races are being held on March 5th in Fort Pierce. Use code **SCR5** to receive your discount.
- ◆ [Best Damn Race](#) which offers 5K, 10K, Challenge, & Half Marathon distances is offering \$5 off registration to any of their events. Use code **RUNFAST**. Safety Harbor is 2/6/16 and Orlando is 3/5/16.
- ◆ Register for the 3rd annual [Tomoka Marathon, Half Marathon & 5K](#) in Ormond Beach on March 26, 2016 and save 10% on either race with code **SCR10**.
- ◆ [EA Sports Riverside Dash](#) on April 3 is offering a \$5 discount off its 5K & 15K races. Registration includes race shirt, finisher medal, pancakes, food, coffee, beer, parking and an opportunity to win \$3,000 cash! Use code **SCOASTRUNNERS**.
- ◆ Special savings for all the ladies! The [Zooma Women's Race Series](#) is offering members a 10% discount on any of their upcoming races including: ZOOMA Annapolis Half Marathon + 10K (6/4/16) Annapolis, MD; ZOOMA Cape Cod Half Marathon + 10K (9/24/16) North Falmouth, MA and ZOOMA Florida Half Marathon, 12K + 5K (10/22/16) Amelia Island, FL. Enter code: **SPACECOAST** to receive the discount.
- ◆ [Vacation Races](#) is extending a 15% discount to all SCR members. To save 15% on upcoming 2016 races like the Zion Half Marathon (3/12/16), the Grand Canyon Half Marathon (5/7/16) and the Great Smoky Mountains Half (9/10/16), use code **16VACRC145**.

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

7th Annual

Family, Fun, Fitness!



Brevard PALS

5K Run/Walk for Autism Awareness

Proceeds benefit Brevard County families affected by Autism

FEBRUARY 20, 2016

8:00 AM

FREE Kid's Fun Run at 9:15



Location:

150 W University Blvd
Melbourne, FL 32901



RACE MANAGEMENT BY



REFRESHMENTS AVAILABLE FOR
ALL PARTICIPANTS

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

FEES

\$25 Each Registrant until 2/6/2016
\$25 Each Team Member until 2/6/2016**
\$15 Each Student K—12 until 2/6/2016
\$30 late registration or race day registration
Kid's Run is **FREE**
**Minimum of 3 per team

PACKET PICK-UP

Running Zone

Thursday 2/18/2016 & Friday, 2/19/2016
between 10:00 am - 6:30 pm
(across from Eastern Florida State College on Wickham Rd)

The Scott Center for Autism Treatment

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

T-SHIRTS

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

AWARDS

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

RESTRICTIONS

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

Register on line:

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

SCR Central

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



Winter Social!

January 23, 2016 — Running Zone



Sponsor Spotlight



Paddling Paradise in Melbourne is now a verified business member of the Preferred Outdoor Club. Preferred Outdoor Club (POC) is an Outdoor activity Membership Club that will keep you, the member, active at home or on the go. Preferred Outdoor Clubs are located worldwide, we are your local club or your traveling club depending on you. Preferred Outdoor Clubs are Stand Up Paddleboard, Kayak, Bike shops that can assist you with all of your outdoor needs. Membership is \$99.00 per year. **Your membership includes 1 free 1 Hr rental at EVERY POC once a year. Your 2nd time at EVERY location is 50% off of a 1Hr rental, your 3rd time at EVERY location is 25% off of 1 Hr rentals. Your membership also includes 10% off of most merchandise at every POC everyday, brand exclusions may apply per location.** Preferred Outdoor Clubs are selected not only because of their location, but also because they are there to provide you with the best outdoor experience. Each club goes through an extensive verification process, to guarantee you receive only the best of service.

www.preferredoutdoorclub.com Dan Smith

Save



FLORIDA TODAY COMMUNICATIONS

PRESENTED BY: 

HOSTED BY: 

FLORIDA TECH TEAM 2015

IMPROVE THE BOTTOM LINE, SHRINK THE WAISTLINE, SEE YOU AT THE FINISH LINE!

BENEFITTING: 



1 • 1/13/16

1

2

3

2 • 2/10/16

2

3

4

3 • 3/9/16

Informational Meeting
Wednesday, 1/13/16
6:00 pm @ Running Zone

Team Captains' Meeting
Wednesday, 2/10/16
6:00pm @ Running Zone

Packet Pick-up Party
Wednesday, 3/9/16
6:00 pm @ Running Zone

4 • 3/10/16

Race Day!
Thursday, 3/10/16
6:45pm @ FIT Aviation

321-751-8889 • www.brevardcorporate5k.com • email: info@brevardcorporate5k.com



Runner of the Year Series

Next race will be in March at the **Downtown Melbourne 5K**

2015—2016 ROY Men's Leaderboard

OVERALL

- 1 Shane Streufert
- 2 Steve Hedgespeth
- 3 Jonathan Howse

AGE GRADED

- 1 Shane Streufert
- 2 Keith Snodgrass
- 3 Joe Hultgren



Steve Hedgespeth

2015—2016 ROY Women's Leaderboard

OVERALL

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

AGE GRADED

- 1 Annie Caza
- 2 Lori Kruger
- 3 Susie Koontz



Lori Kruger

UPCOMING SERIES RACE SCHEDULE

- 02/27/16 Eye of the Dragon 10K & 2 Mile
- 03/26/16 Downtown Melbourne 5K
- 04/09/16 Space Walk of Fame 8K
- 05/01/16 Eat My Crust 5K
- 06/4/16 **SAVE THE DATE!** Awards Night

Please note: the series standings reflect your age on August 22, 2015, the date of the first race of the 2015-2016 ROY series season.

FEATURED RUNNER OF THE YEAR SERIES RACE

Downtown Melbourne 5k



A run for the children

“So go downtown, things will be great when you’re downtown,” Petula Clark tells us, and our upcoming eighth race of the SCR series, the **34th Anniversary Downtown Melbourne 5K**, is a great 5k for runners and spectators alike! This is one of the most unique 5k races in Brevard in that the women and men run separate races, and this two-loop course through downtown Melbourne makes it easy to spot and cheer each other on. As well, this gives families with young children the chance for both Mom and Dad to take a turn racing.

Downtown Melbourne offers a **team challenge**. For the male and female winning teams, the four scoring members will receive complimentary entry to the 2017 race. There also a **school challenge**, with a prize for the highest school participation; students under the age of 18 may register for the special price of \$20. The **youth series** run of ¼, ½, and a mile options will begin at 9 a.m., and all participants will receive a prize

As it has for the last 22 years, the Downtown Melbourne 5k benefits The Haven, which is an organization that shelters abandoned, abused, and neglected children in Brevard and central Florida. The Haven depends on community fundraising to continue their vital work of assuring the highest quality of care for these children of our community. (Continued next page)

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



Runner of the Year Series

We're Over Half Way Through the 2015/2016 Season!

- WHERE** ▶ 914 Melbourne Avenue
Melbourne, FL 32901
- WHEN** ▶ Saturday, March 26, 2016
Women's race 7:30 AM
Men's race 8:15 AM
- COST** ▶ Early registration for SCR
members - \$24 before 3/24/16

WHAT TO EXPECT ▶ A great morning where families can watch each other race. Women start first this year followed 45 minutes later by the men.

SCR YOUTH SERIES ▶ Starts at 9:00 AM

EVENT WEBSITE ▶ <https://goo.gl/FTE5XD>



If you would like to further help the children of The Haven, here is a wish list:

- Gift cards to McDonalds, Taco Bell & Burger King
- Gift certificates to the movies
- Gift certificates to Payless Shoes
- Gift certificates to Wal-Mart
- Girl's underwear size 6-16
- Boy's underwear size 6-18
- Boy's boxers size 6-18
- Girl's & Boy's pajamas sizes 8-16
- Girl's white socks (sizes kids 12-women's 5)
- Boy's white socks (sizes kids 12 -- men's 10)
- Snack items (goldfish, pretzels, raisins, etc.)
- Cereal
- Shampoo and conditioner
- Toothpaste, toothbrushes & kids mouthwash
- Baby lotion & baby wipes
- Hairbrushes & combs.

There will be a box at the race center in Holmes Park for your donations. Also, there will be a donation box at the Running Zone where you can leave items when you pick up your race packet March 23-25.

Next month we will have an up-to-date report on all the action in the "Runner of the Year" series including results from the Tooth Trot 5K which were not available at press time. We do know that things are very close in the Women's series as both Kristen Klein and Julie Hannah are back in top racing form.

We're happy to report that our ROY Series Race Analyst, Molly Kirk continues to heal from her devastating ankle injury this past August. She's back to training and has recently raced in two half marathons. You can tell by the look on her face as she crosses the Shark Bite Half finish line in January that she's overjoyed to be back running. Keep it going Molly!





Runner of the Year Series

See You at the Next ROY series race on 3/26/16.

WATCH THE ROY SERIES ANALYSIS ON FACEBOOK!

Make sure to catch ROY Series Race Analyst, Molly Kirk's insightful take on what's going on in the "Runner of the Year" Series.

[Click here](#) to check out her reports in the video section on the SCR Facebook page.



NAME THAT DRAGON!

If you are registered for the Eye of the Dragon 10K, Tail of the Lizard 2 Mile or the Slay the Beast Challenge...here's your opportunity! Send in YOUR suggestion for a name for our NEW dragon mascot.

Winner announced on February 14th and the prize is a free, guaranteed entry into the 2016 Space Coast Half-Marathon! Send suggestions to eyeofthedragon10k@gmail.com !

March 20, 2016 • Start: 7:15am • Viera, Florida



DRAGON SLAYER 2 MILER



Participant Perks:

- Awesome Finisher Medals for All Finishers
- Cotton T-shirts
- Post Race Feast Fit for Kings & Queens
- Awards for Top Overall Male & Female
- In conjunction with Excaltibur 10 Miler & Relay, will start 15 minutes after the 10 Miler



Medals for All Finishers!

#dragonslayer2miler

Follow us:



Register Today at ExcaltiburRun.com

SPACE COAST RUNNERS

Youth Series

Kids are natural runners!

Chances are if you the parent has expressed an interest in running, your child might be interested in participating too. The SCR Youth Series is a free event for children under the age of 12 that allows them to find the fun and joy in running.

At the recent Tooth Trot, spectators watched tiny tots and kids that looked like Olympic hopefuls sprint down the pavement. One thing in common were the smiles on their young faces.

Encourage a child to join the fun of the Youth Series runs! If they participate in five of the races, he or she can earn an award, to be presented at the annual SCR awards night dinner, which will be held at the end of the race season in June.

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



Henry Christiansen, age 7, sprints during the fun run after having completed the 5K in a time of 28:59.

Up Next!
Youth Series Event
Downtown Melbourne
on 3/26/16



Fee-Only Investment Management and Financial Planning Services

Contact Us:

Online: www.RallCapital.com

Phone: (321) 452-1251

Email: Bob@RallCapital.com

Fax: (888) 452-8851



The Rall Capital Management Team

LASTING IMPRESSIONS

On the Run

By Erin Van Handel

Everyone's a winner with **promotional products**



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"On the Run" by Erin Van Handel**



Photos courtesy of Space Coast Runners

The Eye of the Dragon and Tail of the Lizard races take runners over a causeway bridge on the scenic Atlantic Coast of Florida.

Eye of the Dragon and Tail of the Lizard may sound like chapters from a fantasy novel.

But, have no fear! No monster is giving chase! Instead, imagine setting a personal record (PR, if you're a runner) as you race over a causeway bridge on the scenic Atlantic Coast of Florida.

The Eye of the Dragon 10K/Tail of the Lizard 2-miler is a major event for the Space Coast Runners club, located in Melbourne, Fla. (And yes, the region is known as the Space Coast

because it's home to the Kennedy Space Center and the Cape Canaveral Air Force Station.)

For 27 years, athletes have hit the road for the Eye of the Dragon 10K. The companion race, Tail of the Lizard, is a run-walk for participants of all abilities, especially younger athletes.

And, as with any competitive race, organizers search for the race giveaways and prizes that give a lasting impression and will keep athletes running back for more.

Functional prizes for all ages

The running club went on a promotional product hunt for a prize fit for adults and children. They chose **Flip Out Infuser Sport Bottles** at the February 2015 race. Race Director Barbara Linton was attracted to the water bottles because they were “nice and different.” With all the water runners’ drink, these water bottles give them



The fruit-infuser water bottles and temporary tattoos were a hit with race participants!

the option to add fruits and vegetables to the infuser for added taste and a healthy kick.

And, fun giveaways didn’t stop there. Race organizers also gave away shirts and **Custom Temporary Tattoos**. The tattoos were a hit with kids and adults, who got their “ink” at tattoo stations, Linton said.

With nearly 600 participants going home with their logo’d treasures, the events gained “lots of visibility,” Linton said—all thanks to the branded swag.

When the club selects promo items, long-term use is top of mind.

“Getting a functional award is really positive,” Linton said. And, the fruit-infuser water bottles used for Tail of the Lizard definitely are useful, she added.

After the race, functional awards go to work, accompanying race participants out and about in their daily lives, she said. Promotional items pop up around the community and start conversations as runners get asked about where they got cool prizes.

Prizes keep runners signing up


Space Coast Runners promotes health, running and walking in the community. Club members have been toeing the line at races since 1982, and the organization sponsors the oldest marathon in Florida, the Space Coast Marathon and Half-Marathon.

Promotional items are important to marketing Space Coast Runners, and they are bringing it to the next level in 2016. The club has plans for a three-race, 33K Space Coast Challenge. Participants who complete the Space Coast Classic 15K, the Eye of the Dragon 10K and the Space Walk of Fame 8K will earn a limited-edition medal, as well as individual race awards—themed commemorative pub glasses. The race-series-related promo goodies will “[let] people have a collection,” Linton said.

Race coordinators have experimented with different prizes and promotional products over the years, Linton said. Past promo items include cups with candy, windshield visors, wearable lights and bags.

“We try to have special, better awards and giveaways” each year to get people excited about the SCR club and its races, Linton said.

“We give a lot of thought to our awards, and it definitely makes a difference to our participants,” she said.

“I will hear them say, ‘What do I have to do to get THAT?’ as they pass the awards tables before the race. Quality, unique awards draw more participants.” 

Promotional product ideas for your next race event!



g-Crew Aluminum Sport Bottle - 22 oz.

Removable Euro Bumper Sticker - 5K

Marathon Kit



MFI's Race the RUNWAY

March 5th, 2016 - Fort Pierce, FL

Tarmac 10K, Turbine 2 Miler & Twin Engine Challenge

Missionary Flights International

Friday, March 4th:

Missionary Flights International
3170 Airmans Dr., Fort Pierce, Florida

3pm-7pm: Packet Pick Up and Registration

Saturday, March 5th:

Missionary Flights International
3170 Airmans Dr., Fort Pierce, Florida

5:30am: Packet Pick Up and Registration Begins

6:15am: Registration Closes for 10K

6:30am: Tarmac 10K starts

7:45am: Registration Closes for 2 Miler

8:00am: 2 Miler starts

8:15am (approx.): 10K Awards

9:15am (approx.): 2 Miler and Challenge Awards Ceremony

- **Twin Engine Challenge:** Participate in both the 10K and 2 Miler and receive a special finisher's award!
- **Shirts guaranteed for those registered by 2/15/16**
- **Random drawing for 5 registrants who register by 2/15/16 for an airplane ride**

FEES:

<u>2 Miler</u>	Until 3/4/16	Race Day
Adults:	\$25	\$30
Students (18 and under):	\$20	\$30

<u>10K</u>	Until 3/4/16	Race Day
Adults:	\$35	\$40
Students (18 and under):	\$30	\$40

<u>Challenge</u>	Until 3/4/16	Race Day
Adults:	\$45	\$50
Students (18 and under):	\$40	\$50

Register Online: <https://secure.runningzone.com/runway/>
Online Registration Closes Thursday, 3/3 at midnight

AWARDS:

Top 3 M & F Overall, Top M & F Masters (40+),
Top 3 M & F in Age groups:
0-9, 10-19, 20-29, 30-39, 40-49 50-59, 60-69, 70+

OFFICIAL ENTRY FORM- Race the Runway

Checks Payable to: Missionary Flights International

Mailed to: MFI Race Entries, 8506 Fort Walton Ave., Fort Pierce, FL 34951



First Name: _____ **Last Name:** _____

Address: _____ **City:** _____ **State:** ____ **Zip:** _____

Phone Number: _____ **Email:** _____

Date of Birth: ___/___/___ **Age on Race Day:** _____ (circle one) Male or Female

Unisex Technical Shirt (circle one): Youth Small Youth Medium XS Small Medium Large XL XXL

Waiver

In consideration of you accepting this entry, I, the participant, intending to be legally bound and hereby waive or release any and all right and claims for damages or injuries that I may have against the Event Director, St. Lucie County Airport/BOCC and all of their agents assisting with the event, sponsors and their representatives and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I also authorize the use of photographs or videos that include my image for promotional, informational, or other reasons deemed to be in the best interest of the event. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

Signature (Parent/Guardian if under 18)

Date

Inaugural 5K is a Dog Gone Good Run



OVERALL MEN

John Wall, 18:49
Art Anderson, 20:04
Shane Streufert, 20:20

OVERALL WOMEN

Annie Caza, 22:08
Michelle Longstreet, 22:36
Leslie Faletra, 23:29

MASTERS

Matt Mahoney, 21:04
Cheryl Ritter, 26:17



Pictured l to r: Cheryl Ritter, Matt Mahoney, Shane Streufert, Annie Caza, Art Anderson, Michelle Longstreet, Leslie Faletra.

It was a foggy morning as runners and walkers gathered before the start of the race, some with canine companions and others without. The inaugural Seize the Day 5K was held at Gleason Park in Indian Harbour Beach. The race attracted over 70 participants and benefited Coastal Boxer Rescue.

In a fun twist, race director John Wall decided the morning of the race to run and ended up crossing the finish line in first place overall in 18:49. He was followed by Art Anderson (20:04) and an under-the-weather Shane Streufert (20:20). Matt Mahoney was the men’s Master’s winner in 21:04.

For the women, the victory went to Annie Caza who ran 22:08. Michelle Longstreet (22:36) was second and Leslie Faletra (23:29) came in third. Cheryl Ritter captured Master’s with her time of 26:17.

After the race was in the books Wall had time to reflect upon the entire experience. “The inaugural Seize the Day 5K was everything I envisioned it would be”, he said. “All the hard work of a lot of people came together for a great and fun event. Honoring a great man, while raising much needed funds for the Coastal Boxer Rescue. A great course, very nice weather, and wonderful friends sharing the moment — thanks to all who participated and volunteered.”

Wall and his wife, Elizabeth put the race together to honor her father, George Elliott who passed away in 2014. He was an avid race fan and supporter of John and a huge dog lover.

For complete race results, [click here](#). Race report and photos by Brittany Streufert.



Above: Ron Ritter paces little Skylar to her first 5K finish.

Left: Charlene Anstett and Elisha Gould sprint to the finish.

5K Course & Event Map

The 5K starts and finishes in Sand Point Park. The course will include crossing over A. Max Brewer Bridge and back with one water station.

Race results will be available live at the finish line kiosk and posted to www.sculptorcharter.org.

Important: Race bibs must be worn on front of shirt and visible at all times.



Cross the Finish Line into another memorable event.

Each 5K participant receives a complimentary Chili Cook-Off Taste-Packet!



Start the festivities early at our

9th Annual F.I.T. FEST
F.I.T. = Families Interacting Together

Sculptor's Kick-off event to the "Ready, Set, GLOW!" A. Max Brewer Bridge 5K Run.

Also a Great Way to Promote your Business!

When: Saturday, Feb. 27, 2016
Time: 4:30PM to 7:00PM
Where: Sand Point Park

Local Vendors & Community Representatives **Lots of Door Prizes**

Local Healthcare Professionals on Site

- Massage Therapist
- Chiropractor
- Fire & Emergency Services



Pre-Race Warm-up by: **CVS Health** will be on-site providing free cholesterol and blood pressure screenings.



FEB. 27, 2016



"READY, SET, GLOW!" A. MAX BREWER BRIDGE 5K
Saturday, February 27, 2016 @ 6:00pm

5K Registration Info

Pre-Register by 2/15/2016 and SAVE!!!

Follow 5K link at www.sculptorcharter.org to register/pay online –or– complete & return registration form, with entry fee, to **Sculptor/A. Max Brewer Bridge 5K, 1301 Armstrong Dr, Titusville, FL 32780.**

Entry Fees Take advantage of "Early Pepper" pricing!!!

Early Pepper
Until 2/15/16
\$22-Adults
\$17-Youth (<18)

Timely Registration **Day of Race**
Until 2/26/16 2/27/16
\$25-Adults \$30-Adults
\$20-Youth (<18) \$25-Youth (<18)

5K Packet Pick-up Location- Sandpoint Park, Titusville

Packet will include Souvenir T-shirt, GLOW-ing bling, and exclusive participant gifts! **All 5K participants also receive a complimentary Titusville Chili Cook-Off Taste-Packet- A \$10 VALUE!!!**

Early Pick-up, Friday, 2/26/16:
4:30pm-6:30pm— at the south-east entrance, small pavilion (near the base of the bridge)

Race Day Pick-up &/or Late Registration, Saturday, 2/27/16:
4:30-5:45pm— at the main pavilion.

Race begins at 6pm, rain or shine.

Awards -(ceremony to follow race end)
Medals will be presented to **Male & Female** winners in each of the following categories:

- ☛ **Top 3 Overall**
- ☛ **Top Master (40+) Overall**
- ☛ **Top 3 Finishers per Age Group** (as listed below)
Under 8 yrs•9-11•12-14•15-18•19-24•25-29
Followed by 5yr age divisions through 80+
- ☛ **Special "SHOW Your GLOW!" Award-**
awarded to the most "GLOW-ing"
Participant (one participant only, male OR female)

5K Registration Form

Participant Entry Fees- 2/16-2/26

\$25- ADULT (18+) \$20- YOUTH (under 18)



Be an Early Pepper- \$5.00 Discount!!!

Register by 2/15/2016

\$22-ADULT \$17- YOUTH

T-shirt Size: Register by 2/15/2016 to secure your T-shirt!
(select one size only)

Youth	OR	Adult
<input type="checkbox"/> YM		<input type="checkbox"/> S <input type="checkbox"/> XL
<input type="checkbox"/> YL		<input type="checkbox"/> M <input type="checkbox"/> XXL
		<input type="checkbox"/> L <input type="checkbox"/> XXXL

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 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.

Note: Race course monitors are authorized to disqualify any participant acting in an unsafe manner.

Participant First Name _____ Last Name _____

Male
 Female

DOB (MM/DD/YYYY) _____ Age on 2/27/16 _____

Street Address _____

City _____ State _____ Zip Code _____

Phone # _____

Email Address _____

**SAVE TIME!
SCAN QR CODE
TO REGISTER
INSTANTLY!**



ACCT USE ONLY CASH 5K Sponsor

\$ _____ CK# _____

AMT Rec'd _____ DATE _____ R'CD BY _____

Inspiration Soars in Windy Weather at the Fly Fish 5K



Some came for the rare glimpse of tanks at Knight Enterprises; some came for the raffle prizes; some came for the challenge of running in a new year. However, all who gathered to cheer on cancer survivor Patti Borg as she crossed the finish line at the Fly Fish 5K realized the power of Casting for Recovery's mission. At the finish line, Borg said that last year she was in a hospital bed, having been given a 1% chance to live, but this year, she was completing her first, but not last 5K.

The blustery start of the Fly Fish 5K on January 23 left everyone huddled together at the start line in their gloves and hats, except for a few brave souls who still preferred to run in shorts. After the national anthem, runners took off through the scenic path among storage bunkers and firing ranges. The route offered a mix of trail and sidewalk, and mother nature kept everyone cooled off with steady winds. At the finish line, runners were given water, bagels, bananas, and granola from Daniela's Delectables. The event ended with an award ceremony, where the top three in each age group received unique fly fishing lures as awards.

The race benefits Casting for Recovery, Florida whose mission 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.

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

Race report and photographs by Angela Leeds.



OVERALL MEN

Shane Streufert, 17:46
Tom Wiedenbauer, 19:45
Art Anderson, 20:25

OVERALL WOMEN

Lisa Ford, 25:43
Brittany Streufert, 25:50
Keri Robinson, 25:54

MASTERS

Matt Mahoney, 21:17
Ginger Bailey, 26:06



Patti and Warren Borg cross the finish line as the crowd cheers.



Pictured Left: The Casting for Recovery crew keep warm while encouraging the runners. Pictured Right: First place female, Lisa Ford receives her award.



**Leap Year 2.9 Mile Virtual Run
Monday, February 29, 2016**

Virtual Run:

Provides you the opportunity to run or walk wherever you are on Leap Year Day, 2016. You can even complete this run on a treadmill. Every participant will receive a Leap Year medal and t-shirt. Email us your finishing time with a picture of you and we will ship your event shirt and finishers medal the week of March 1, 2016 IF REGISTERED BY FEBRUARY 22. Shirts and medal will be shipped no later than March 21 if registered after February 22. Bibs will be emailed on Wednesday, February 22, 2016.

**NEXT LEAP YEAR RUN
2/29/2020**

Make Check Payable to SCEM&T – Mail to:

7 Indian River Ave #605
Titusville, FL 32796

Contact Information

Marty Winkel 321-537-3526 runsalot@cfl.rr.com

Informal Group Run Option

Playalinda Brewery
305 S. Washington Ave, Titusville 32796
6:30 PM, Monday, February 29, 2016
There will be a finish line clock
No results will be posted

*Refreshments will be provided
after the group run*

On-Line Registration

Sceventmgt.com

Awards

No Overall or Age Group awards
**ALL FINISHERS RECEIVE A LEAP YEAR MEDAL
AND T-SHIRT**

Medals and T-shirts will be available after the group run.

Race Fees

Virtual	\$30
Group Run Early Registration by 2/12	\$20
Group Run Late Registration by 2/28	\$25
Day of Group Run 2/29	\$30

Next opportunity to run the Leap Year 2.9 Miler will be in 4 years, 2/29/2020.

DON'T MISS THIS OPPORTUNITY.

ONLINE REGISTRATION IS AVAILABLE AT SCEVENTMGT.COM

Last Name _____ First Name _____ M.I. _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____ D.O.B. _____

Male Female T-shirt: XS S M L XL XXL

Check Virtual or Group Run Day (Feb. 29)

Signature (Parent, if under 18) _____ Date _____

It was a wet and windy early morning, but luckily the skies cleared for the start of World of Beer's Tap It and Run 5k and 10k. The Running Zone race management quickly had the course ready after the weather blew through, and the race had just a few minutes of delay before the runners were off. The fifth annual run of this race featured a new distance, the 10k. Runners started together at the Avenues and split off shortly after the first mile; the 5k runners looped around the Brevard County government buildings, while the 10k runners headed out through neighboring streets, turning around near Manatee Elementary, heading back past the VA and through the tunnel at Viera High before the final stretch back to the Avenues. Runners faced strong winds, making for challenging running, but were rewarded for their efforts with a plentiful post-race buffet of French toast, eggs, and bacon. Runners over-21 enjoyed the extra perk of two beers for their effort. In addition to overall and age group awards, there were awards for 5k teams, as well as for World of Beer's Loyalty Club members in both the 5k and 10k. 243 participants finished the 5k and 126 completed the 10k, and if Mother Nature cooperates, this two-distance race is sure to draw even more runners next year.

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



5K OVERALL MEN

Mark Jackson, 21:14
 Sam Kozaitis, 21:49
 Stephen West, 22:05

5K OVERALL WOMEN

Sarah Simonetti, 20:13
 Lisa Tabor, 22:10
 Susan Snodgrass, 24:30

MASTERS

Scott Gaye, 22:34
 Lisa Rose, 24:43

5K TEAM DIVISION

Berman Hopkins
 #ChargeOn
 Running for Brews

10K OVERALL MEN

Art Anderson, 43:03
 Chuck Jacobs, 46:32
 Max Green, 47:52

10K OVERALL WOMEN

Dina Viselli, 43:12
 Gianna Rogers, 51:14
 Ashley Lum, 51:39

10K MASTERS DIVISION

Thomas Mayer, 48:41
 Victoria Quintana, 54:07



Space Coast Runners members Jerry Bird and Art Anderson enjoy a well-earned post-race breakfast before claiming their awards.

FINISH AT HOME PLATE



SATURDAY, MARCH 19, 2016

Start time: 7:30am | Space Coast Stadium - Viera, FL

JOIN THE NATS FOR THEIR FINAL SEASON AT SPACE COAST STADIUM

DREAM OF RUNNING DOWN THE THIRD BASE LINE AND DASHING TO HOME PLATE ON A MAJOR LEAGUE BASEBALL FIELD?

- Cleats and sliding across the finish line are optional!
- Commemorative T-shirt to all pre-registered entrants
- Winning male & female will throw the game's ceremonial first pitch

THEN STAY FOR THE GAME

Washington Nationals vs. New York Mets - Game Time 1:05pm



Nats-Mets Game is always a sellout!
ALL RUNNERS RECEIVE A TICKET TO THE AFTERNOON GAME!

REGISTER NOW: GAMEDAY5K.COM

JOIN

THE SPACE COAST RUNNERS

CORPORATE 5K TEAM

MARCH 10, 2016



IT'S TIME TO REGISTER!

REGISTER ONLINE AT:

<https://goo.gl/tX3uHC>

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

THANK YOU

HEALTH FIRST PRO-HEALTH & FITNESS CENTERS!

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

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

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





VOLUNTEER WITH SPACE COAST RUNNERS

There's 2 Ways to Win!

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

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

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

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

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

RULES & RESTRICTIONS

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

AREAS TO VOLUNTEER & EARN POINTS

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

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

2016

Matt Mahoney's New Year's Eve Run



New Year's Eve +



Solar Bear Fun Run

New Year's Day Runs



Cape Canaveral Fun Run



Article by Lisa Hamelin

Fun runs around Brevard County helped 2016 get started with health and community.

Local legend Matt Mahoney, organizes a New Year's Eve run in Melbourne Beach (motto is 'Start in 2015 and end in 2016, unless you're really fast'). This was year 34 for it. It always starts at 11:45pm on December 31st and the 3.1 mile course makes it so that the participants finish after the New Year. He is still waiting for someone to finish the run in the same year; that has yet to happen.

The second run began on New Year's Day at 8:00am at Cherie Downs Park in Cape Canaveral. The run was first started 16 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.

The final New Year's Day group gathered for what's called the Solar Bear Fun Run which started at noon 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 16 mile options. In addition, the braver ones jumped in the ocean (Solar Bear Plunge).



Article by Carol Ball

New Year's Morning Fun Run

January 1, 2016 — Cherie Downs Park
Cape Canaveral

Low tide was at 6:30am – and soon after, the sun began to rise to create a beautiful pink sky visible through the sea grapes at Cherie Down Park in Cape Canaveral. It was the annual Space Coast Runners and friends New Year's Morning Fun Run!

A few folks showed up early to enjoy the beach availability and also to get ready for a fabulous breakfast feast! RC Koontz brought his cooking equipment and skills to prepare his yummy “cheesy eggs” and sides. The tables started filling with a delicious assortment of foods that were hard to resist before the fun run. Shortly after 8am, the group headed out down Ridgewood Ave, running, jogging, or walking to get in their first workout of 2016! Many returned and took the traditional ocean dip – which wasn't that much of a challenge considering the unseasonably warm weather.

A bit of exercise, good food, New Year's hugs, and some Mimosa cheer made for a great morning for the group of over 50 friends, old and new!

*“It's not the years in life but the life in years that matters the most.
May your life be always full of life. Happy New Year!”*

34th Anniversary of the Downtown Melbourne 5K Run and Walk Saturday, March 26, 2016



A Space Coast Runners' Runner of the Year Event



A run for the children

Proceeds benefit **THE HAVEN**

Start Times

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

Location

Starts on Municipal Lane at East New Haven Ave. This USA TF (FL14017EBM) 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, 11-14, 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, 80-84, 85+

School Challenge *NEW THIS YEAR*

New to the Downtown Melbourne 5K this year is a **School Challenge**. All children under the age of 18 may register for a special reduced fee of \$20. The School (public or private) that has the most registrations for the 5K will earn a special award to be presented at the results following the races.

Open Team Challenge

Not new but still topical, open team competitions will be held, with four individuals comprising a team. In addition to a trophy for the overall male and female team winners, the four scoring members of the winning teams will earn a complimentary entry to the 2017 race.

Registration

- Online at <http://secure.runningzone.com> ending March 24th 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

Race Management by:



Packet Pick-Up

- Friday, March 25th 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 * Email: webbe@fit.edu

2016 DOWNTOWN MELBOURNE 5K OFFICIAL ENTRY FORM

Fees: \$25 until March 24th
\$20 for students 18& Under until 3/24
(\$24 for SCR & Gecko Club Members til 3/24)
\$30 March 25th & Race Day

Last Name (Please print)

First Name

Address

City

State

ZIP Code

Telephone

Email

Date of Birth

Age on Race Day

M ___ F ___
Gender

S ___ M ___ L ___ XL ___
T-shirt Size

Y ___ N ___
Space Coast Runners Member?

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

School Affiliation _____

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

SCR MEMBER DISCOUNTS!

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



SAVE 10%
at these local
businesses

GET MOVING!

Group Fitness & Personal Training



SAVE 10%
off one item per
member



SAVE \$10
on a zoo
membership



ENDURANCE FUELS
& SUPPLEMENTS

SAVE 10%
on Hammer
products at
Nutrition Leaders
in Indialantic



MAY 1, 2016
COCOA BEACH

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AS FEATURED IN USA TODAY
& THE RUNNER'S BUCKET LIST



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OPEN TO ALL RUNNERS & WALKERS
LOGO BEACH TOWELS TO ALL RUNNERS
SHOES ARE OPTIONAL.
BAREFOOT DIVISION
POST-RACE PARTY ON THE BEACH



REGISTER NOW | RUNONTHEBEACH.COM



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FOLLOW US FOR UPDATES AT [FACEBOOK.COM/ROXY](https://www.facebook.com/roxy) & [FACEBOOK.COM/RONJONS](https://www.facebook.com/ronjons)

**MARCH
13TH**
COCOA BEACH,
FLORIDA



XPERIA Lounge

ROXY FIT NESS

RUN SUP YOGA



[ROXY.COM/ROXY-FITNESS](https://www.roxy.com/roxy-fitness)

RUN A MILE WITH JOHN WALL



Name: John Wall

Family: Elizabeth (wife) and Alexander (4 year old son)

Ages: 45

Originally from: Co.Clare, Ireland

Currently reside: Viera

Number of years running: 3

Began Running Because/To:

I had moved temporarily to Pittsburgh for my work in early 2012. Around March 2013 I started running during lunchtime at work, primarily as an escape to break up the long work days, and to also help me stay reasonably fit. My running partner in Pittsburgh was a good buddy and a seasoned runner who had run Boston many times and had done well over the years. I had not done any road running since my mid 20's, which was quite a long time ago.

I Knew I Was Hooked When:

I had been running about 20 miles per week on average, and on one of my training runs we started to do talk about local Pittsburgh races and what distances would be fun to run. Boston came up a few times. We settled on a 10 mile race, the "EQT 10 miler" which was in early Nov



Photo credit: Pittsburgh Post-Gazette

2013 in Downtown Pittsburgh. The race drew a strong field with some real fast current Olympic athletes, incl. 2012 marathoners Ryan & Sara Hall. I did pretty well for my first time

out and felt great running over the bridges of Pittsburgh and thru the city streets. I uttered the words, "I wanna do that again!!" afterwards.

Race PRs (Personal Records):

5K – 18:29, 15K – 58:40, 10 mile – 1:05, Half marathon -1:29:42, Marathon — 3:12:55

My biggest running accomplishment to date:

Unquestionably my Qualification for the Boston marathon 2016 (also have a qualifying time for 2017). I recently came across a photo taken on the day my son was born back in May 2011-and it is of me reading to him while I was wearing a Boston marathon t-shirt....



RUN A MILE WITH JOHN WALL

Favorite Race(s): Why?

Locally I have to say I really like the Turtle Krawl race. As a 5K it is a great course and so well run and supported. A close second is the Space Coast Marathon, which again is a very scenic route and very well organized race. Now that I have race directed the Seize the Day 5K, I have to say that is close to the top of the list.

Outside Brevard county, it has to be the EQT Pittsburgh 10 miler....run through the streets of Pittsburgh, and over many iconic bridges with many elevation changes, it concludes with a nice stretch finish down the city center....I also have a fondness for the Toledo half marathon.

Favorite Place(s) to Run:

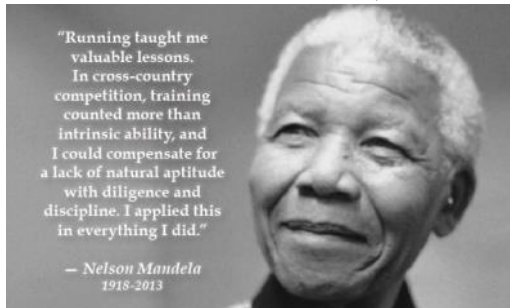
Many favorites...but really anywhere that my Up & Running and Viera running friends are present! Always love to get out and train with them.



Running Goals: To be the best I can while enjoying my running. Timewise-to run a sub 18 minute 5K*, and run a 3:05 marathon.

Running Partner(s): I am blessed when it comes to my running partners. I love getting out and running with my Up & Running Fitness teammates during the week and getting to the Peak When it Counts camp. I have been with the team since August and have loved every minute of it. I have made some great friends through my running and am so appreciative of my great running friends in Viera that have invited me to train with them, especially as we are all gearing up for Boston in April. They have made me very welcome and even though the plan is tough with lots of miles each week, it is a lot of fun...

If I Could Go on a Social Training Run With Any Other Person, Dead or Alive: Nelson Mandela and my late mom.



Funniest or oddest thing I've seen

while running: My 4 year old son Alexander comes to all my races, and at one race he spotted a teammate of mine (Dave Bills) wearing a pair of tight running shorts. A day or so later Alexander told me that if I want to run fast I need a pair of these "tighty whities", as he called the shorts. I went and ordered a pair, and debuted them at the Space Coast Marathon last November. He asked me after I had finished what took me so long...and that they did not do me much good!!!

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

Ease into it and set some goals for yourself. Listen to the experienced runners around you, and don't be afraid to ask their advice.

Other Sports & Interests:

Love all sports....especially soccer, swimming, golf. Love to travel and enjoy learning more of the history of places around the world



Last Movie I Saw: Hotel Transylvania 2

Favorite Hero: Nelson Mandela

Favorite Pre-Race Meal:

Not much for a short race....for longer half or full marathon-Toasted bagels and bananas.

I Can't Live Without: My family means everything to me!!!! They allow me to do what I do.

Last Time I Took A

Selfie: Family selfie while on work/personal visit to Boston in November last.



**Editor's Note: At press time, John had accomplished his 5K running goal with his Tooth Trot 5K finishing time of 17:57. Congratulations!*



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

***Paddy Cassidy's, Beef O'Brady's, Hogan's, and Nolan's
Irish Pubs present***



LUCKY LEPRECHAUN 5K RUN/WALK

Sunday, March 13, 2016

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

**8:00 am - 5k Run/Walk
9:00 am - Kids Fun Run**



Registration

By Mail with check payable to
Cocoa Beach Project Graduation
30 Country Club Road
Cocoa Beach, FL 32931

On-Line at <https://runsignup.com/Race/FL/CocoaBeach/LuckyLeprechaun>

Packet Pickup at Cocoa Beach Health & Fitness
March 12 from 3:00 to 7:00 pm
1355 N. Atlantic Avenue, Cocoa Beach

Race Day Registration
From 6:30 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 0-9, 10-14, 15-19 and 10 year age groups from 20-29 through 80+

Amenities

Women's or unisex style t-shirt. T-shirts not guaranteed for late registration or race day registration. *Women's shirts run a size small!*

Post race refreshments, awards, and door prize drawings at **Jenna's Breezeway Grille**

**For More Information, (321) 783-6535 or
cbprojectgraduation@gmail.com**

Entry Fee	Postmarked by 2/21/16	After 2/21/16
5k Run/Walk	\$20	\$25
Student (under 19)	\$15	\$20

Name _____
 Address _____
 City _____ State ____ Zip _____
 Phone _____ Birthdate _____
 Email _____
 Age on 3/13/2016 _____ 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 sizes typically run a 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

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



FEBRUARY 2016

February 7

Daytona Beach Half Marathon
Daytona Beach, FL

Molly Kirk, Brittany Streufert,
Marie Thomas, Micah Vanatta

February 13

Donna Half Marathon
Jacksonville, FL

Kelley Lake

February 14

A1A Half Marathon
Fort Lauderdale, FL
Tonya George

February 14

The Donna Marathon
Jacksonville, FL
Charlene Anstett, Abe Oros

February 20-21

Gasparilla Distance Classic
Tampa Bay, FL

Tonya George, Beverly Glenn,
Marion Oswald, George "Skip" Oswald,
Ned Voska, Sandra Walker

Gasparilla Half Marathon

Tony Bills, Suzie Philbeck

February 21

Disney Princess Half Marathon
Lake Buena Vista, FL
Heather Felix

MARCH 2016

March 5

Shark's Tooth 10K
Venice, FL

Ann Marie Keim

March 6

Swamp House Half Marathon
DeBary, FL

Trisha Jones, Shannon Leathlean,
Donna Scott

March 12

Gate River Run 15K
Jacksonville, FL

Lisa Hamelin, Marion Oswald,
George "Skip" Oswald, Cheryl Ritter,
Ron Ritter

March 13

**First Watch Sarasota Half
Marathon & Relay**
Sarasota, FL

Tonya George, Ann Marie Keim,
Kelley Lake, Ned Voska, Sandra
Walker

March 20

Publix Georgia Half Marathon
Atlanta, GA
Rachel Redlien

March 20

Rock n Roll Dallas Half Marathon
Dallas, TX

Carol Ball

March 26

Tomoka Marathon & Half Marathon
Ormond Beach, FL

Trisha Jones, Molly Kirk, Shannon
Leathlean, Donna Scott, Brittany
Streufert, Marie Thomas

March 29

Storm the Campus 10 Miler
UCF, Florida

Kelley Lake

APRIL 2016

April 2

Cooper River Bridge Run
Charleston, SC

Beverly Glenn

April 16

**Walt Disney World Star Wars
Parkside Challenge**
Lake Buena Vista, FL

Ned Voska, Sandra Walker
**Star Wars Half Marathon— The
Dark Side**
Heather Felix

April 18

Boston Marathon
Boston, MA

Ilse Berube, Cristina Canales, Jackie
Kellner, Abe Oros, Cheryl Ritter, Ron
Ritter, Micah Vanatta

MAY 2016

May 1

New Jersey Marathon
Oceanport, NJ

Cindy Bishop

May 8

Tinkerbell Half Marathon
Anaheim, CA

Kelley Lake

May 14

Ragnar Relay Tennessee
Chattanooga to Nashville, TN

Lori Kruger

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

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



See your next
out-of-town race
listed.

It's easy! Just click on
the link. [Click here](#)

May 29

Rio de Janeiro Marathon
Rio de Janeiro, Brazil

Cindy Bishop

JUNE 2016

June 4

**Pelee Island Winery Half
Marathon**
Pelee Island, ON, Canada

Lori Kruger

June 18

Grandma's Marathon
Duluth, MN

Micah Vanatta



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10K • HALF MARATHON
MAY 1, 2016 | COCOA BEACH, FL



SMOOTH JAZZ ON THE BEACH

Mark Your Calendar!

Awards Night * Saturday, June 4

Race Calendar

2/6	Florida Today 5K & 8K	7:00 am	Front Street Park, Melbourne	info@thefloridamarathon.com
2/6	Superhero 5K & 1 Miler	8:00 am	The Avenue, Viera	superhero-run@friendsofchildrenofbrevard.org
2/7	Florida Marathon & Half Marathon	6:30 am	Front Street Park, Melbourne	info@thefloridamarathon.com
2/13	Brevard Zoo Sloth Skedaddle 3K	7:00 am	Brevard Zoo, Melbourne	info@runningzone.com
2/13	5K on the Parkway	8:00 am	680 N. Courtenay Pkwy, Merritt Island	https://runsignup.com/Race/FL/MerrittIsland/5KOnTheParkway
2/13	Insane Inflatable Obstacle Run	8:30—11:30 am	Max K Rodes Park, West Melbourne	http://insaneinflatable5k.com/palm-bay-fl/
2/20	5K Run/Walk for Autism Awareness	8:00 am	Scott Center for Autism FIT, Melbourne	childandfamily@cfl.rr.com
2/20	Freedom 5K	4:00 pm	Moore Memorial Park, Mims	utzler.kl@gmail.com
2/27	Eye of the Dragon 10K & Tail of the Lizard 2 Mile	7:00 am	Eau Gallie Civic Center, Melbourne	eyeofthedragon10k@gmail.com
2/27	Chili Cookoff 5K	5:30 pm	Max Brewer Bridge, Titusville	runsalot@cfl.rr.com
2/27	Flavor Run 5K	10:00 am	Wickham Park, Melbourne	support@flavorrun.com
2/28	Devereux Dash 5K	7:30 am	Holiday Inn Viera, Melbourne	Richard@holidayinnviera.com
3/5	Thing-a-ma-Jogger 5K	7:30 am	Manatee Elementary, Viera	runsalot@cfl.rr.com
3/5	St. Mark's Lions on the Run	7:30 am	St. Mark's Episcopal Academy, Cocoa	susie.mcb.davis@gmail.com
3/5	Race for the Heart 5K Glow Run	6:30 pm	Exploration Tower, Cape Canaveral	racefortheheart5K@gmail.com

THE RRCA'S TIPS FOR RUNNING SAFELY

1. **DON'T WEAR HEADSETS.** Use your ears to be aware of your surroundings. Using headphones, you lose the use of an important sense: your hearing.
2. Always stay alert and aware of what's going on around you. The more aware you are, the less vulnerable you are.
3. Carry a cell phone or change for a phone call. Know the locations of call boxes and telephones along your regular route.
4. Trust your intuition about a person or an area. React on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not "right", it isn't.
5. Alter or vary your running route pattern; run in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local RRCA club or running store. Know where open businesses or stores are located.
6. Run with a partner. Run with a dog.
7. Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
8. Avoid unpopulated areas, deserted streets, and overgrown trails. Especially avoid unlit areas, especially at night. Run clear of parked cars or bushes.
9. Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information. Don't wear jewelry.
10. Ignore verbal harassment. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
11. Run against traffic so you can observe approaching automobiles.
12. Wear reflective material if you must run before dawn or after dark.
13. Practice memorizing license tags or identifying characteristics of strangers.
14. Carry a noisemaker and/or OC (pepper) spray. Get training in self-defense and the use of pepper spray.

www.rrca.org

Join Our
TEAM

RACE REPORTER

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

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Did you race the Space Coast Classic 15K?

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

HOW TO QUALIFY

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

THE RULES

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



Space Coast Runners Membership Application



Benefits of Belonging

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

Your Membership Supports

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



Join now at Active.com, on our web site or fill out the following form and return it with a check to:
Space Coast Runners, P.O. Box 541837, Merritt Island, FL 32954-1837

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

Name: _____ Phone: _____

Address: _____ Age: _____ Sex: _____

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

Email: _____

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

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

Membership Amount: \$ _____

*Tax Deductible Contribution: \$ _____

Total: \$ _____

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

Signature _____ Date _____

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



FEBRUARY

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

1	Michael Miller, Sheila Desrosiers, Alex Hansen	16	Kathryn Varnes, Don Nelson, Tim Palko, Jeanne Higbie, Emily Irwin, Kathryn Ownby
2	Geoffrey Pletcher, James Harrison	17	Kurt Holst, Loma Mazza , David Thorpe , Trisha Jones , Mathew Lerret, Aubrey Long
3	Laura Sardella , Colin Hedgespeth, Ron Roff , Ayden Pope, Noah Pope, Mei Wong	18	
4	Greg Butler, Debbie Molina	19	James Ralph, Joe Lento
5	Marlene White, Steve Colella, Ryan Berube	20	Joseph Joseph, Brooke Armbruster
6	Quinn Kanner, Jeannine Hawkins	21	Patrick Hanan, Robin Murphy
7	Vern Thomas, James Dishaw, Gary Gates, Sean Michaels	22	Christy Tagye, Bill Branan, Shawn Saunders
8	Michael Girard, Dave Nazarek	23	Sara Wamsley
9	Ben Buchanan, Ryan Buchanan, James Conant, Rachel Bowen , Hazel McNees	24	Clara Squires
10	Amy Sequeira, Alecia Dutter, Sarah Chapman	25	David Linney, Beatriz Perez
11	Terry Hayden, Cassandra Plotkin	26	Alexis Van Vuren
12	Shane Streufert, Linda Schultz, Nicole Guinn , Wade Dauberman, Trish Boggs, Sarah Hausman	27	Denise Piercy , Harrison Tinker
13	Tim Gannon, Brad Thomas, Robin Mathias	28	Michelle Au, Ben Hagerty, Teresa Murphy, Anna Montes , Shona Price, Jordyn Vu
14	Kendall Enlow, Cindy Bishop, Ingrid Baird	29	
15	Susan Snodgrass, Abbigail Hansen, Mark O'Donnell		