

# SPACE COAST RUNNERS

FEBRUARY NEWSLETTER



**RACE  
Reports  
& More  
INSIDE**

**RUN A  
MILE WITH  
>> Michelle Au**

**Promoting fitness through running & walking**

# The Starting Line

February 2014

## DEPARTMENTS

- 04 [From the Editor](#)
- 08 [Springer's Spiel](#)
- 16 [ROY Series Calendar](#)
- 43 [Birthday Calendar](#)

## RESOURCES

- 03 [Member Discounts](#)
- 07 [SCR Board Members](#)
- 10 [Local Fun Runs](#)

## FEATURES

- 11 [SCR Central](#)
- 15 [Running in Wild Florida](#)
- 19 [Tips 'n Tricks](#)
- 21 [ROY— Dashing Down the Roads](#)
- 33 [Run a Mile With...](#)
- 36 [Where in the World?](#)
- 39 [Memories of a 50-Stater](#)

## RACE REPORTS

- 24 [Solar Bear Fun Run](#)
- 26 [HFMC Family Fun Run](#)
- 27 [Mustang Stampede 5K](#)
- 28 [Tiger Dash 5K](#)
- 22 [Beat the Leader 5K](#)



Photo credit: Doug Carroll

**ON OUR COVER: Photo by Doug Carroll**

**Eight year old, Braelyn Wahy is all smiles as she accepts her first place age group award at the Tiger Dash 5K.**



Photo by Steve Colella



## WHO WE ARE

**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 chapter of the **Road Runners Club of America**.

Visit us online at [SpaceCoastRunners.org](http://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.

## CONNECT WITH SCR

twitter



Visit us on  
Facebook



**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!

Website: [SpaceCoastRunners.org](http://SpaceCoastRunners.org)

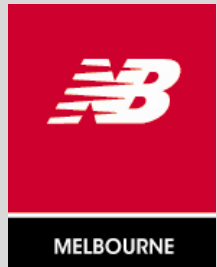
Website Editor: Loran Serwin, [LSerwin@cfl.rr.com](mailto:LSerwin@cfl.rr.com)

Results/Calendar: Matt Mahoney, [MatMahoney@yahoo.com](mailto:MatMahoney@yahoo.com)

LinkedIn Group Mgr: Bob Rall, [Bob@RallCapital.com](mailto:Bob@RallCapital.com)

## SCR MEMBER DISCOUNTS!

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



# FROM THE EDITOR

We are past the halfway point! Last weekend, the Tiger Dash marked the 8th Race of the Space Coast Runners Runner of the Year Series. Next weekend we will have The Tooth Trot followed by the Eye of the Dragon two weeks later. Then, we'll get a bit of a break until the Downtown Melbourne 5K is held on March 29th, and the Series wraps up on April 12th with the Space Walk of Fame.

And, those are just the SCR ROY Series events. There are plenty of other events on the calendar to keep you in tip-top shape. This weekend, we'll have the Melbourne Music Marathon Weekend, which offers a variety of distances to challenge you. The Running Zone's Race Series is just past the halfway point as well, with the Meerkat Mosey 3k on February 15th.

It's obvious that we have a very vibrant running, walking and fitness community. So, it should be no surprise that we have a very vibrant club. Space Coast Runners is a very active club, doing so much more than just putting on a race series. We promote all types of fitness events on the Space Coast. We hold road cleanup events to make sure that we clean up after ourselves and stay on good relations with the residents in the neighborhoods we frequent. We hold socials to bring members together, where old friendships are kept strong and new friendships are formed. We offer a couple of annual scholarships to local high school seniors who find a way to fit fitness into their lives. And, we are a charitable group, donating part of the proceeds we receive from the Space Coast Marathon and Half-Marathon to Special Olympics Brevard...funds that stay in Brevard to help our special citizens.

So, we also want to provide you with a very vibrant newsletter to keep you aware of what's going on with your club. We are constantly trying to make changes to improve and we hope that you like the direction we are going. This month, we are making strides to coordinate club commu-

nications by connecting the newsletter, our Facebook page, our LinkedIn group page and our Twitter page into an integrated communication machine. We hope you'll get involved in the conversations.

Also this month, we welcome a few new Contributors to the newsletter team. We put out a call for help and hit the jackpot! Please welcome Michelle Smurl, who will be helping us with race reports and other features, including this month's "Running in Wild Florida." Also welcome Michelle Au, a new club member who wasted no time in getting involved. She will also be helping us with race reports and other features. You can also get to know her a bit better in this month's "Run a Mile With..." column. Finally, also welcome Jennifer Ogburn who put together this month's report on the Harris Family Medical Center 5k and will also write on other articles of interest.

Let us know how you like what we are doing and we are open to ideas, suggestions and even constructive criticism. And, if you would like to help out, send me a message. There's enough going on in our area to keep several more talented people busy.

Until next month, have fun and stay safe!  
BOB RALL

Editor-in-Chief [Bob@rallcapital.com](mailto:Bob@rallcapital.com)



# NEWSLETTER CONTRIBUTORS



**LISA HAMELIN**  
Associate Editor



**BRITTANY STREUFERT**  
Associate Editor



**MICHELLE AU**  
Contributor



**JENNIFER OGBURN**  
Contributor



**MICHELLE SMURL**  
Contributor

## ADVERTISER INFORMATION

There are two ways to advertise in the Space Coast Runners newsletter. Give our members a discount and we'll give you a free small ad space (see page 3).

For other ads like business or race advertisements, we charge \$25 for a half page and \$50 for a full page.

Contact Bob Rall, Editor-in-Chief  
[Bob@RallCapital.com](mailto:Bob@RallCapital.com)

**MARK YOUR 2014 CALENDARS  
FOR THESE SPACE COAST  
RUNNER OF THE YEAR RACES!**

**2/8/14**  
**TOOTH  
TROT 5K**  
RUN/WALK

**2/22/14**  
**EYE OF THE  
DRAGON 10K**  
& 2 MILE

**3/29/14**  
**DOWNTOWN  
MELBOURNE  
5K**  
RUN/WALK

**4/12/14**  
**SPACE WALK  
OF FAME 8K**  
& 2 Mile





[CLICK HERE TO REGISTER ONLINE](#)

**TO VIEW PRINTABLE ENTRY FORM & RACE DETAILS** [CLICK HERE](#)



**RACE INFORMATION**

**Race Date:** Saturday, February 08, 2014

**Race Time:** 8:00 A.M. 5k Run & Walk

**Location:** Eastern FL State College (formerly BCC)/Wickham Park Main Pavilion (Behind BCC off Wickham Rd.) Melbourne, FL

**Kid's Race Series:** Free, Ages 2– 12

9:15 A.M. No shirt, Register on site

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

**Rain or Shine event; NO REFUNDS!**

**RACE REGISTRATION**

Online at [www.ToothTrot.com](http://www.ToothTrot.com)

**PACKET PICK-UP**

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

**T-SHIRTS**

1st 300 paid entrants in 5K will receive a technical t-shirt. Child sizes available in cotton only. Sizes & availability are not guaranteed.

**5K Run**

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. *SCROY Points.*

**5K Walk**

Participants must walk the entire course. Scored separately from 5K Run and cannot change category mid-race. Medals awarded to top 10 finishers.

**Kid's Race Series**

Free to children ages 2–12 years of age. Parents may register child on site. Participation prize for all registered kids.

**5k Day of Race Registration:**

6:30–7:45am at Wickham Park Main Pavilion behind BCC (Eastern FL State) on Wickham Road



**AWARDS**

**5K Run Awards**

*Participants may run or walk this event.*

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

Master: 1st place Male & Female 40+

Grand Master: 1st place Male & Female 50+

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

*SCROY Points to SCR members.*

**5K Walk Awards**

*Participants must walk the entire course.*

Overall: First 10 finishers.

**5K Run Team Awards**

*Participants may run or walk this event. **New this Year...** Awards for 1st place **Dental** team. Total sum time of top 5 team members.*

**AMENITIES**

**D-Tag Timing**

**Technical T's to first 300 registered**

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

**VISIT US ON [FACEBOOK!](#)**

**CONTACT US: [info@toothtrot.com](mailto:info@toothtrot.com)**

Give Kids a Smile provides free dental care to children in need within Brevard County, Florida. All dental care is provided free of charge by member dentists of the Brevard County Dental Society (BCDS). The proceeds raised by the Tooth Trot aids the BCDS to provide dental health education supplies, as well as tooth brushes and toothpaste, for the children and their families. Thank you.

# 2013 2014

## SCR Board of Directors

### OFFICERS



**Ed Springer** [springer993@gmail.com](mailto:springer993@gmail.com)  
President

**Marisa Flint**  
[artmommarisa@bellsouth.net](mailto:artmommarisa@bellsouth.net)  
Vice President

**Cyndi Bergs** [mcborgs@att.net](mailto:mcborgs@att.net)  
Secretary

**Carol Ball** [cball1@cfl.rr.com](mailto:cball1@cfl.rr.com)  
Treasurer

### BOARD MEMBERS

**Morris Johnson**  
[johnsonmr@acm.org](mailto:johnsonmr@acm.org)

**Bob Rall**—Newsletter Editor  
[Bob@RallCapital.com](mailto:Bob@RallCapital.com)

**Mary Ramba**  
[mramba@aol.com](mailto:mramba@aol.com)



**Loran Serwin** —Membership &  
ROY Chair [LSerwin@cfl.rr.com](mailto:LSerwin@cfl.rr.com)

**Kara Springer**  
[karaniedermeier@hotmail.com](mailto:karaniedermeier@hotmail.com)

**Dick White**  
[dickwhite@cfl.rr.com](mailto:dickwhite@cfl.rr.com)

# Springer's Spiel

- A Monthly Column from SCR President, Ed Springer



Space Coast Runners,

When I started to gain interest in running, I naturally gravitated towards running books, magazines and websites in pursuit of becoming an educated, and possibly better, runner. I quickly became overwhelmed with the abundance of information, philosophies, training plans and opinions. I also became quite confused with conflicting advice and counterintuitive suggestions. I read quite a few books by distinguished coaches. One would say train to race by running fast; another would say train to race by running slow. Some books are chock-full of aggressive workouts but no mention about proper running form, injury prevention and proper recovery. Other coaches and experts write exclusively on proper running form. So which one should I follow? Whenever I start to feel perplexed, I look for simplistic answers.

Edward Jenner (1749-1823) was an English physician who is known for his contributions in medical advances. In a time when smallpox was rampant, and many humans were dying from the infectious disease, Jenner observed milkmaids appeared to have an immunity from it. After further investigation, he realized the milkmaids had been exposed to the far less serious

cowpox virus. Symptoms of cowpox include a short span of fever and uneasiness and very few cowpox cases result in death. Feeling quite certain he was on to something, he inoculated some test subjects with cowpox. Shortly thereafter, the people with induced cowpox were injected with smallpox and as hypothesized, the smallpox virus was repelled.

So my advice to those who venture into the bewildering realm of training is to make observations. Who is running well? Who is staying healthy and injury free? Who is improving their race times? Ask them what they do. Chances are their results are not accidental and are traced to deliberate training. As with any gain in running, there is some work, pain and uneasiness required to achieve desired results. So in other words, seek advice from those getting results and as counterintuitive as good coaching and running advice may sound, take a dose of the cowpox.

Happy Running,

Ed



## FEBRUARY BOARD MEETING

The next SCR Board Meeting will be held at 7:00 pm, February 17th at the Health First Pro-Health & Fitness in Viera.



*Voted One of the Top 50 Running Stores in America*

# **RUNNING ZONE**



*All Your Favorite Brands*

**Shoes • Apparel • Accessories**  
**Runners • Walkers • Triathletes**

*Free gait analysis for proper shoe fit.*

**321-751-8890**

**[www.running-zone.com](http://www.running-zone.com)**

*We want you to feel good when you exercise!*

**10% DISCOUNT**  
**TO ALL SPACE COAST RUNNER MEMBERS**

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

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

## Local Fun Runs & Walks



It's always better to run and walk with friends. Our fitness community offers several opportunities to find a group to train with. Below are the details on the groups currently meeting on a regular basis. If you know of others, let us know and we'll list them here. If you are the Organizer of a group event, please check to make sure we have the details correctly listed

Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners
Sun	Oars and Paddles Park, IHB	7:00 am	Up & Running Fitness
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone
Mon	LongDoggers, Indialantic	6:00 pm	Jessica Crate or Steve Chin
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Christy Tagye
Tues	Palm Bay Rec Center	5:00 pm	Dave Hernandez
Tues	LongDoggers Running for Brews, Satellite Beach	7:00 pm	Danielle Pirolo
Wed	Bob's Bicycle Shop, IHB	6:00 pm	Jesse Hall
Wed	Daddy Ultra Runs, Cocoa Village	6:00 pm	Hernan Garcia
Wed	Squid Lips, Melbourne	5:30 pm	Running Zone
Thurs	Palm Bay Rec Center	5:00 pm	Dave Hernandez
Thurs	Chase Bank (Riverside/Melb Cswy)	6:00 pm	Up & Running Fitness
Thurs	Running Zone, Melbourne	5:30 pm	Running Zone

# SCR Central

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



## EARLY BIRD REGISTRATION!

### Space Coast Marathon & Half Marathon

SCR members will have **TWO** opportunities to register EARLY for the 2014 Space Coast Marathon & Half Marathon and receive a DISCOUNT.

#### Saturday, February 8th—Tooth Trot 5K

Stop by the SCR booth after the Tooth Trot 5K race. SCR will be accepting registrations until 11am in the Wickham Park main pavilion behind BCC on Wickham Road. In addition to guaranteed early entry, SCR members will also be offered \$10 off the marathon and \$5 off the half marathon entry fees. You must be present to register.

#### Friday, February 14th—ONLINE ONLY!

SCR members can register online for either race 24 hours in advance of the open registration. SCR members will use code **SCRFULL10** to receive \$10 off the marathon and code **SCRHALF5** to get \$5 off the half marathon. SCR membership will be verified by Running Zone. Register at [www.runningzone.com](http://www.runningzone.com)



## Space Coast Runners WELCOME NEW MEMBERS!

- .....
- Moe Desrosiers
- Sheila Desrosiers
- Danielle Hustoles



## Zoom, Zoom at Croom!

Steve Chin took the overall title in the 50K race at the Croom Zoom held in Brooksville, FL on January 4th in 4:06:30. That's a 7:57 pace! Chin has raced three 50K events and has won them all.

And let's not forget Brevard County participants for the 25K: Mark Jackson, Jennifer Schneider, Robert Schneider, Loran Serwin, Bill Buonanni, Linda Cowart, Robin Williams, Marisa Flint and the 50K runners: Ron Roff and George Maxwell.

.....  
**Did you hear the news? The Space Coast Half Marathon was named Best Half Marathon in the Southeast Region by Competitor Magazine.**



Competitor asks its online readers and social media followers from around the country to nominate their favorite races, specialty shops, clubs, charity programs, coaches, products and more.

And, let's give a shout out to another local winner! The Best Race for Kids in the Southeast was Melbourne's Longdoggers Kids Marathon.

# SCR Central

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



## 3 Reasons to Join the SCR Corporate 5K team!

**#1 - 50% Discount!** SCR will pay half of the \$23 registration fee for the first 10 males & first 10 females who respond/commit to run on the SCR team.

### **ENTRIES STILL AVAILABLE!**

**#2 - Free Green Beer!** Celebrate St. Patty's day at the largest outdoor office post race party in the county that features a live band and complimentary green beer.

**#3 - Winning!** Be a part of a team that's ready to defend its first place education/non-profit and second place co-ed team titles.

Contact Ed Springer if you're ready to JOIN. [springer993@gmail.com](mailto:springer993@gmail.com)

## Fashion Police: Tutu Cute or Too Too Much?



The outfit is a bit too-too much! The Fashion Police spotted Lisa Hamelin sporting this "Tutu-meets-run girl" ensemble at the Solar Bear Run on the very first day of 2014.

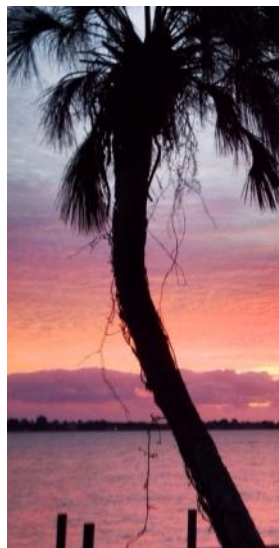
The tutu is an unexpected, breezy look for a runner. But the rainbow striped knee socks clash with her colorful Saucony shoes and dare-we-say dresses down the tutu's overall appeal.

We hope Lisa will make a new year resolution to retire this entire outfit for the rest of 2014!

Photo credit: Jimmy Horst

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. We encourage you to provide photographic evidence.



## Join Us for the SCR Fun Run on 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. All paces are invited to join the fun. Water and Gatorade will be available at miles 2 & 4. (Photo credit: Steve Colella)

# SCR Central

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



## Getting Social

The **Winter Social Breakfast** held at Daddy Ultra Runs in Cocoa Village after the Sunday morning fun run was an astounding success. Over 75 members turned out to break bread and get social. The prize wheel was spinning and Carol Ball delighted members with personalized SCR throwaway gloves, windshield sun shades and runner safety lights. Food was plentiful, temperatures brisk...you couldn't have asked for better.



# SCR Central

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



## CONGRATULATIONS SCR BOSTON 2015 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. GREAT JOB!

Harry Prosser, 45-- 3:20:25

## Attention High School Graduating Seniors!

### Apply for the **SCR Scholarship**

Each year Space Coast Runners awards two **\$1,000 scholarships** to a Brevard Senior Male and Female. Requirements are that you belong to SCR or to your high school's track or cross country team.

### **When should I apply?**

Applications will be available February 1st.

### **What do I have to do?**

Scholarship applicants must write an essay to be considered which is outlined in the scholarship application.

### **Where can I get an application?**

Contact your school Guidance Department to get an application.



Celebrate Valentine's Day



SCR Style!



You could be featured in March's newsletter!

Send us a photo showing how you celebrated Friday, February 14th ... like a runner. [Click here](#) to submit.



An application is being submitted by February 1, 2014 to bring an inspirational, transformational running program to the girls of Brevard County. The program is called

**Girls on the Run** and is targeted to benefit girls aged 8 – 13. It teaches them all about the importance of healthy eating, exercise, building self esteem, teamwork, giving back to the community and much more!

If you are interested in learning more about the program or participating in any way please feel free reach out to Theresa Mouton at [baby968@live.com](mailto:baby968@live.com) or (210) 414-6848.

# Running in Wild Florida

an article by Michelle Smurl

Fear of snakes is one of man's most common phobias. Recent studies suggest humans have an innate tendency to fear them. With 46 different species of snakes native to Florida, encounters with these reptiles are not unusual amongst active people enjoying the great outdoors.

Social media amongst runners was abuzz in 2013 with local stories of snake encounters. In warmer weather, when snakes are most active, it is common to come across a dead snake while running on Indian River Drive in Rockledge and Cocoa. This is what you might hear: "The only good snake is a dead snake". What you may not realize is that snakes are not waiting in the bushes on the side of the road ready to attack the next runner or walker. They don't slither into your backyard or your "space" to give you nightmares. Snakes are simply trying to survive. They seek warm spots to soak up the sun and wait for that delicious smell of rodent before slithering off for a meal.

Snakes play an important role in the environment by helping to regulate rodent populations. Keep in mind that rodents help to spread 35 known human diseases. We need to learn to respect and appreciate snakes for the role they play in our environment. Every year in the U.S., humans kill thousands of snakes, yet the incidence of human morbidity caused by venomous snakebites is extraordinarily low. It is important that Floridians learn to identify, understand, and respect snakes in order for people and snakes to coexist.

Social media has helped to save a few local snakes recently. With proper identification a harmless banded water snake, often mistaken for the venomous cottonmouth, may be granted a reprieve. Ancient Chinese wisdom says a snake in the house is a good omen because it means that your family will not starve. Let's add the wisdom that a snake outside the house is a good sign also, as it indicates the balance of nature is alive and well.



To learn more about Florida's fabulous snakes please visit the Florida Museum of Natural History Herpetology website - <http://www.flmnh.ufl.edu/herpetology/fl-guide/fl-snakelist.htm>



# BREVARD ZOO

## MEERKAT MOSEY 3K

Saturday,  
February 15<sup>th</sup>, 2014 7:00 am  
VIERA, FL

To benefit BREVARD ZOO

Register ONLINE at [runningzone.com/series](http://runningzone.com/series)

Tuesday - Friday, Feb. 11<sup>th</sup> thru Feb. 14<sup>th</sup> 10:00 am  
- 6:30pm (register at [www.runningzone.com/series](http://www.runningzone.com/series))

Packet Pickup & Registration at Running Zone across from The King Center on Wickham Rd.

Saturday, February 15<sup>th</sup> - Brevard Zoo, Viera, FL

6:00 am Packet Pickup & Registration

6:45 am Late Registration ends

7:00 am 3K Start - No Monkey Business!!!

7:35 am 3K Start - The Scenic Route!!!

8:15 am Li'l Meerkat Kiddie 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+

### Amenities:

- Random Giveaway 1 day Disney Tickets and 1 hotel night stay for two!
- Check out Zoo Animals along the course
- 50% off Admission for All Participants on Race Day
- Free Li'l Meerkat Kiddie Run
- Benefits Brevard Zoo
- Two separate start times with combined results for awards

FEES:	Until 2/14	Race Day
3K Run/Walk	\$28	\$31
Team	\$25	N/A
12 & Under	\$15	\$20
Gecko Club/SCR Members	\$25	\$28

### BREVARD ZOO MEERKAT MOSEY 3K OFFICIAL ENTRY FORM -

Make check payable to: Running Zone

Mail to: Running Zone 3896 N. Wickham Road, Melbourne, FL 32935

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (daytime) \_\_\_\_\_ Email address \_\_\_\_\_

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

NO MONKEY BUSINESS <20 MIN. 7:00AM

SCENIC ROUTE >20 MIN. 7:35AM

### 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 \_\_\_\_\_





# SCR SURVEY OF THE MONTH

## Runners: To Listen or Not Listen?



### When running, about how often do you listen to music?

<b>All the time</b>	<b>Some of the time</b>
6.98%	27.91%
<b>Most of the time</b>	<b>None of the time</b>
18.60%	41.86%
<b>About half the time</b>	
4.65%	

### What type of music do you listen to while you run?

<b>Country</b>	<b>R&amp;B</b>
0%	0%
<b>Hip Hop</b>	<b>Rock</b>
23.81%	52.38%
<b>Jazz</b>	<b>Additionally....</b>
4.76%	Some listen to a mixture of music, Christian, Broadway
<b>Pop</b>	show tunes, Punk rock or nothing at all
19.05%	

From RRCA Policy: "Since the mid 1980's the RRCA has maintained a long-standing guideline against the use of headphones in running events and group training runs. This is a safety precaution and a risk management responsibility for race directors and run leaders. As such, race directors and group run leaders are encouraged to ban or strongly discourage the use of headphones in races and group runs." Complete policy: <http://www.rrca.org/event-directors/guidelines-for-safe-events/guidelines/>

### Here's what you would find on the official SCR Playlist!

- Roar by Katy Perry
- Born to Run by Bruce Springsteen
- Breathe by Ryan Star
- Turn it On Again by Genesis
- We Own It by 2 Chainz & Wiz Khalifa
- Like a G6 by Far East Movement
- Eye on It by Toby Mac
- Conga by Gloria Estefan
- Run the Night by Havana Brown
- Victorious by the Notorious B.I.G.
- Man in the Box by Alice in Chains
- Stronger by Kelly Clarkson
- Fade to Black by Metallica
- Timber by Pitbull featuring Ke\$ha
- Anything by Nickelback or New Found Glory
- Oracle by Godsmack (instrumental)
- Unconditionally by Katy Perry
- Give it Away by the Red Hot Chili Peppers
- Bright Side of the Road by Van Morrison
- No. 1 by Nelly



## Peak When It Counts Training Camp

**Tuesdays 6:00-7:30 PM**

**January 14—April 1**

**Peak When It Counts** is designed for ALL fitness levels whether you are new to running or have miles under your belt and want to be more competitive in the sport; obtain a new personal best; add strength and flexibility. What makes Up & Running Fitness unique? We train the entire body focusing on endurance, cardiovascular, muscle-specific training and yoga postures to keep the body flexible and injury-free. Choose from beginners, intermediate or advanced training levels. Your coaches Elizabeth Ring and Karen Hughes will also assess your fitness level after camp begins.

### **We Offer:**

- Track, causeway and beach workouts.
- A variety of challenging and fun group workouts to motivate and inspire you!
- Circuit training to strengthen your body while developing your running skills.
- Yoga targeted specifically for athletes to increase strength and flexibility
- Personalized 12-week schedule based on your goals
- Finisher shirt when you complete the 12-week program
- Training with athletes who have similar goals and aspirations

**12-week Program**  
Locations Vary;  
Orientation and Time Trials will be held  
at Hoover Middle School, 2000 Hawk  
Haven Drive, Indialantic on  
January 14th, 6:00 PM

**\$140 New Participants—\$5.00 Off**  
for New Participants Registering by  
January 7th

**\$110 Returning Participants—**  
Discounts for Referring Friends

For more details, visit us online at [uprunningfitness.com](http://uprunningfitness.com)  
Questions, email us at [info@uprunningfitness.com](mailto:info@uprunningfitness.com) or call 321-544-6385

Photo Courtesy of Doug Carroll

# TIPS 'N TRICKS

(you can thank us later!)



Have a question you want answered? Need help? Email me at [lisahamelin@gmail.com](mailto:lisahamelin@gmail.com) and your question may be featured in an upcoming issue!

## Music To Your Ears?

Raise your hand if you absolutely cannot run without your iPod, cell phone or MP3 player? Hand raised here. I've been reading some articles about running with music and if it's a help or a hindrance or neither. Everyone has a different opinion, so it is sort of a wash. Music will certainly

ly affect your mood, speed, cadence, etc. But, it can affect it in both a good way or in a bad way, depending on what you are listening to. Your favorite songs might be causing you to run slower than your training is suggesting. Or it may be making you run too fast (yes, that

## Contest Alert!!

Who's in the mood to win something? How about a free entry into the BEST 15k that there is in Brevard County? Each month leading up to the Nov. 1st Space Coast Classic, I will post a contest. Stay tuned, the winning starts next month!!

## Endorphin Rush



Endorphins - feel good hormones that produces analgesia and a feeling of well-being.

Chocolate has been proven to release endorphins. Running has also been proven to release endorphins. Dark chocolate has been shown to be healthy for you. I say, let's combine the two 'good for you' things and make running that much better!!

can be a problem too!).

There are plenty of sites and apps that can be downloaded to create a playlist that is ideal for your running needs! Google 'music and running-cadence'.





# Brianna Marie Foundation

## Second Annual 5K



**SATURDAY, MARCH 15, 2014 AT 8:00 AM**  
**Inside Wickham Park**

**TIME TABLE:**

**Friday, March 14<sup>th</sup> 10:00 am – 6:30 pm**  
 Packet Pickup & Registration at Running Zone  
 across from Wickham BCC Pavilion

**Saturday, March 15<sup>th</sup> – Wickham Park**  
 Wickham Park 2500 Parkway Drive, Melbourne, FL 32935  
 (The start will be in the back of the park, pavilion #4)  
 6:30 am Packet Pickup & Registration  
 7:45 am Late Registration for 5k ends  
 8:00 am 5k Start  
 9:15 am Free Kids Run will begin!  
 \*Awards Ceremony immediately following the race  
 \*\*\*Watch website for raffle and silent auction items!\*\*\*

*Bring the whole family for a fun morning at Wickham Park!!*  
*The Brianna Marie Foundation was created to support the advancement of fetal lung therapies, to learn more visit:*  
[www.briannamariefoundation.com](http://www.briannamariefoundation.com)

**AWARDS:**

M-F: Top 3 Overall, Top Masters (40+),  
 Age Groups (Top 3 M-F)  
 8 & Under 25 - 29 50 - 54  
 9 - 11 30 - 34 55 - 59  
 12 - 14 35 - 39 60 - 64  
 15 - 19 40 - 44 65 - 69  
 20 - 24 45 - 49 70 - 74  
 75+

**Brianna Marie Foundation 5K OFFICIAL ENTRY FORM**  
 Send completed entry form and check payable to: Brianna Marie Foundation  
 601 Rossmoor Circle, Melbourne, FL 32940

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (daytime) \_\_\_\_\_  
 Email address \_\_\_\_\_  
 Sex:  Male  Female Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_ Team Name \_\_\_\_\_

FEES:	Until 3/14	Race Day
5K Run/Walk	\$25.00	\$30.00
Students	\$20.00	\$30.00
Kids Run	FREE	

SORRY, NO REFUNDS

Please check shirt size: Sizes:  YM  S  M  L  XL  XXL

**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 Brianna Marie Foundation 5K event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

\_\_\_\_\_  
 SIGNATURE

\_\_\_\_\_  
 SIGNATURE OF PARENT FOR THOSE UNDER 18

\_\_\_\_\_  
 DATE



# Hedgepeth leads cross country charge



## THE LEADER BOARD

(after 7 races )

### MALE

First place: Steve Hedgepeth

Second place: Joe Hultgren

Third place: Jonathon Howse

### FEMALE

First place: Annie Caza

Second place: Brittany Streufert

Third place: Joan Meadows

February SCR Races

**Tooth Trot 5K**

**Eye of the Dragon 10K**

Run both to score points in the ROY series

The seventh race in the SCR Runner of the Year series is now in the books, and Steve Hedgepeth had another notable performance on the Tiger Dash 5K's cross country course.

Here are some highlights from the January 24th race:

ROY series leader, Steve Hedgepeth handily won the overall 5K over second-place finisher Shane Streufert to keep his first place position on the leaderboard.

Tracy Dutra returned from her "maternity leave" and led the ladies, finishing 30th overall and grabbing her first ROY series race title this season.

Anne Dockery returned from abroad to race for the first time since September 2013 and ran her way to a solid second place finish for the women.

February brings two crucial ROY races to the table with the Tooth Trot 5K and the Eye of the Dragon 10K & 2 Mile. With the drops not being factored into the leaderboard at this time, we will probably see a shake up in the standings. Will Davis and Streufert find their way back on the board for the men or will Hultgren and Howse fend them off? Can Caza keep the ladies' crown? Will Dockery's return mean the end of the other Streufert's second place status? Can Butler bound back on the board?

To see all ROY series standings, [click here](#).

# ROY SERIES CALENDAR

## FEATURED SCR RACE OF THE MONTH ►



The 26th Annual Eye of the Dragon 10K & Tail of the Lizard 2 Mile is #9 in the 2013/2014 Runner of the Year Series. This landmark 10K race's course is a true test of strength. In fact past race director, George Revels made the comment, "...it was the bridge that separated the well-trained from the slackers." Choose to battle the Dragon for 6.2 or take on the Tail for 2.

**WHERE ►** Eau Gallie Civic Center, 1551 Highland Avenue, Melbourne

**WHEN ►** Saturday, February 22 —10K & 2 Mile start at 8:00 AM and Kids' Run at 9:15 AM

**WHAT TO EXPECT ►** Hopefully not the howling winds and tornado watch that the 1993 race saw! You're sure to be challenged but you'll also see the very best of the Indian River from atop the Eau Gallie bridge. The post-race party is known for having awesome giveaways and the overall and age group awards are always very unique...and of course, dragon-themed.

**CURRENT COURSE RECORDS ►** Steve Hedgepeth (2013) — 35:57

Jessica Crate (2011) — 39:19

Running On Island Time 5K	✓	Overall Male—Carlos Jones Overall Female—Mikaela Hakamaa
Turtle Krawl 5K	✓	Overall Male—Christopher Cacciapagli Overall Female—Kaitlin Donner
Wild Shrimp Shuffle 10K & 5K <b>NEW!</b>	✓	DQ
Space Coast Classic 15K & 2 Mile	✓	Overall Male 15K—John Davis Overall Female 15K—Holly Wooley
Space Coast Marathon & Half Marathon	✓	Overall Male Marathon —Marc Burget Overall Female Marathon—Hannah Jennings
Reindeer Run 5K	✓	Overall Male —John Davis Overall Female —Holly Wooley
Tiger Dash 5K	✓	Overall Male —Steve Hedgepeth Overall Female —Tracy Dutra
Tooth Trot 5K	Saturday, February 8—Melbourne	
Eye of the Dragon 10K & 2 Mile	Saturday, February 22—Melbourne	<b>For Complete 2013 -2014 ROY Rules</b>  <a href="#">Click Here</a>
Downtown Melbourne 5K	Saturday, March 29—Melbourne	
Space Walk of Fame 8K & 2 Mile	Saturday, April 12—Titusville	
	22	

## **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](http://Health First Pro-Health & Fitness Center) and become a fan on their [Facebook](https://www.facebook.com/HealthFirstProHealth) page!

---



## **Running Into the New Year**

Two local New Year's traditions were continued as 2013 turned into 2014. The first tradition took place at 11:45 when a group of, let's call them enthusiasts, met at the 7-11 in Melbourne Beach for the New Year's Eve 5k. The race started at the 7-11, and ran out and back on the bike path by Spessard Holland Park and along Oak Street. This fun run has no entry fees, awards or any swag. There were 41 finishers this year and the second tradition was upheld when, once again, none of the participants finished in the same year they started.

New Year's Eve 5K results are posted to <http://mattmahoney.net/scr/13newyr.txt>

# Solar Bear Run

January 1, 2014 — Front Street to Ocean Avenue

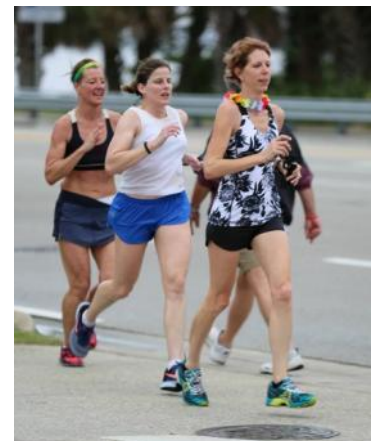
## New Year's Day Solar Bear Fun



The 4th annual running of the solar bears happened on Jan 1. Each year, there is a 5 mile run, a 10 mile run and a run that is relative to the new year, in this case, 14 miles (for 2014)! The 5 mile run starts at Front St in Melbourne, over the causeway and ends at the beach access at Ocean Ave in Melbourne Beach.

A record number of participants came out to enjoy the traditional fun run. It was a little rainy along the way, so most people were wet and chilly when they got to the finish and that could have been an indication of why not too many participants jumped into the ocean for their 'plunge'! It was a great way to start off the new year with a healthy attitude! Jesse Hall of INI Productions, provided the music and entertainment at the start and finish. Participants provided drinks and light food for after.

A video taken by Jesse, can be found here (<http://vimeo.com/83384231>). Photos courtesy of Doug Carroll and Jimmy Horst. Report by Lisa Hamelin





[CLICK HERE TO DOWNLOAD THE REGISTRATION FORM](#)

[CLICK HERE TO REGISTER ONLINE](#)



# Splash Dash 5K & Water Safety Day

PRODUCED BY AND BENEFITING SWIM SAFE FOREVER

**Saturday, March 8, 2014 • Race @ 4:45pm**

**Wickham Park Amphitheater • 2500 Parkway Drive • Melbourne, FL 32985**

Join us for a fun and exciting day focused on Water Safety! DASH the 5K course and after the finish line, SPLASH down the GIANT water slide!

Enter to Win! We'll have lots of great items to raffle!

—  RAFFLE TICKET \$5

—  5 RAFFLE TICKETS \$20

—  GRAND PRIZE TICKET \$10

Grand Prize: 6 Free Weeks of 100 Lessons



Make Checks Payable to:  
Swim Safe Forever, Inc.

Mail Registration To: Swim Safe Forever Inc.  
P.O. Box 33151  
Indianapolis, IN 46203

Register or Volunteer Online  
at [SwimSafeSplashDash.com](http://SwimSafeSplashDash.com)

## Registration

PLEASE COMPLETE & PRINT CLEARLY BELOW, SIGN, AND MAIL SIGNED REGISTRATION ALONG WITH PAYMENT

LAST NAME FIRST NAME GENDER DOB RACE DAY AGE

MAILING ADDRESS (INCLUDE APT # AND/OR CO) CITY STATE ZIP

PHONE EMAIL SCHOOL/AFFILIATION

CHOOSE YOUR SIZE (MALE REGISTER BY FEB 19)  
YOUTH SMALL ADULT MEDIUM  
ADULT EXTRA SMALL ADULT LARGE  
ADULT SMALL ADULT EXTRA LARGE

Yes! I'd like to help sponsor a swimmer!

DONATION \$ \_\_\_\_\_

## Event

SPLASH DASH 5K (as INDIVIDUAL OR TEAM (30 DAY OFF))

KIDS DASH (race)

ULTIMATE HERO CHALLENGE #10  
(FREE TO FIRST RESPONDERS)

TEAM NAME: \_\_\_\_\_

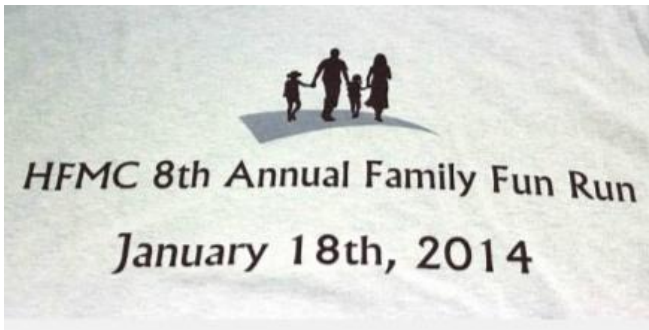
In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may thereafter accrue to me against Running Zone, Swim Safe Forever, its employees, sponsors, officials, volunteers, and supporters this race and any representatives, executors, or agents 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 Splash Dash 5K & Water Safety Day. 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 also give full permission for such first aid as deemed necessary to be provided to me or my child on the premises or prior to transport to a hospital for further treatment. 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 the foregoing 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 participation presents a risk of physical injury. Knowing this, I am entering this event at my own risk.

PARTICIPANT SIGNATURE DATE

SIGNATURE OF PARENT OR GUARDIAN (REQUIRED FOR PARTICIPANTS UNDER 18 YEARS OF AGE)

# Harris Family Medical Center 8th Annual Family Fun Run

January 18, 2014 — HFMC, Melbourne



## Running at Work

Harris Corporation employees and their families have made a name for themselves in the past several years in local races as well as the Running Zone Race series. Not only has the company taken home the Corporate Team Race series award, but a number of runners regularly bring home race hardware. Through the Harris Family Medical Center, 530 employees and their families participated in the Annual Corporate race on Saturday, January 18th. They ranged in ages from 6 to 69 and included children, parents and grandparents all coming out to have fun and be fit.

With colder than normal temperatures, runners huddled around outdoor heaters prior to the race start. The race took place on a loop including Gateway Drive, W. NASA and Hibiscus Blvd. and made a pass through the Harris Corporate campus. Finishers were provided with goodie bags and fresh fruit and snacks before the awards ceremony. A Health fair after the race also included massages, information booths and games and fun-run for the children.

Besides the individuals, teams were also formed by programs and functional group for some fun competition. The "Up & Running Fitness Race Team" of Abe Oros, Chuck Mathews, John Vangilder, Frank Hosey and Christine Davis took the top spot in a time of 1:53:42. A middle of the pack award also went to Vivian Fisher who finished the race in a time of 36:56. For full race results, [click here](#).

Race report and photos by Jennifer Ogburn



Michael Fisher takes the overall race title in 16:51.3

### Male Overall

Michael Fisher	16:51.3 – 1st place
Julio Castillo	18:29.5 – 2nd place
Jonathan Howse	18:44.4 – 3rd place
Dave Gierling	19:06.6 – Masters

### Female Overall

Sarah Deibner	19:48.0 – 1st place
Tara Morgan	21:40.8 – 2nd place
Jessica Wiedenbauer	21:41.2 – 3rd place
Jennifer Ogburn	22:14.9 – Masters



The Up and Running Fitness Team celebrates their win.

# Mustang Stampede 5K & 1 Mile

January 18, 2014 - Mitchell Ellington Park, North Merritt Island



**C**old weather and brisk winds did not prevent 3 local runners from setting course records at the 3rd annual Mustang Stampede in North Merritt Island on Saturday, the 18th of January. The race agenda included a 1 miler at 7:30 AM with a 5K race following at 8:00 AM. Participants endured temperatures hovering at 50°F. Carlos James, the Male Champion and a senior at Merritt Island High School (MIHS), broke his own course record by 7 seconds with a finishing time of 5:19.



Joe Deen stamped through the 1 miler and 5K and stated that he "never runs as hard" during training runs.

Sarah Hammond was the Female Champion. Steven Cross and Ceal Walker broke the men's and women's 5K course records with winning times of 16:33 and 20:58 respectively. The top 20 male and top 20 female finishers received ribbons after crossing the finish line.

The Mustang Stampede is a well-organized and fun race that serves as a fundraiser for the MIHS cross country team. The MIHS cross country coaches, Bill and Nancy Buonanni, encouraged participants along the course.

Delicious homemade baked goods were served to participants during post-race festivities. For complete race results, [CLICK HERE.](#)



FAR LEFT: Sue Strout and Race Director, Nancy Buonanni are all bundled up.



LEFT: Male mile winner Carlos James set a new course record at this year's event.

Race report and photos by Michelle Smurl



With the temperature dipping down to 48°, the Tiger Dash 5K & 1 Mile had the weather many were hoping to see last month at the SC Marathon & Half Marathon. 148 runners and walkers took to the starting line and were led across the football field by race director, Coach Doug Butler and on to the double loop cross country course.

Steve Hedgepeth, 35, won his second SCR Runner of the Year series race in 16:55 and outdistanced Shane Streufert, the series champ from last year, who finished in 17:07. Hedgepeth ran 39 seconds faster compared to his 2013 race on the same course. Third place went to Ed Springer who bested Jonathan Howse by 5 seconds with his 18:21 finish.

The men's Masters title was a real nail biter as Joe Hultgren and Art Anderson battled it out furiously sprinting the final 100 meters on the Holy Trinity Track. Hultgren emerged victorious by one second with a time of 19:18 to Anderson's 19:19.

Tracy Dutra, 40, quietly claimed the women's overall title with a strong 21:06 finish. It was Tracy's first race since giving birth on November 29th to daughter, Waverly. Dutra stayed in shape during her pregnancy by running under her doctor's supervision and it definitely seems to have helped in her racing comeback. Second place went to Anne Dockery who returned from her time in England caring for



Top: Coach Butler starts the race with a bang as participants prepare to dash across the football field at the start of the race.

Bottom: Steve Hedgepeth takes the 5K lead ahead of Shane Streufert who follows closely behind as they cross the course on the second loop.

Photo credits: Top Ken Horton, Bottom Doug Carroll



# TIGER DASH 5K & 1 MILER

(continued)



Top Left: Josh Kraver leads a pack of runners which includes Sean Black and Doug Nichols.

Top Right: Emilio Zipf (shown right) takes on the 1 Mile after placing third in his age group in the 5K.

Bottom Left: Tracy Dutra, the women's overall winner takes the lead from Abby McHenry.

Photo credits: Doug Carroll

Race report: Brit-tany Streufert



her sick mum to run 21:43. Dockery looked better than ever and held off a third place battle from Viera's Felicity Cunningham who finished a mere one second behind in 21:44.

Annie Caza who leads the ROY points race for the women and has been nursing an injury won the Masters title in 22:00 .

After the 5K race was over kids, teens and adults took to the track for the 1 Mile race. There were three heats with the first showcasing four of Doug Butler's fast phenoms. Nicholas Gonzales raced to a 4:42.8 to lead the pack. The next two heats competed for the 1 Mile title where spectators watched Jonathan Howse, 38 (5:39.4) outspurt Samantha Folio, 15 (5:40.5) for the victory.

Much fun was had by all in attendance, especially the little ones. Overall and age group winners received Tiger Dash award plaques.

For complete 5K & 1 Mile results, [CLICK HERE](#).

## BEAT THE LEADER 5K

January 25, 2014 — Coconuts on the Beach — Cocoa Beach



It was a cold morning on Saturday, January 25, but 85 racers gathered to beat the leaders. Held at Coconuts on the Beach, participants were encouraged to outrun not only the company CEO of United Way of Brevard, but public and community leaders as well. The proceeds of the 5K and 2 Mile walk benefited the United Way of Brevard.



The race was set in ideal conditions, with the tide at low and the weather chilly, but not frigid. As soon as the air horn sounded, seasoned and first time runners/walkers started their dash or walk to the finish line. The first to finish in the 5K, as well as beat all the leaders, was Rick Neale running a 21:59. Second was Matt Girden in 23:39 followed by Roderick Allen in 23:55.

For the women, Michelle Au, who recently joined Space Coast Runners in December, crossed the finish line first running in 24:46. Carrie Rodriguez came in second running a 25:06 and Beth Kirchner crossed third in 25:49.



For the 2M walk, Dave Brown led the men in 27:37. Jimmy Rudolph (31:47) came in second and Brian Binggeli (31:47) came in third. For the women, Kim Brown came through the finish line first in 27:36. Second was Kathy O'Neil in 29:17 and third was Lynn Brockwell-Carey in 33:01.

If hungry after the race, breakfast was provided at Coconuts. Scrumptious eggs and delectable pancakes were served to all the participants. It was a great day and a great race for all that decided to join.



I had the pleasure of meeting the overall male winner, Rick Neale, and got to ask him a couple of questions:

How did you get into running? "I never ran in high school or in any organized fashion, but I guess I started running for relaxation about eight years ago. Some of my friends are into 5Ks and triathlons, so I gave it a shot."

What is your 5K PR and at what race? "19:41 at the 2007 Pumpkins in the Park 5K in Cocoa Village."

What is your favorite pre-race snack? "Coffee."

Any advice to give runners who are just starting to run? “Don’t increase your weekly mileage too quickly! I had to learn the hard way (stress fracture, shin splints, calf strains, etc.)”

I thought I was the only crazy one who drinks coffee before a race!

The leaders, representing a plethora of companies, also did an excellent job trying to beat their fellow non-leader runners. **The local leaders included:**

- Dr. Brian Binggeli**—Brevard Public Schools
- Lois Boisseau**—Brevard Board of County Commissioners
- David Brock**—Community Credit Union of Florida
- Lynn Brockwell-Carey** — Brevard Neighborhood Development Coalition
- Kim Brown**—Coastal Mechanical
- Dr. Brenda Fettrow** — Central Florida YMCA
- Robin Fisher** — Brevard County Commissioner
- Phil Hayes** — Berman Hopkins Wright & LaHam CPA
- Jeff Kiel** — FLORIDA TODAY
- Adrian Laffitte**
- Mike McNees** — City of Melbourne
- Bill Norris** — Florida Business Bank
- Kathy O'Neil** — Computer Sciences Raytheon
- Amar Patel** — Brevard Achievement Center
- Rob Rains** — United Way of Brevard
- Jimmy Rudolph** — APT Research
- Howard Tipton** — Brevard Board of County Commissioners



Race report and photos by Michelle Au

Marty Winkel

321-537-3526

sceventmgt@gmail.com



## Racing for Research Grants Available

Community Foundation for Brevard is proud to be part of a community where runners of all ages and skill levels take an active role in bettering their own health as well as the health of others through medical awareness events. CFB is committed to providing funding to medical research programs throughout the country and continues to match any Brevard-based event's participant donations.

CFB also partners with the event organizers to increase the amount of funding for their specific cause's research. Some of the continuing partnerships include: American Cancer Society, Dystonia Medical Research Foundation, Leukemia & Lymphoma Society, Juvenile Diabetes Research Foundation and Niemann-Pick Disease Foundation.

To find out more information about the *Racing for Research* grant program or to apply, [click here](#).



Completed applications can be emailed to: [info@cfbrevard.org](mailto:info@cfbrevard.org)

or mailed/run over to:

Community Foundation for Brevard  
1361 Bedford Drive, Suite 102  
Melbourne, Florida 32940

## A VERY "SPECIAL" GIFT



You know that the Space Coast Marathon and Half-Marathon is Space Coast Runner's premier event. The club helps to put on the race with The Running Zone Foundation and both organizations share in the proceeds after costs are covered. The Running Zone Foundation has its own set of charitable causes that it supports. Space Coast Runners has been a supporter of the Special Olympics of Brevard Track and Field team for several years now. At the Club's Winter Social, held at Daddy Ultra Runs on January 5th, the Club announced a donation of \$3750 from their share of proceeds from the 2013 Space Coast Marathon and Half-Marathon.



Left: SCR Club Treasurer, Carol Ball presents the check to Gina Rall, Treasurer for Special Olympics of Brevard as Ty Bowen looks on.



# RUN A MILE WITH *Michelle Au*



New to SCR. Michelle Au is full of energy and ready to run, volunteer and contribute to the club. Here's what we learned about one of our newest members...

**Name:** Michelle Au

**Family:** My parents: Greg and Diane Au. Also, my Pug named Pugsley

**Ages:** I am 23, Greg 54, Diane 48 & Pugsley, 1 year and four months.

**Originally from:** Cape Canaveral, FL

**Grew up where?:** Cape Canaveral & Merritt Island

**Occupation:** Event Planner for Premiere Show Group

**Dream profession:** I am living the dream

**Number of Years Running:** Ever since cross country when I was in high school in 2006.

**Began Running Because:** I wanted extra curriculum in high school.

**I Knew I Was Hooked When:** I had my first meet in cross country.

**Race PRs (Personal Records):** My PRs for the last year are 5K 24:54 and half marathon 2:19:24. My first 10k will be the Eye of the Dragon 10K and I hope to do my first marathon in 2015.

**Most Satisfying Race Performance(s):** I was told I could never run again due to my excru-

ciating shin splints. I could barely walk and thought my running life was over at age 21. However, a month after attending the doctor's office I started to walk/run until I got up to running 14 miles. I finished my first half marathon last year at the Disney's Wine & Dine Half Marathon and I didn't walk once.



**Favorite Race(s):** The Disney's Wine & Dine Half Marathon because you get to eat and drink around EPCOT after. What better a way to motivate me than food and drinks at the finish line!

Also, The Reindeer Run because I love that the proceeds go to PAL (Police Athletic Team) and it is very organized and well run.



**Favorite Race Distance:** I love 5ks. They are short, sweet and simple.

**Favorite Place(s) to Run:** I love running on the beach early in the morning

**Running Goals:** To complete my first marathon in 2015.

**Running Partner(s):** My friend Deana in Orlando motivates me to run even after long days at the office.

**If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:** I would go with Jeff Galloway. I followed his half marathon plan, which allowed me to finish my first half after I was injured.



**Funniest or Oddest Thing**

**I've Seen While Running:** : I was running the Wine & Dine Half Marathon and saw a guy running as an indian. He had no shirt and was just wearing a loincloth.

**Training Philosophies:** My motto for running. I give every run 110% no matter how tired I am.

**One Piece of Advice That I Would Give to**

**a New Runner:** That it is okay if you run slow at first. You will soon begin to run faster the more you train and you are still lapping everybody else on the couch.

**Favorite Reads:** I love The Great Gatsby.

**Favorite Movie:** Pirates of the Caribbean. I have secretly always wanted to grow up and be a pirate



**Other Sports & Interests:** I surf and go to Zumba.

**When Nobody is Looking I Like To:** I don't hide anything I am doing.

**Favorite Meal:** I LOVE Kelsey's Greek salad!

**Dream Vacation:** I would like to run in every US state.

**Why did you join SCR?** To meet fellow runners in Brevard that love running just as much as I do. When I say I am getting up at 4:30 am to run, somebody will finally understand me.

**I Think That SCR Could Do A Better Job:** SCR is doing a fantastic job. Keep up the great work with building awareness about events we can participate in and implementing fun runs!



Fee-only Investment Management and Financial Planning Services



Our mission is to make a positive impact on our clients' lives by helping them to make smart decisions about their money.



Your Partner for the Long Run

<http://RallCapital.com>

Fee **FO** Only

321-549-7255



Bob Rall, CFP®  
20+ years experience  
20+ marathons

# The Coast's Favorite Triathlon Season Kick-Off!



- Medals to all finishers
- Tech shirts
- Chip timed
- USAT Sanctioned
- Great for 1st timers
- Live music
- Post race party



**TRIATHLON**  
**COCOA BEACH**  
APRIL 13 • 2014

Event is capped at 500

**REGISTER NOW!**

[CocoaBeachTriathlon.com](http://CocoaBeachTriathlon.com)



# Where in the World are Space Coast Runners Running?

## FEBRUARY 2014



### Sedona Marathon & Half Marathon

2/1—Sedona, AZ

Dave Farrell (participating as a walker)



### Miami Marathon & Half Marathon

2/2—Miami, FL

Jerry Brown, Martha Brown, Steve Chin



### Spartan Race 2/15—Tampa, FL

Dave Thomas



### Daytona Beach Half Marathon 2/16—

Daytona Beach, FL

Kimberly Budnick, Ed Engle



### Everglades Ultras 50K 2/22—Copeland, FL

Jerry Brown, Martha Brown



### Disney Glass Slipper Challenge 10K & Half Marathon 2/22 & 23—Lake Buena Vista, FL

Darlene Hachmeister, Lori Weaver Rattay



### Gasparilla Distance Classic 2/22 & 23—Tampa, FL

### Half Marathon

Rene Dunne, Lisa Hamelin, Janiene Pape

### Michelob Ultra Challenge (30+ miles, 2 days)

Betsy Butler, Christine Kennedy, Trisha Lucas, Kelly Semenko, Harry Prosser, Kimberly Prosser, Ron Roff, Micah Vanatta, Nancy Wingo



### Gate River Run 15K 3/15—

Jacksonville, FL

Steve Chin, Rick Foresteire, Darlene Hachmeister, Harry Prosser, Kimberly Prosser, Ron Roff, Christina Russell, Kurt Russell, Shane Streufert, Nancy Wingo

Add Your Spring Races to the Calendar!

[CLICK HERE TO EMAIL](#)



Where in the World are Space Coast Runners Running?

### MARCH 2014



**Yuengling Shamrock Marathon, Half Marathon & 8K 3/16**—Virginia Beach, VA

Cristina Engel



**Sarasota Half Marathon & Relay 3/17**—Sarasota, FL

Jim Haithcoat, Karen Sanchez



**Hat 50K 3/22**—Havre de Grace, MD

Ron Roff



**Georgia Marathon 3/23**—Atlanta, GA

Rachel Redlien

### APRIL 2014



**Rock The Parkway Half Marathon 4/12**—Kansas City, KS

Nancy Wingo

### APRIL 2014



**Marathon de Paris 4/16**—Paris, France

Mitch Varnes



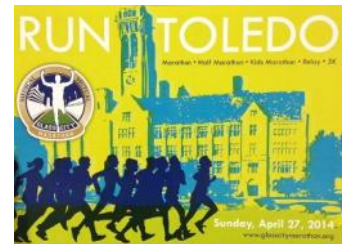
**Boston Marathon 4/21**—Boston, MA

Cindy Bishop, Betsy Butler, Steve Chin, Julie Hannah, Sandra Gannon, Barbara Holst, Christine Kennedy, Chris Loines, Susie Meltzer, Theresa Miller, Doug Nichols, Shane Streufert, Marie Thomas, Kathryn VanArsdall-Varnes



**Nike Women's Half Marathon 4/27**—Washington, DC

Darlene Hachmeister



**Glass City Marathon 4/27**—Toledo, OH

Brittany Streufert

*It takes 2 SECONDS to add your Race!*

[CLICK HERE TO EMAIL](#)



### MAY 2014



**Long Island Marathon** 5/4— Long Island, NY

Sal Farino, Molly Kirk



**Copenhagen Marathon** 5/18—

Copenhagen, Denmark

Abe Oros

### JULY 2014



**Shipyard Old Port Half Marathon** 7/13— Portland, ME

Pat Kiesselbach

### SEPTEMBER 2014



**Michelob Ultra Boston 13.1 Marathon** 9/14— Boston, MA

Pat Kiesselbach

### NOVEMBER 2014



**Michelob Ultra Ft Lauderdale 13.1 Marathon** 11/9—

Ft Lauderdale, FL

Pat Kiesselbach



**Rock 'n Roll Savannah Marathon & Half Marathon** 11/8— Savannah, GA

Les Dunne, Rene Dunne, Lisa Hamelin



To advertise an upcoming race in the SCR Newsletter, please contact Editor, Bob Rall at [bob@rallcapital.com](mailto:bob@rallcapital.com).

It's an affordable way to get the word out to the local running community.



# Memories of a 50-Stater

## Where Were You the Day the Earth Stood Still?

By Dick White

**E**verything went so well in 2000, I preplanned and preregistered all marathons for 2001. This year, however we learned firsthand the US Marines creed of “improvise and persevere”.

First was the Jersey Shore Marathon in April. A flat north to south course that starts at Sandy Hook Park at the mouth of the Hudson River and finishes on a high school track in Long Branch. Absolutely perfect weather, so after the bus dropped us for the start, we walked down to the

beach to look across to the Manhattan Skyline – The World Trade Center was still standing. This race is very well organized and very scenic as it never leaves the beach, meandering through the New Jersey beach towns including Asbury Park.

Next was our first summer vacation marathon, overlapping our wedding anniversary during the last two weeks of June. Trouble struck 10 days prior to departure when Marlene cracked her R 5th metatarsal and ended up in a boot cast! Everything all planned and mostly prepaid, we

got on the plane to Kona. Although not the most touristy, the big island of Hawaii is by far my favorite. The race course runs along Ali'i Drive, past the start/finish area of the famous Hawaiian Ironman Triathlon and out the Queen K highway and back.

When we arrived at the host hotel/expo, Marlene spotted the guest speaker, Frank Shorter. Noticing that he had the same boot cast as her, she hurried to get her race bag and have him autograph her bib. With great pleasure, I watched as they pointed at each other's feet and described their individual malady.

The race starts in the cool of predawn, and there was a hazy overcast. Kona is a festival race with costumed race starters and radio DJ's for a memorable beginning. I was on pace for around 3:30 when at approx. 20 miles the sun came out. It was like someone threw a hot wet blanket over me! I finished in 3:52 and enjoyed the extensive post-race events.

The rest of the trip was spent cliff diving, snorkeling, a trip to Hawaii Volcanoes National Park and two Luau's. My sons Brett and Kyle came on this trip to help watch Rachel, join in on the fun and surf the small summer waves of Waikiki Beach and the North Shore of Oahu. I got to run the loop around Diamond Head, part of the Honolulu Marathon course. And throughout it all, because Marlene couldn't run, we knew we would have to come back (aww, gee).

Next, of course, disaster struck! I was working in Viera on that day. Marlene was at a customer's site on Long Island! All planes grounded, and all bridges back through New York closed! She and an associate had the presence to reserve a ferry to Connecticut and drive to Pennsylvania. Two days later, she had to drive home to Florida. A refugee in our own country!

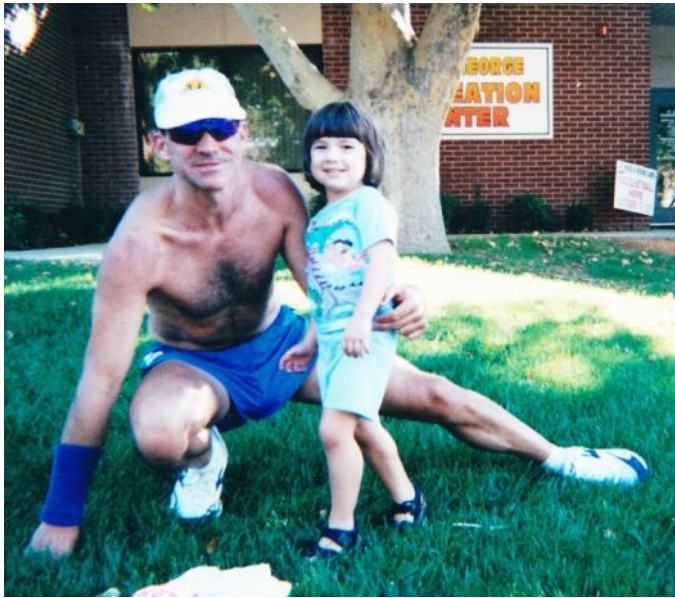
We weren't sure the St George Marathon in Utah would be held at that point, but slowly, traveling started to get back to normal.

We had set up for Marlene's sister to come out to Utah to watch Rachel, but on Oct 4, as we were driving to the airport we get a call that her son has had an allergic reaction to a bee sting, and she is sitting with him at the ER! *Improvise and Persevere!*

We arrived in St George early enough to drive over the course. The start area and course was already marked, so Saturday morning, I did a solo marathon! The first 6 miles rolled through the darkness, and then it is literally downhill the rest of the way. There's something mystical about running in the dark with only the sound of your own footsteps. While still dark, a herd of pastured horses came to run with me. As the sun rose higher, and I started my descent into St George, I could see red rock canyons on one side and white rock canyons on the other. A truly magnificent course, and as I came down the home







stretch, they were erecting the finish chute! Done! The next morning, Rachel and I slept in while Mommy caught the transport bus wearing both of our chips to get me an "official" finish time. We arrived early enough for Rachel to run the kid's mile, and we jumped in to cross the finish line with Marlene, me wearing my bib, to collect my medal. That day, each runner had the names of people who had perished as the Twin Towers collapsed attached to our bibs.

There are two national parks, Bryce and Zion within easy driving distance to St George. Stunning natural beauty, where the buffalo roam.

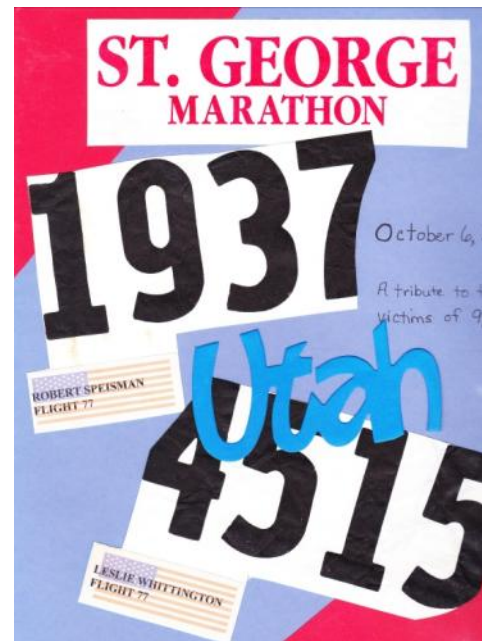
Rachel stayed with Grandmom in Chalfont, PA while we ran the Philadelphia Marathon that November. This day was perfect marathon weather with 50 degree temp to start and a high blue sky. Small for a city marathon, about 4000 people lined up in front of the Philadelphia Art Museum. We watched people amuse themselves taking each others picture doing the Rocky run and dance on the front stairs. The course is a tour of the city starting on the Franklin Parkway, circling Old City Hall, down Market Street past the Liberty Bell and Independence Hall before turning back north on South Street past the home of Philly's finest cheesesteaks. Then it proceeds past the Zoo and into Fairmont Park. We crossed the Schuylkill River into Manayunk, where



they spared us having to run up the famous wall. A quick trip through the old town where we turned around to run Kelly Drive past all of the crew club boat houses back to the Art Museum and finish line.

14 states DONE! It's great to be young and healthy! It just doesn't get any better than this! AND God Bless all who perished and survived the horrific terrorist attack of 2001!

Run Strong, Run Long  
Dick White





# Space Coast Runners Membership Application



### Benefits of Belonging

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

### Your Membership Supports

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



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

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

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

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_

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

Membership Amount: \$ \_\_\_\_\_

\*Tax Deductible Contribution: \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_


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

Signature \_\_\_\_\_ Date \_\_\_\_\_

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

# ★ HAPPY ★ BIRTHDAY!

February 2014  
 Birthstone: Amethyst  
 Flower: Violet

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
2  Shelia Desrosiers Risa Holmquist	3  Ok Sun Sharp	4  Laura Sardella Colin Hedgespeth Ron Roff	5  Greg Butler Terry Weber	6  Tracy Dutra Marlene White Steve Colella	7  Quinn Kanner	1  Vern Thomas Suzy Leonard Stephanie Kutteroff
9	10  Nancy Hayes Ben Buchanan Ryan Buchanan Meredith Rea James Conant	11	12  Terry Hayden	13  Shane Streufert Terry Shepherd Linda Schultz Nicole Guinn Wade Dauberman	14  Tim Gannon Brad Thomas	15  Kendall Enlow Cindy Bishop
16	17  Kathryn Varnes Don Nelson Tim Palko Lorna Mazza	18  Killian McCoy Kurt Holst	19  Lorelei Jacobs	20  James Ralph Sue Strout Joe Lento	21  Joseph Joseph	22  Nora Nolan
23  Debbie Unrue Christy Tagye Bill Branan	24	25	26  Ryan Farner Robin Moran	27	28  Denise Piercy Penny Naugle Edward Peters	Jackie Schmoll

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