

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

# SPACE COAST RUNNERS

February 2018



IN **THIS** ISSUE

**SCR Training  
Program**

Run a Mile with  
**Dennis Testa**

**Run Off Fat**  
to run off the fat





## DEPARTMENTS

- 04 [From the Editor](#)**
- 06 [Lisa's Musings](#)**
- 24 [SCR ROY Series Calendar](#)**
- 42 [Local Race Calendar](#)**

## RESOURCES

- 03 [SCR Board Members](#)**
- 07 [Local Fun Runs](#)**
- 19 [Member Race Discounts](#)**
- 41 [Member Local Discounts](#)**

## FEATURES

- 9 [SCR Central](#)**
- 21 [Run Off Fat to Run Off the Fat](#)**
- 25 [Runner of the Year Series](#)**
- 34 [Run A Mile With...](#)**
- 36 [Out-of-Town Race Recap](#)**
- 39 [Where in the World?](#)**

## RACE REPORTS

- 28 [Tooth Trot 5K](#)**
- 31 [New Year New You 5K](#)**
- 31 [Fight Child Hunger 5K](#)**
- 32 [Fly Fish 5K](#)**
- 32 [Bayfront 5"K9"](#)**



**On Our Cover:** Dr. Jerry Bird celebrates the Tooth Trot 5K's 20th Anniversary along with 350+ runners and walkers who raced the 3.1 mile Wickham Park course.

**Above:** John Davis surges to the front of the Tooth Trot ahead of John Wall and a bevy of other series competitors. Davis went on to win the 5K.

Photo credits: Trihokie Images

## SCR Membership Information

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

**A Family Membership is defined as:**  
2 adults & children under 25 years of age.  
All family members MUST have the same mailing address.

**[www.spacecoastrunners.org](http://www.spacecoastrunners.org)**

Need help with your login?  
Email [info@spacecoastrunners.org](mailto:info@spacecoastrunners.org)

# SPACE COAST RUNNERS

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## WEBSITE

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

*Runner of the Year Series*   **JOHN DAVIS**

*Results/Calendar*            **MATT MAHONEY**  
[MattMahoneyfl@gmail.com](mailto:MattMahoneyfl@gmail.com)

**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](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.



## Where to find Space Coast Runners on Social Media?

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

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

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

**LISA HAMELIN**  
*SCR President*

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**SPACE COAST RUNNERS**

*P.O. Box 541837*

*Merritt Island, FL 32954*

Walking into the pretty little yellow house nestled among the oaks in Mims could be a step back into anyone's past, particularly if you're a person of a certain age.

At first glance, everything about it is nostalgic rather than historic, from the "icebox" – that's what they called refrigerators back then – to the pretty quilt and neatly hung curtains in what could have been anyone's mom and dad's bedroom. A piano is there too, and it makes you smile. You wonder if the kids who lived here had to practice as much as you did, and what their musician-parent played for them.

But sentiment-filled though it may be, this is a house of a whole different sort: It is a replica of the home of Harry T. and Harriette V. Moore, which once stood on this very property in what now is the Harry T. and Harriette V. Moore Memorial Park.

The original was not restored because it was blown up by members of the Ku Klux Klan on Christmas night, 1951. Harry Moore, a teacher whose sin was registering Americans to vote, died en route to a hospital. His wife, also an educator, suffered for nine days before succumbing to her injuries. The bomb was placed under their bedroom, on their 25th wedding anniversary.

It made national news and it made Brevardians ashamed and aware, eventually enough to name their new justice center; and the park, with its pretty little yellow replica house, its gazebo, its cultural center and its tall trees, after the Moores.

So too does it have a foot race, the Freedom 5K, which happens in late winter every year, this time, at 8 a.m. March 3.

It is not one of Brevard's huge races, though with time, it could become that, but it is one to which much attention is paid, and rightfully so; take the purpose, raising funds for the cultural center, out of it, and you still have one of the few races that takes place in Mims. It will be timed by a North Brevard running legend, Marty Winkel.

Food and beverages will be offered afterward, as will the music of the Winston Scott Cosmic Band, fronted by a fine jazz musician who also happens to be a retired captain in the U.S. Navy and a space shuttle astronaut.

Patriotism is huge at the Moore Center, where people see the Moores not as radicals of their day, but as people who reveled in being American.

The refreshing thing about this race, aside from the almost-overwhelming congeniality of its organizers and volunteers, is the number of non-runners and kids who participate, not in a race geared at them, but in a regular 5K. Once, a little girl ran in a cast, having broken her leg. Surely she wanted to participate because of the cause, the reporter thought.

"I just like to run," the child replied happily.

*- Lyn Dowling*





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# LISA'S Musings

A Monthly Column from SCR President, Lisa Hamelin



Hi Members!

**A couple of exciting tidbits going on here at the ranch.**

First off, we are in our 40th Anniversary year! We are selling limited edition t-shirts and hats with our anniversary logo and we are planning something fun to help celebrate. Stay tuned to the club website, Facebook and your email for the details. T-shirts and hats are being sold at each of the ROY series races, so come visit our tent. They are \$16 for the shirts, \$12 for the hats and \$25 for the combo (you save \$3)!

Second, we are taking registrations for our new coaching program. Coach Doug Butler will head up an 8-week program, starting March 8 with the goal race being our last race series one – Eat My Crust 5K. The program will include a 2-mile time trial to start and then an individualized plan to help you reach your goals. Two weekly organized runs – Tuesday evenings at the new Satellite High school track and the other on Sunday mornings at various locations (Oars & Paddles, Cocoa Village, etc.). Cost is \$65 and that in-

cludes the race entry fee – you can't beat that deal! Registration link is here. For more information or questions, please contact Bob Alexander at [bobalexander92@yahoo.com](mailto:bobalexander92@yahoo.com).

Third, we are in the process of hiring a Director of Operations for the club. The Board and our dedicated members need additional help in order to keep moving the club in the right direction and help provide even more benefits for our member base as well as grow our member base. The club is in a good position to do this and we believe the benefits that will come out of it, will be well worth it.

I hope that the new year has been kind to all so far. For those that created resolutions in the beginning, are you still focused and staying on track? A little more time and habits can be formed! Stick with it, but also enjoy the journey at the same time.

- Lisa

Lisa Hamelin, SCR President  
[lisahamelin@gmail.com](mailto:lisahamelin@gmail.com)

## FEBRUARY BOARD MEETING

February 19, 2018 — 7:00pm,  
ProHealth & Fitness Center—Merritt Island

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

## Advertise in this newsletter.

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

To advertise your business or race in the SCR newsletter contact Lisa at [lisahamelin@gmail.com](mailto:lisahamelin@gmail.com).



**Our mailbox is always open to our readers.**

If you have a comment, correction or critique or would simply like to tell us what running topics matter to you most, send the staff an email — [info@spacecoastrunners.org](mailto:info@spacecoastrunners.org).



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



# LOCAL FUN RUNS

spotlight run of the month

Email [info@spacecoastrunners.org](mailto:info@spacecoastrunners.org) to add or update your fun run information.

Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (mcbergs@att.net)
Sun	Oars & Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars & Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Mon/Wed/Fri	Base of the bridge over 95 on Fay Blvd-East side, Port St John	5:00 am 5:30 am	Kim Badgett (kbadisrunning@gmail.com) - 321-626-2257
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	Long Doggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon	Florida Beer Company Taproom Fun Run Club, Cape Canaveral	6:30 pm	Madeline Marx, Maddym1984@gmail.com
Mon	Running for Brews Melbourne, Vincinos Ristorante & Pizzeria	7:00 pm	Larry Miller— lmillr4435@gmail.com 321-749-7591
Tues	Cocoa Village 6 miles @ 6am	6:00 am	Keith Dutter kdutter@cfl.rr.com
Tues (1st/3rd of each mo.)	Playalinda Fun Club Runs, Playalinda Brewing Company	6:30 pm	Donna Scott (225-8978)
Tues	Running for Brews Satellite Beach, Beef 'O' Brady's	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Tues	Long Doggers Locals Running Club, Satellite Beach	7:00 pm	Erickson Jaquays, 321-773-5558 Eriksonjaquays@gmail.com
Wed	Pineapple Park, Eau Gallie	6:00 am	Running Zone (erin@runningzone.com)
Wed	Intra Run Club, Eau Gallie, Intracoastal Brewing Co.	5:30 pm	Amy Ustjanowski (amy@theyogiperogi.com)
Wed	Cocoa Beach Fun Runners/Walkers Long Doggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:30 pm	Judd Spitzer (juddls@gmail.com) and Craig Piepmeier (cpiepmeier@gmail.com)
Wed	Village Idiot Pub, Cocoa Village	6:00 pm	321-301-4487
Wed	Run Amok Run Club, Space View Park, Titusville	6:30 pm	Becky Shealy Ahrens—Becky.ahrens@icloud.com www.facebook.com/groups/1423502080999358
Wed	Long Doggers, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	Cocoa Village 6 miles @ 6 am	6:00 am	Keith Dutter 321-576-3699
Thurs	Running Zone, Melbourne	5:30 pm	Running Zone (erin@runningzone.com)
Thurs	CrossFit Rise Above, Melbourne (1st Thurs of month), Chase Bank, Indialantic (all other Thursdays)	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	Running for Brews Viera, Long Doggers	7:00 pm	Sean & Sandra Christian (IDLifeteamChristian@gmail.com)
Thurs	The Downtown Melbourne   lululemon run club	7:00 pm	Bryan Clarke (321-956-3089)
Fri	Find Your Fitness with Gina 5K Fun Run, 2101 S. Waverly Place, Melbourne	5:30 pm	Gina: <a href="http://goo.gl/1vxqSL">http://goo.gl/1vxqSL</a>

# LOCAL FUN RUNS

spotlight run of the month

Wednesday Night

## Run Amok Run Club



- MEETS 1ST WEDNESDAY OF THE MONTH AT IRISH PUB, 125 HARRISON STREET, TITUSVILLE
- OTHER WEDNESDAYS AT SPACE VIEW PARK IN TITUSVILLE .
- FREE FUN RUN STARTS AT APPROXIMATELY 6:30 PM BETWEEN PARK AND WELLS FARGO.
- CHECK OUT RUN AMOK'S FACEBOOK PAGE FOR MEETING INFORMATION

If you are in [Titusville](#) and feel like your get up and go has gotten up went, it might be time to Run Amok.

Becky Ahrens and friends started the running group on National Running Day over a year ago. They wanted to start a running club where anyone could join: runners, run/walkers, walkers. The club's philosophy is Run Miles with Smiles. On the night I visited, there were a lot of smiles as over 20 people showed up to enjoy a cool night run with friends.

Except for the first Wednesday of the month, the running group can be found laughing and preparing to take off from Space View Park just before 6:30 P.M. On the first Wednesday of the month, the group runs from the Irish Pub and then meets to celebrate birthdays and other accomplishments.

Everyone is welcomed. "Come out and run. Having friends to run with makes it more enjoyable," Ahrens said.



# SCR Central

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



Photo credit: Marissa Flint

Rebecca Acosta  
Andrew Adams  
Jan Adams  
Mark Bergs  
Adriana Bergstrom  
Sarah Blaire  
Joann Bohenek  
Shelley Bowles  
Alaina Bradley  
Kevin Brosi  
Christine Brown  
Michael Brown  
Denise Burns-  
LeGros  
Kristen Caffrey  
Debra Caldwell  
Hannah Caldwell  
James Chapman  
Logan Chapman  
Monica Chiapetti  
George Clark  
JoAnn Clark

Richard Clarke Jr  
Jacqueline De  
Grave  
Dalys Dunn  
Carrie Eubanks  
Aubree Feldmeier  
Dave Fitzgerald  
Sara Geiser  
Steve Geiser  
Tonyia Gibbons  
Judith Gilchrist  
Kevin Gonzalez  
Anna Guiliani  
Denise Guiliani  
Patrick Guiliani  
Dareau Harris  
Darryl Harris  
Daviada Harris  
Gina Harris  
Tim Harris  
Charles Hill  
Cora Hill

Jackie Hill  
Jayden Hill  
Jennifer Humphrey  
Andy Karl  
Coby Karl  
Mandy Karl  
Sharon Kelly  
Michael Kiely  
Samuel Kirschten  
Brian LeGros  
David LeGros  
Emily LeGros  
Parker Lennon  
Sabrena Litus  
Jackie Mason  
Sonya Merritt  
Eva Mixco  
Jamie Morgan  
Kristen Morris  
Robert Morris  
Dawn Paquette  
Tyler Parkers  
Wende Phillips  
Clarisse Quandt  
Cassandra Ranson  
Roberta Reaume  
Valerie Rigdon  
Misty Ritzel  
Jamie Ruel  
Tracey Ruel  
Candis Rustman  
Jamie SanCartier  
Carrie Scranton  
Karla Seelandt  
Tammy Shelley  
Kristen Shellham-  
mer  
Mary Stallings  
Thomas Stelter  
Bambi Sweeney

Colin Turey  
Kara Turey  
Kennedy Turey  
Lori Ulrich  
Chuck Wallace  
Frank Walters  
Pamela Wercinski  
Emily White  
Mason White  
LaTeef Williams  
Tomeka Williams  
Jackson Woolridge  
Terry Woolridge  
Barbara Young



# SCR Central

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

Reg Opens February 15th | 9 am EST

★2018-2021★  
**THE BIG BANG SERIES**  
THE NEXT GENERATION  
*Celebrating Human Space Exploration*

BLASTING OFF  
**NOVEMBER 25, 2018**

NASA'S FIRST HUMAN SPACEFLIGHT PROGRAM  
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Space Coast  
**Marathon & Half-Marathon**

SCR members who DID NOT take advantage of Early Registration for the 2018 Space Coast Marathon & Half Marathon — your next chance to register is when General Registration opens up on Thursday, February 15.

The new **North** course half marathon will be the designated Runner of the Year Series race as well as the Road Runners Club of America (RRCA) Half Marathon State Championship Race.

If you choose to run the south course, no problem! Just remember you will not be eligible for 2018/2019 ROY series points for this race.

To register on 2/15/18 at 9 am EST visit

<http://www.spacecoastmarathon.com/registration/>

North Half Marathon – \$99

Start: 6:00 am Capacity: 3,000 registrants

Faster than the speed of light: Under 3:30 expected finishing time

RRCA State Championship Event

**THIS RACE QUALIFIES MEMBERS TO RECEIVE 2018/2019 RUNNER OF THE YEAR POINTS**



South Half Marathon – \$99

Start: 6:00 am Capacity: 4,000 registrants

Pluto's Orbit: No time requirement / 7 hr time limit

**THIS RACE DOES NOT QUALIFY FOR 2018/2019 RUNNER OF THE YEAR POINTS**

Full Marathon – \$105

Start: 6:00 am Capacity: 1,000 registrants

Course Time Limit: 7 hours

RRCA State Championship Event





**REGISTER NOW**  
**[RUNONTHEBEACH.COM](http://RUNONTHEBEACH.COM)**



**SUNDAY MAY 6TH 2018/SHEPHERD PARK COCOA BEACH**



# Space Coast Runners Training Program

Launching in March 2018

## 8 WEEK PROGRAM | 2 ORGANIZED RUNS PER WEEK | 5K GOAL RACE

Headed up by Coach Doug Butler, program participants will be introduced to the four phases of training: Base phase, Lactic threshold phase, Max Vo2 phase, and peaking phase.

Coach Butler will take you through an 8-week cycle with specific workouts designed for each phase. He will also cover the mental side on running, racing and how the mind controls our success, not our training. Running is not a competition of me against you, running is a pure sport that is me against myself from yesterday.

Registration will open **January 15, 2018** and will run thru **February 28, 2018**. There is no limit on participants. We'll have the registration form available online at [spacecoastrunners.org](http://spacecoastrunners.org).

The new Training Program starts on **Thursday, March 8th** with a 2 mile time trial at Satellite High School. Training team runs will be Tuesday's 6pm @ Satellite HS and Sunday's 6 am (locations will vary). Goal race is Runner of the Year Series finale — Eat My Crust 5K on May 6, 2018. Questions? Email Bob Alexander at [bobalexander92@yahoo.com](mailto:bobalexander92@yahoo.com).

**SCR MEMBER'S PRICE — \$65**  
*(includes registration to Eat My Crust 5K)*



## SLAY THE BEAST

CHALLENGE IS **72% FULL**

As the 30th Anniversary of the Eye of the Dragon 10K approaches, the iconic Brevard race is gearing up to celebrate!

Power of Pizza Charities is heading up this year's race festivities and promises to provide participants with a great race, cutting edge, 3D race medals for every finisher and lots of prizes and surprises.

[www.EyeoftheDragon10k.com](http://www.EyeoftheDragon10k.com)





# Sunday, February 18, 2018 Eau Gallie Civic Center

1551 Highland Avenue, Melbourne, FL 32937

Join us for the 30th anniversary of this **Space Coast Runners** road race! **7AM—10K | 8:30AM—2 Mile**

Race benefits **Space Coast Runners Student Scholarship Fund.**

Register online at **EyeoftheDragon10K.com.**

Questions? Email [eyeofthedragon10k@gmail.com](mailto:eyeofthedragon10k@gmail.com).

## EARN THE 30TH ANNIVERSARY FINISHER MEDALS!

You can run away with 3 medals for running 2 awesome races.

### RACE INFO

- Challenging **10K** certified road race course which includes an out & back over the **Eau Gallie Causeway** and **Indian River**.
- Not up for the full 6.2 miles? Join us for the **Tail of the Lizard 2 Mile**.
- **Slay the Beast Challenge**—Do both races and receive an additional medal for your efforts. Space is limited to 200!
- Free race shirt **guaranteed** with paid early registration.
- Free SCR Youth Series Fun Run for ages 12 & under.
- Early registration ends on 2/4/18.
- Fantastic **30th anniversary** post-race party, drinks & awards!
- Rain or shine event, no refunds issued.

### ENTRY FEES: SORRY NO REFUNDS! Early Registration is before 2/5/18

10K Adult — \$35	2 Mile Adult — \$25
10K Student (18 & under) — \$32	2 Mile Student (18 & under) — \$23
10K SCR Member — \$30	2 Mile SCR Member — \$22

All 10K Registrations 2/5 to 2/18—\$40  
All 2 Mile Registrations 2/5 to 2/18—\$30

Slay the Beast Challenge—\$70 (10K & 2 Mile)  
Slay the Beast Challenge SCR—\$60 (10K & 2 Mile)

### PACKET PICKUP

Packet pickup at Running Zone—3696 N Wickham Rd, Melbourne  
Friday, Feb 16 - 10am to 6:30pm  
Saturday, Feb 17 - 10am to 5pm

### SUNDAY, FEB 18 – RACE DAY

6:00 am Packet Pick Up & Race Day registration  
6:45 am 10K Late registration ends  
**7:00 am Eye of the Dragon 10K starts**  
8:00 am 2 Mile Late registration ends  
**8:30 am Tail of the Lizard 2 Mile starts**  
9:15 am SCR Youth Series (1/4, 1/2, & 1 mile runs) — FREE!  
9:30 am Awards Ceremony



### 10K, 2 MILE & SLAY THE BEAST AWARD CATEGORIES

- Top 3 Overall Male & Female in 10K, 2 Mile & Slay the Beast
- Top Masters (40+), Grand Masters (50+) & Senior Grand Masters (60+) Male & Female— 10K & 2 Mile
- Top 3 in each Age Group— 10K & 2 Mile
- **Top 3 10K Teams Only** for all Male, all Female and Co-ed  
(Team must have a min of 5 members; co-ed must have 1 person of opposite sex)

### 10K 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+

### 2 MILE AGE GROUPS

10 & under 11-19 20-29 30-39 40-49 50-59 60-69 70-79  
80+



MAIL COMPLETED ENTRY FORM TO:  
3268 LAMANGA DRIVE, VIERA, FL 32940

Please make check payable to:  
Power of Pizza Charities

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_

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

Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Sex (circle) M F

Race Distance (circle) 10K 2 MILE SLAY THE BEAST

Unisex Shirt Size (circle): XS S M L XL XXL XXXL

Team Name: \_\_\_\_\_

Team Division (circle): Co-Ed Male Female

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 Eye of the Dragon 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 understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk. 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. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature: \_\_\_\_\_

(Participant or Parent or guardian if under 18)

Date: \_\_\_\_\_



# SCR Central

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



## CONGRATULATIONS SUSIE & R.C.!

Susie and R.C. Koontz are Disney streakers. This means they have completed every single Walt Disney World Marathon since its inception in 1993.

In early January, the extraordinary husband/wife duo from Merritt Island completed their 25th marathon. Run Disney awarded them along with the other Disney marathon streakers with lifetime entries into the race. To see their interview on WFTV Channel 9 click here: <http://www.wftv.com/video?videoid=678596297&videoVersion=1.0>

[www.wftv.com/video?videoid=678596297&videoVersion=1.0](http://www.wftv.com/video?videoid=678596297&videoVersion=1.0)



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



# BAT BOOGIE 3K

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**SATURDAY, FEBRUARY 10, 2018**  
**Brevard Zoo, Melbourne, FL**

**RANDOM GIVEAWAY:**  
**\$500 DISNEY GIFT CARD!**



Benefits Brevard Zoo

- Check out Zoo Animals during the Run/Walk
- 50% Off Zoo Admission for All Participants after the Race (must show race number for discount)
- Free Li'l Bat Kid's Run with Zippy the Gecko
- Breakfast catered by Pizza Gallery & Grill!
- Fun Bat Awards!

[runningzone.com/series](http://runningzone.com/series)

#batboogie3k



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

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# SCR Central

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



## CONGRATULATIONS SCR BOSTON 2019 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.

Jennifer Absher 3:11:19

Celebration Marathon



## FLORIDA TODAY CORPORATE5K

PRESENTED BY

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First**

HOSTED BY



ORLANDO-MELBOURNE INTERNATIONAL AIRPORT-MLB

THURSDAY 04.19.18 MELBOURNE, FL

Interested in running on the Space Coast Runners team at this year's Corporate 5K? We're putting together a team to compete in the Non Profit and Co-Ed team divisions.

If you're interested please email us & we'll add you to the list. [info@spacecoastrunners.org](mailto:info@spacecoastrunners.org) Details are coming.

# SILENT ITEMS NEEDED AUCTION

FOR OUR END OF SEASON CELEBRATION

SUNDAY, JUNE 3, 2018

email: [wingon@bellsouth.net](mailto:wingon@bellsouth.net)

## Mark your calendar!

The Space Coast Runners End of Season Celebration is on **Sunday, June 3rd** this year. Once again the event will include a **Silent Auction** before the dinner.

## We need your help!

The **Procurement Team** is looking for lots of unique, creative and/or run-related auction items. If you or your workplace has something to donate, please talk to or email **Nancy Foresteire** at [wingon@bellsouth.net](mailto:wingon@bellsouth.net).

## Would you like to be a part of the party planning?

We would love for you to volunteer to help out. Email **Nancy** if you would like to sign up!

FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOSTRUNNERS

>>FACEBOOK: @SPACECOSTRUNNERS

# SCR Central

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

## Kids Have Fun on the Run in Key West

The 20th annual Key West Half Marathon on January saw 1,000+ runners wind their way around the island on January 19th. Among the pack was little SCR member, Payton Gibney. The twelve year-old from Merritt Island was running her very first half and she definitely made it count. Payton finished in 2:37 which was good enough for first place in the female 14 & under age group category.

Her sisters, Taylor and Logan Reed opted to run the 5K race where they too earned age group medals. Mom, Holly Gibney said, "I am proud of all three of them."

This race also saw Melbourne's Jennifer Absher win the women's division of the half marathon. Congratulations to everyone!



## ShoeBox Recycling Upcoming Dates

Eye of the Dragon 10K/2 Mile - 2/18 | Florida Marathon/Half Marathon weekend - 2/10-11  
Move Your Mutt 2 Mile - Mar 3 | Downtown Melbourne 5K - Mar 24

### Space Coast Runners - ShoeBox Recycling Dashboard

Your Organization's Sustainability Report ?



7

SHOEBOXES



295

LBS. RECYCLED SHOES



497.0 K

GALLONS OF WATER SAVED



5.0

TREES SAVED



4,537

LBS. CO<sub>2</sub> EMISSIONS REDUCED

? Wondering how we get these numbers?



9th Annual

## Family, Fun, Fitness!



Brevard PALS

5K Run/Walk for Autism Awareness

Proceeds benefit Brevard County families affected by Autism

**FEBRUARY 17, 2018**

**8:00 AM**

**FREE Kid's Fun Run at 9:15**



Location:

150 W University Blvd  
Melbourne, FL 32901



RACE MANAGEMENT BY



REFRESHMENTS AVAILABLE FOR  
ALL PARTICIPANTS

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

### FEES

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

### PACKET PICK-UP

#### *Running Zone*

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

#### *The Scott Center for Autism Treatment*

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

### T-SHIRTS

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

### AWARDS

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

### RESTRICTIONS

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

Register on line:

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

# SCR Central

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



read413 · Following



31 likes

read413 My running buddy: Sometimes, we run; sometimes, we ride. #spacecoastrunners #floralife #running #dogmom #SpaceCoastRunners

## Congratulations Angela Leeds!

She's the winner of the January Instagram contest. For her selfie in a SCR branded apparel, Angela wins a race entry into the Florida Marathon or Half Marathon. She posted her pic on Instagram and used the hashtag #SpaceCoastRunners.



## Running Etiquette

Line up according to how fast you plan to run or walk the event. Slower runners and walkers should move to the back of the race pack. Just because you arrived early does not mean you should be at the front of the starting line.

MARCH 18, 2018  
**Dragon Slayer**  
2 MILER

Dragon Slayer  
2 Miler Medal

**EXCALIBUR**  
10 MILER & RELAY  
RUBY 2018

2018 Finisher  
Medal Design

**Dragon Slayer 2 Miler Perks:**

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

**Sunday, March 18, 2018**  
Viera, Florida • 7:30 am Start  
**Dragon Slayer 2 Miler • 7:45 am Start**

Sword fight by  
**Medieval Times**  
DINNER & ENTERTAINMENT

Register online at  
**ExcaliburRun.com**

**Excilbur 10 Miler & Relay Perks:**

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

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





# EXCLUSIVE SCR RACE DISCOUNTS

save \$ = run more races

- ◆ **NEW!** [Solving the Puzzle Virtual Run](#) presented by Virtual Strides. Receive a 20% discount on all [Virtual Strides](#) events by entering the club discount code **SCRmember20** during registration. Choose 5k/10k/Half Marathon distances all of which benefits Autism Society. This organization has been improving the lives of all affected by autism for over 50 years and envisions a world where individuals and families living with autism are able to maximize their quality of life, are treated with the highest level of dignity, and live in a society in which their talents and skills are appreciated and valued .
- ◆ [Fort Lauderdale A1A Marathon & Half Marathon](#), February 18, 2018. With ocean breezes, palm trees and one of the most famous roads in America, this 26.2-mile course and 13.1 course are one of the fastest and scenic in the state. Code SPACECOAST will give you a 15% discount!
- ◆ **EXTENDED!** Use code: **SPACECOAST012018** to receive 10% off any [Sommer Sports](#) events like the Orange Blossom Half Marathon in Haines City or the Lake Minneola Half Marathon & 5K in Clermont. The discount is available to SCR members through 3/31/18.
- ◆ Beautiful Tybee Island, GA, has their annual [Critz Tybee Run Fest](#), offering something for everyone—a 1 mile, 2.8 mile, 5k, 10K, and half marathon! This February 2 & 3, 2018 race should be great weather. Get an 18 percent discount with code **SCR18**.
- ◆ [Smooth Running Races](#) is offering a 15% discount for all their Publix Florida Marathon Races on February 11, 2018, with 20 live bands on the half marathon course! Use code **SCRSTRONG**.
- ◆ **EXTENDED!** [Vacation Races](#) is extending a 15% discount to all SCR members. Save on upcoming 2018 races like the Antelope Canyon Ultras (2/23) or the Coastal Redwoods Trail Fest (4/12/14/18) use code **16RC84784**.
- ◆ **EXTENDED!** [MultiRace](#) will extend a 10% discount to all its events! Use code: **SCR17**. (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor).
- ◆ The 5th [Tomoka Marathon](#), a Boston Marathon Qualifier, will take place in Ormond Beach, FL on Saturday, March 24th, 2018. Save 10% when you enter code **SCR10** for any of the 3 distances.
- ◆ Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPACEMOAT**.
- ◆ Run the inaugural [Sunrise Half Marathon & 5K](#) on 3/25/18 in South Florida. This first time event will take place in the centrally located Markham Park and Sawgrass Industrial Park in Sunrise, Florida. Come and see why over a million people visit Markham Park each year. Save 20% on the half by using code **SCR20**.
- ◆ [Riverside Dash](#) at Ft. Mellon Park, in Sanford, FL April 8, 2018 has something for the whole family, a 5k, 15K and a Kids Dash The 15k is one of Florida's top races, fast & flat, winding around the scenic shoreline of the St. John's River. Code **SPACECOAST** will give you a \$5.00 discount!
- ◆ [Flying Pirate Half Marathon & 5K](#), Saturday & Sunday 4/14-15/18. A Pirate-themed half marathon on the Outer Banks of NC! Begin in Kitty Hawk, go into Nags Head, around the Wright Brothers Memorial, and the Woods Maritime Forest. Finish with a Pirate Jamboree! First Flight 5K - Saturday. Double Dare Challenge - Both Days! Use code: **SPACECOAST18** for 15% off the half or challenge distances.

*Please note: Discounts are negotiated exclusively for Space Coast Runners members only.*

*Sharing and distributing is highly discouraged and jeopardizes our ability to bring these added benefits to our membership.*

*If your race would like to offer a discount, please email [info@spacecoastrunners.org](mailto:info@spacecoastrunners.org) your race name, date and code.*

# Exclusive SCR Run Apparel

Celebrate the 40th anniversary of Space Coast Runners with our special-edition tee and Run Dri running cap.

Your next available opportunity to purchase a shirt or hat is at the **Eye of the Dragon**. Shirts will be available for \$16 and the hats are \$12 which includes tax. Purchase the set for only \$25. Cash or check only. To reserve one, simply email your name, address and shirt size to [info@spacecoastrunners.org](mailto:info@spacecoastrunners.org).

**Available shirt sizing:** Men: S M L XL 2XL    Women: M L XL



## 6<sup>th</sup> Annual

Brianna Marie Foundation 5K

MARCH 10, 2018

- 🦋 WICKHAM PARK. 8AM.
- 🦋 OFFICIALLY TIMED 5K 
- 🦋 SILENT AUCTION & RAFFLE
- 🦋 FREE KID'S RUN AND ACTIVITIES



*Benefits life saving surgeries performed on babies prior to birth!*

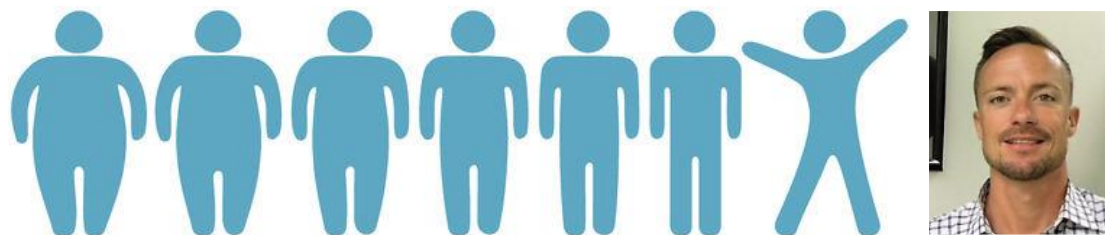
**To Register:**

**[www.briannamariefoundation.com](http://www.briannamariefoundation.com)**

Enter: SPACECOAST at checkout For 10% OFF.  
Valid UNTIL 2/28/18



# Run Off Fat to Run Off the Fat



by Dr. Richard Clarke, DC  
Clarke Chiropractic & Wellness

## IT'S THAT TIME OF YEAR AGAIN

Resolutions are set. Expectations are high. Motivation is channeled. Well, you know the definition of insanity, right? Even if you dress that approach up in some fresh new gear and an attention grabbing new name, if the core approach and principles remain the same, insanity and your shrinking proximity to it is sure to stick around for at least another 365.

Let's take the time today to apply this to a topic on the majority of minds, especially this time of year which has become synonymous with rebirth and a new you; in name at least. We're talking about attaining and maintaining a healthy weight. This is a daunting and oft frustrating task for many, especially as well intentioned, endless hours are logged in the gym or running the streets, only to yield disproportionately low and disappointing results from the scale and mirror.

First off, to a certain extent, it's not your fault. If you once or still ascribe to constant loading of indiscriminate carbs, and a volume is king mentality when it comes to training, with the hopes of shedding that harmful extra adipose tissue, it's not your fault. That is until now. Ignorance is no longer an excuse. Between an abundance of PSAs like this, ample research and subsequent books penned all providing the science behind why we see overweight marathoners and triathletes (not to mention the growing epidemic of obesity, diabetes and cardiovascular disease), and what you can do to avoid becoming the seemingly paradoxical fit, yet unhealthy athlete; there really is no excuse to adhere to the same old same old, and then scratch your head when once again left with subpar results.

I would postulate that for the majority of us, at least a portion of our motivation to run is to be healthy. I would also imagine that for 99.9% of us, a world record, Olympic trial or seven figure contract is not in the cards. I say this because there seems to be a

seesaw relationship when it comes to optimizing health and longevity versus maximizing athletic performance. Focusing on enhancing quality and quantity of life, which can be looked at as doing all we can to slow the aging process, is frequently compromised when tunnel vision focuses us in on supreme physical output; right here, right now.

Neither one is the wrong choice. It is your choice. We get to decide what we want to do with this and we literally live and die with the consequences encountered due to the paths we choose. So the question is, why do you run? If somewhere on that list you make mention of taking control of your body weight in order to feel better and look better, the following may enhance the effects of your efforts as it has for so many others.

We're going to focus on intelligently manipulating metabolism in your favor with two goals in mind. One will be to break free of carb dependence and give up your year round pass on the insulin roller coaster. This means allowing your body to acquire the metabolic flexibility so that it can run on fats as well as carbohydrates.

The second goal here is to allow you the power and freedom to attain your desired weight. Remember when we mentioned the overweight triathlete or marathoner above. If it were simply a matter of calories in-calories out, and you could out exercise a bad diet, this perplexing body type wouldn't exist. I also realize and have acknowledged the fact that due to misinformation from the "experts," it's not entirely your fault. But that's why we're here.

One more thing on losing weight. This is a personal choice, and if you are truly happy with what you see in the mirror, and how you perform and feel, then by all means proceed pleasantly. However, this isn't all about ascetics. Unnecessary additional body fat is a detriment for a wide variety of reasons, including

more load to lug out there on River Road. This means you need to expend more energy lugging that load as you run out of gas.

This extra anatomical cargo is also creating more wear and tear on the joints. We are all slowly degenerating, and due to the repetitive, uniplanar movements with impact that is running, definitely susceptible to accelerated osteoarthritis. This is increased exponentially if these tissues are fitted with the task of not only running, but running with extra layers of adipose tissue.

It should also be understood that adipose tissue or body fat is not just a benign collection of mass taking up space and weighing you down while you run. It is now well understood that adipose tissue is actually pro-inflammatory, releasing immuno-modulatory cells called cytokines that cause elevated levels of inflammation in the body. Always in pain or sore? Taking forever to recover? The majority of the time it is inflammation that is at the core of our discomfort and this could very well be perpetuated, if not largely a result of excess body fat.

The list of reasons to make attaining that healthy body weight could go on forever, but one more thing to be aware of is the difference between the subcutaneous fat distributed throughout the body and visceral fat that tends to accumulate in the abdominal region, surrounding and infiltrating the organs. It's not hard to wrap your head around the reason why the latter proves more problematic, and it is mainly this type of fat that forms and accumulates when diets rich in insulin spiking processed and refined carbohydrates are the norm. I realize we are getting away from a run specific focus, but this is important and can be harnessed as more fuel for the fire to attain the metabolic flexibility necessary to change the fuel for your fire.

So let's jump in to some ideas on how we can get our bodies to break free from a reliance on constant carb replenishing and become a metabolically flexible and efficient utilizer of fat for fuel. If this is achieved, incessant scale monitoring isn't necessary as healthy body weight becomes a consequential byproduct of improved metabolism. I personally practice and have included many of these strategies with an abundance of individuals, big and small in our office, and the change witnessed and experienced is nothing short of eye opening and empowering.

## TRE or IF

Whether you want to call it Time Restricted Eating or Intermittent Fasting is a question of semantics. The idea is to start to tighten your feeding window during the day, and lengthen your non-feeding or "fasting" time, ideally at night so you can harness the

time sleeping as part of the non-feeding window. There are ample ways to adjust this to what best fits your lifestyle and bio-individuality, but the idea is to start to push breakfast later (or eliminate it), and/or dinner earlier in the evening, tightening that feeding window to 12-6 hours.

This allows your body to burn through its glycogen stores and begin to run on the fat in your body for fuel. This is a learned process and obviously any changes should be discussed with your healthcare practitioner prior to implementing, but over time can be achieved and done so regularly or when life allows.

(Personal Practical Application: I have been implementing this practice to varying degrees in my own life for about 2 years now. It started with a 12/12 feed/fast window, but now it is quite normal to practice 10/14 to 4/20 with no drop in energy, and a sense of sustained clarity, focus, tone, and output even when seeing patients or training for a half marathon, so this isn't just talk. I'm walking the walk with you here, people. It can be achieved. You just need to patiently discover the application that works best for you and ask yourself again, what is the ultimate priority?)

## TRAINING IN A FASTED STATE

To piggy back on the TRE practice above, if you cut dinner off a little earlier (and eliminate the habitual grazing or self-sabotaging, post dinner snack), and workout first thing in the morning, you are primed to push your body further towards burning fat for fuel.

Remember we said that when you sleep your body uses up the glycogen stores. This can vary individually but occurs in anywhere from 8-12 hours. At this point your body requires another source of fuel and can turn to fat. This process can be further expedited by skipping that pre-workout carbohydrate bomb and just getting up and going as you ramp up the body's need and thus utilization of its own endogenous fuel sources; one of them being to mobilize and burn the fuel stored in our energy rich fat.

You should however be acclimated to simply getting up and going through activities of daily living in this fasted state before stepping up your game and adding a workout in. This can take time, but again, is achievable for most. You may also notice a drop in performance (endurance, strength, fatigue, etc.) especially when initially implementing this approach. This is quite normal and logical as your body fine tunes and increases the efficiency of operating in this state.



However, the good thing about distance running is that for most of us, and with the exception of certain speed work or HIIT session, it is an aerobic, less glycolytic activity. This means there is a slower turnover rate on energy demands and as such our bodies can keep up by way of supplying an alternative fuel source to glycogen or glucose. When ready, implementing this on a recovery or moderate pace run would be a good place to start.

(Personal Practical Application: Although it does take time for the body to comfortably attain this metabolic flexibility, physiologically most of us are wired to do so. Regardless of the workout (speed, distance, strength session, etc.) I find I am able to execute this in the morning without eating pre or during with no issue. For the most part, I won't refuel post workout until my body sends the hunger signal.

So rather than eating out of habit, I stopped eating last evening at 7:45pm, got a 30 minute cross fit style gym session in the following 6:15am, and have yet to eat as I type this. Practically applied that puts me at 15+ hours of a fast with a metabolism boosting workout on the tail end. Did the optimal performance drop? Perhaps, but again you have to ask yourself why you workout, eat healthy, etc.? What is the bigger picture; the long term goal? Controlling insulin levels, dampening inflammation, perhaps dipping into metabolic ketosis and all that has to offer (another topic for another time), are all things to enhance quality and quantity of life, which I would imagine is the ultimate goal for most of us.)

There are other aspects to successfully pulling this off, like optimal food to eat during your feeding windows, and that too is an intricate piece of the puzzle which ideally should be designed specifically for you, your history, lab results and goals. These are things that we incorporate when designing a patient specific plan, but obviously involve decreasing or eliminating the processed and refined carbs, getting moderate high quality protein based on need, and filling in the rest with vegetables and healthy fats. Again, these are general tips and meant to guide towards an individualized plan, but I did want to leave you with one other benefit/metabolic hack this can allow you to utilize.

So once you've become comfortable going ~14 hours or so without eating, and are able to train within that ~14 hour window without any dizziness, nausea, abnormal premature fatigue, you can use this newly toned metabolic flexibility to your advantage. A byproduct of TRE, improved dietary choices, and training in a calorically deficient state is increased insulin sensitivity (the opposite of insulin resistance, the cornerstone of type II diabetes). This means your tissues, including your muscles are ready

for insulin, some may say hungry to accept and consume the glucose it delivers.

On race day you can atypically feed the body a clean, highly absorbable carb source pre and/or during the activity, and with its optimized sensitivity to insulin and acceptance of the glucose it comes to deliver, your body will potentially take that quick burning fuel source and use it like rocket fuel. To put a positive analogous spin on a commonly used negative term, attaining this metabolic flexibility, and then manipulating it in your favor almost becomes your own form of a natural, legal PED.

The preceding was really an oversimplified explanation serving as an introduction to some newer ideas that hopefully can assist in getting you where you'd like to be. When it comes to our clients, we go much deeper into explanations, testing, and aligning a plan (diet & strategy) to fit individual lifestyle and goal. As always, we are enthusiastically honored to be an addition to anyone's team when it comes to the journey towards personal optimization.

On a closing note, another thing I hear quite often is how liberating it is to not be a slave to food, especially when it comes to our most precious commodity; time. Not having to think about, plan and prep another healthy meal frees up time to do more and decreases decision making fatigue. Although it seems counterintuitive, myself and many others actually attest to increased mental acuity and physical energy levels while practicing TRE, and physiologically it makes sense why this occurs.

Hopefully this was enough to wet your appetite, or curb it. Remember, we're supposed to be fasting. If interested in learning more, we are always ready to take a deeper dive with you. Now I have to go. I haven't eaten in 16 hours and I'm starving.

Happy New Year, SCR Family. Take care of that. It's the only one you get.



**ONE BODY**  
FUNCTIONAL HEALTHCARE

MARK YOUR  
CALENDAR!

# SCR Runner of the Year SERIES

2017—2018

## Running on Island Time 5K

Saturday, August 26, 2017

**Overall Male & Female Winners:**  
William Maltin & Jennifer Absher

## Turtle Krawl 5K

Saturday, September 9, 2017

**CANCELLED**

## Space Coast Classic 15K & 2 Mile

Sunday, November 5, 2017

**Overall Male & Female Winners:**  
Derek Beckett & Jennifer Absher

## Space Coast Marathon & Half Marathon

Sunday, November 26, 2017

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

## Reindeer Run 5K — 12/9/17

Saturday, December 9, 2017

**Overall Male & Female Winners:**  
John Davis & Jennifer Absher

## Tooth Trot 5K

Saturday, January 27, 2018

**Overall Male & Female Winners:**  
John Davis & Dina Viselli

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

Sunday, February 18, 2018

## Downtown Melbourne 5K

Saturday, March 24, 2018

## Space Walk of Fame 8K & 2 Mile

Saturday, April 7, 2018

## Eat My Crust 5K

Sunday, May 6, 2018



# Runner of the Year Series

NEW FACES APPEAR ON THE FIRST LEADERBOARD OF 2018

## 2017—2018 ROY Leader Board

### OVERALL

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

### MASTERS

- Keith Snodgrass

### GRAND MASTERS

- Matt Mahoney

### SENIOR GRAND MASTERS

- Mike McNees

## 2017—2018 ROY Leader Board

### OVERALL

- 1 Cami Waldon
- 2 Mary Hofmeister
- 3 Charlotte Walters

### MASTERS

- Lisa Girard

### GRAND MASTERS

- Marie Thomas

### SENIOR GRAND MASTERS

- Debra Stokes

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



## SERIES RECAP

Men's leaderboard remains unchanged. The ladies board sees shuffles and new additions.

Experienced men's ROY series runners are now taking command of the 2017/2018 race. Eight-time champion, John Davis has taken the overall win at the last two races to put him right back in title contention, especially since early series leader, rookie SCR series runner, Derek Beckett has not been racing. Perennial top three performers, Steve Hedgespeth and Shane Streufert sit comfortably on the leaderboard for now.

Jonathan Howse once again rounds out the top three. Snodgrass, Mahoney and McNees all remain in their respective Masters rankings.

Jennifer Absher sat out the Tooth Trot 5K as she was running her first marathon the following day in Celebration. This decision opened up the top spot in the women's series race as Absher added 0 points to her total.

Cami Waldon saw the opening and excelled from second place to first on the leader board. Waldon has been running exceptionally well and its been fun to watch her progress. 2013/2014 ROY series winner, Mary Hofmeister climbs to second place and Charlotte Walters remains in third. With Hofmeister moving up in the rankings, Lisa Girard now sits atop the Masters division. Marie Thomas has leapt into the Grand Masters spot while Debra Stokes remains in the Senior Grand Masters position.

Next race is the 30th anniversary of the Eye of the Dragon 10K & Tail of the Lizard 2 Mile on February 18. See you there!



**Collect All 9!**  
wristbands awarded at the finish line



Your child can participate in our next SCR Youth Series Run at... Plus, they can score an anniversary Dragon Vest too!



### FEATURED ROY SERIES RACE

Coming up is the not-to-be-missed race #8 of the SCR series, the Downtown Melbourne 5k on March 24th!

- WHERE** ▶ Holmes Park  
914 E Melbourne Ave, Melbourne, FL
- WHEN** ▶ March 24, 2018 | 7:30 AM Women | 8:15 AM Men
- COST** ▶ *SCR Members save \$3 on 5K registration. Only \$22!*  
Early discounted registration runs until 3/22/18.

**WHAT TO EXPECT** ▶ This is always an exciting and unique race in that the men and women run separately, so participants can both race and spectate.

Downtown Melbourne also offers two challenges---the school challenge, with students receiving the special registration price of \$20, and the school with the highest participation will win an award.

The other challenge is the team challenge; teams will be either all male or all female, with the top four scoring members winning entry to the 2019 race!

**SCR YOUTH SERIES** ▶ 9:15 AM — Open to kids free of charge that are 12 & under.

**ONLINE RACE REGISTRATION** ▶ [Click here](#)

**PAPER RACE REGISTRATION** ▶ [Click here](#)

**BENEFITS** ▶ Proceeds from the race will benefit the Haven, which is a shelter for abused, abandoned, and neglected children.



Each year, SCR awards two scholarships, one to a male and one to a female; applicants are judged based on the merits of a 250-word essay.

This year SCR has raised the award to \$2,000 per scholarship! To apply for this opportunity, students should visit their school's guidance office in mid-February and ask for the Brevard Schools Foundation scholarship packet. Applications and essays will be due back to the Brevard Schools Foundation in mid-March.







## Davis, Viselli Win Tooth Trot Titles

Photo credits: TriHokie Images

Never is a group of people so happy to be at the dentists' than runners are at the annual Tooth Troth 5K, and this year, again, few were as at ease as John Davis, who took the annual sixth race of the SCR Runner of the Year Series in 17 minutes, 15 seconds

The defending champion finished ahead of Steve Hedgespeth of West Melbourne (17:25) and John Wall, a fellow Viera resident (17:29) in the 20th anniversary of the event, which benefits the Brevard County Dental Society's Give Kids a Smile program.

Dina Viselli of Melbourne led all women at 19:59, followed by Erin Canfield of Titusville (21:23) and Cami Waldon of Satellite Beach (21:50) in the race at the Wickham Park Community Center.

Shane Streufert of Viera (17:40), who finished fourth overall, led male masters runners and Bambi Sweeney of Cocoa (22:08) took the female category.

Keith Snodgrass of Melbourne (19:16) and Lori Kruger of Indialantic (23:08) were grandmasters winners; Vincent Avitabile of Palm Bay (19:28) and Anne Dockery of Melbourne Beach (24:20) led all senior grandmasters.

"Wow!" Dave Farrall of Melbourne Beach said after 68-year-old North Carolinian Andrew Smith passed him in the walking division with a time of 29:47. "I just walk. He's a true, competitive race walker."

Farrall, who crossed the line at 36:49, did so ahead of Yvonne Grudzina Glazer of New Smyrna Beach (38:30), the top female finisher.

Race director Jerilyn Bird said 477 runners registered for the event, a record in its 20 years.



Report by Lyn Dowling

### OVERALL MEN

John Davis, 17:15  
Steve Hedgespeth, 17:25  
John Wall, 17:29

### OVERALL WOMEN

Dina Viselli, 19:59  
Erin Canfield, 21:23  
Cami Waldon, 21:50

### MASTERS

Shane Streufert, 17:40  
Bambi Sweeney, 22:08

### GRAND MASTERS

Keith Snodgrass, 19:16  
Lori Kruger, 23:08

### SENIOR GRAND MASTERS

Vincent Avitabile, 19:28  
Anne Dockery, 24:20

### COMPETITIVE WALKING

Andrew Smith, 29:43  
Dave Farrall, 36:42  
Yvonne Grudzina-Glaser, 38:13

### TEAM RESULTS

Running Zone  
Up & Running Race Team  
SCR Racing Team

### DENTAL TEAM RESULTS

Solid Bite  
Team Lindeman  
Barlow Ortho

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



"I like this course. It was a little windy, but it's all right," said Davis, who led from the start.

"I did (enjoy herself)," Viselli said. "Yes, it's windy, so I'm happy I did under 20 (minutes). I wanted to get a personal record (under 19:24) but I'm happy with what I got."

The race was the sixth in the SCR's Runner of the Year series, which will continue Feb. 18 with the Eye of the Dragon 10K and Tail of the Lizard 2-Miler.



**Congratulations to all the 20th Anniversary Tooth Trot participants!**  
**Thank you Dr. Jerry & Jerilyn Bird for 20 years of stellar race directing!**



FEATURED IN  USA TODAY  
& THE RUNNER'S BUCKET LIST



Sunday, May 6th 2018



SHOES ARE  
OPTIONAL  
BAREFOOT  
DIVISION

10K|HALF MARATHON

*Race limited to 1,800  
runners*



SEAHORSE MEDAL TO  
ALL FINISHERS

Open to all runners and walkers |  
Tech shirts & event running caps to  
all entrants | sunrise start | low tide  
runs | Enter soon as we have sold  
out the last 4 years



EPIC POST  
RACE PARTY

*Live music,  
Brunch,  
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more!*



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FEBRUARY 2018

SCR/30

SPACECOASTRUNNERS.ORG





**OVERALL MEN**

Troy Smith, 18:01  
Robert Daffron, 18:28  
Dennis Quolke, 19:20

**OVERALL WOMEN**

Magnolia Lake, 21:17  
Hayley Barrett, 21:43  
Alex Baysinger, 23:33

**MASTERS**

James Chapman, 20:34 Michelle Longstreet, 25:45

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

*This race was Rockledge High School's Track & Field Team's first fundraiser for their new track surface.*

Pictured: Age group award winner, Kimberly Prosser



**OVERALL MEN**

Logan Chapman, 19:40  
James Chapman, 19:43  
Matt Mahoney, 21:35

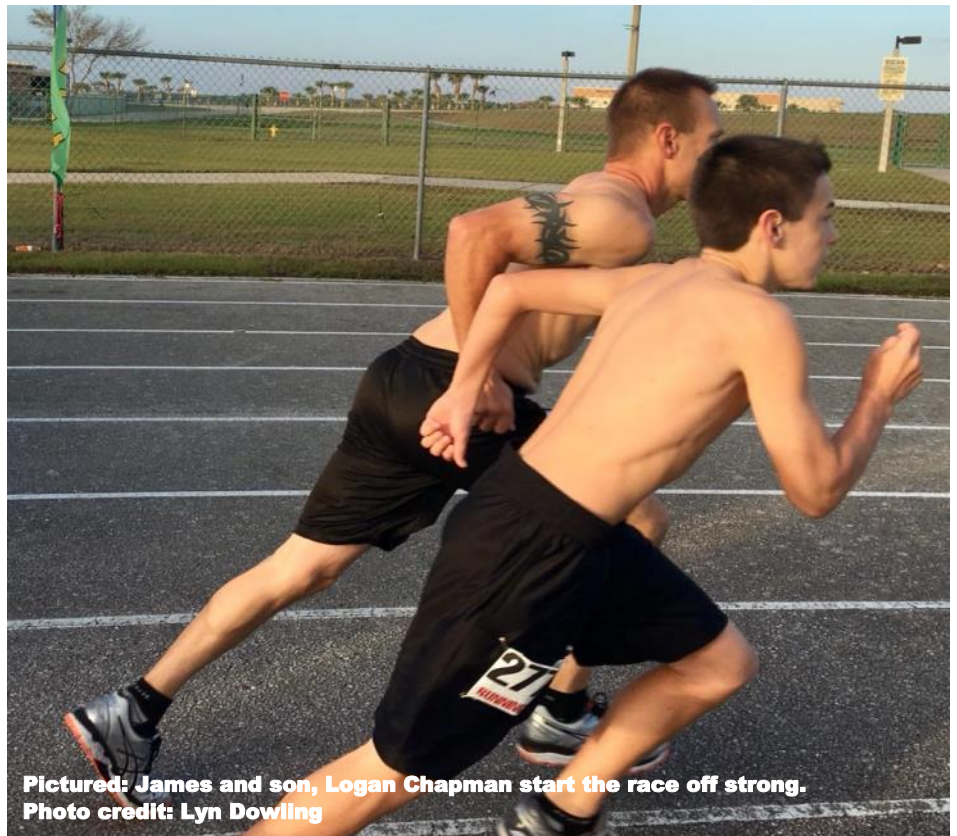
**OVERALL WOMEN**

Shelby Bennett, 20:57  
Lisa Deaton, 24:27  
Michelle Longstreet, 24:45

**MASTERS**

Mike Acosta, 21:59  
Michelle Henderson 26:54

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



Pictured: James and son, Logan Chapman start the race off strong. Photo credit: Lyn Dowling





Pictured: Outfitted and ready to go at the Fly Fish 5K. Photo credit: Marie Thomas



**OVERALL MEN**

Logan Chapman, 19:13  
James Chapman, 19:29  
Sean Black, 20:39

**OVERALL WOMEN**

Danielle Hustoles, 22:27  
Patti Spoerle, 23:13  
Brittany Streufert, 24:47

**MASTERS**

Micah Vanatta, 21:00  
Marie Thomas, 25:02

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

**OVERALL MEN**

Shane Streufert, 17:58  
Logan Chapman, 19:17  
Keith Snodgrass, 19:26.4

**OVERALL WOMEN**

Kim Hunger, 18:31  
Lisa Petrillo, 22:04  
Cami Waldon, 22:18

**MASTERS**

James Chapman, 19:26.6  
Annie Caza, 24:20

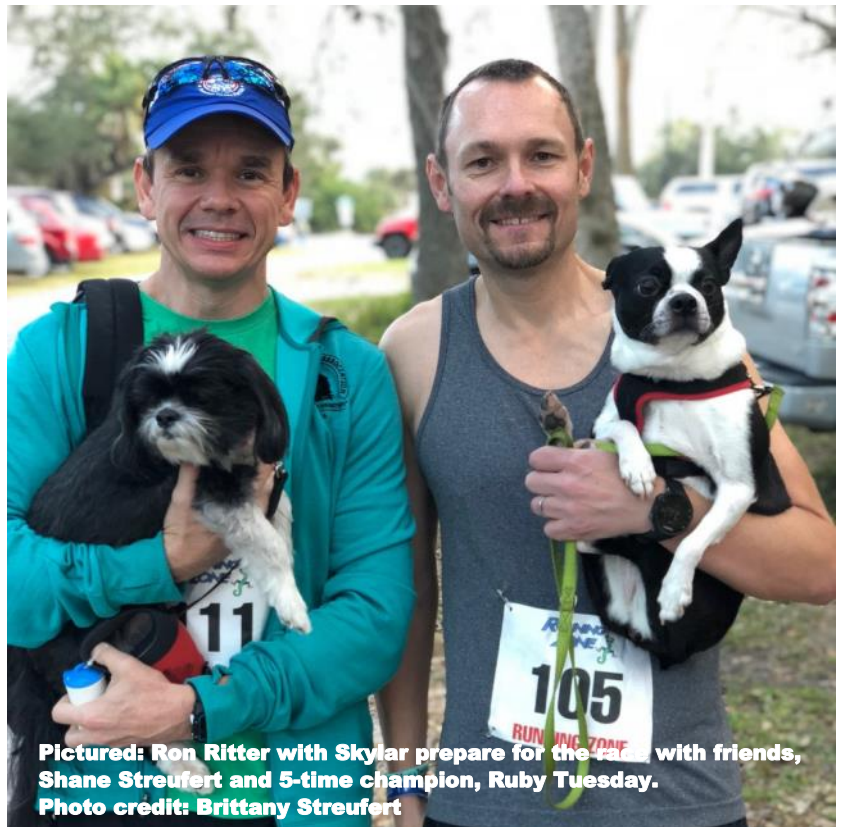
**DOG DIVISION RESULTS**

Ruby Tuesday Streufert, 17:58 (small dog)  
Nala Hunger, 18:31 (medium dog)  
Murphy Petrillo, 22:04 (large dog)

**TEAM COMPETITION**

Up & Running Fitness

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



Pictured: Ron Ritter with Skylar prepare for the race with friends, Shane Streufert and 5-time champion, Ruby Tuesday. Photo credit: Brittany Streufert

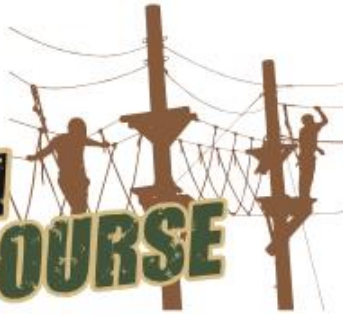




# PANTHER CHALLENGE 2018

**AT THE**

## FLORIDA TECH CHALLENGE COURSE



### PUSH YOURSELF TO THE LIMIT!

Test your strength and endurance on this 3-mile course that runs on trails through the Florida Tech Challenge Course and the Sebastian River State Preserve in Fellsmere, Florida.

You will encounter a military spec Marine Obstacle Course, Air Assault Course and additional challenges along the way.

Choose your category:

- **COMPETITIVE GROUP** — You must complete the obstacles as designed to be eligible to win.
- **OPEN GROUP** — Do your best with modified obstacles.

Food and drinks available after the race!

#### SPONSORS:



Sponsorship opportunities available.

Contact Race Director Dave Beach at 321-271-0834 or [dbeach@fit.edu](mailto:dbeach@fit.edu)

#### DATE AND TIME:

**Saturday, Feb. 17, 2018  
9 a.m.**

#### LOCATION:

Florida Tech Challenge Course  
11090 CR 512, Fellsmere, FL

#### COST:

\$45 — until midnight Feb. 3, 2018  
\$60 — Feb. 4, 2018 and after

#### AWARDS:

*Competitive class only*

- Top 3 Male 40 and under
- Top 3 Female 40 and under
- Top 3 Male over 40
- Top 3 Female over 40

#### FOR MORE INFO:

[www.fit.edu/challenge-course](http://www.fit.edu/challenge-course)



[www.facebook.com/  
FITPantherChallenge](https://www.facebook.com/FITPantherChallenge)

The Trailhead Preserve FIT Challenge Course is a publicly owned outdoor recreation facility operated by Florida Institute of Technology and partially developed with assistance from the Land and Water Conservation Fund on land acquired with funds from the Florida Communities Trust (FCT) and Indian River County. The Trailhead Preserve is compliant with Title VI of the Civil Rights Act, Section 504 of the Rehabilitation Act, and Americans with Disabilities Act.

RE-384-717



# Dennis Testa

Floridian Father, Has Spent 50+ Years Running

**Name:** Dennis Testa

**Family:** Single; Kids are all grown now but I raised them myself since ages 7, 10 & 13 as single dad

**Age:** 73

**Originally from:** Melbourne, FL

**Currently reside:** Merritt island, FL

**Number of years running:** Since Junior high school so that would be about 58 years

**Began running because:** I was faster than my class mates and they needed another person for the cross country team

**I knew I was hooked when:** I was training in the summer months when the other guys didn't do anything

**Race personal records (PRs) :**  
You understand these are from many years ago, I could only come close to any of them now if half the race was off a cliff.  
5K 17:50, 10k 37:21, 15K 59:48,  
1/2 marathon 1:18:42, Marathon 2:53:30

**What has been my biggest running accomplishment to date:**  
Has to be the Boston Marathon, it took me several tries to get a qualifying time, at that time you had to make a 3 hour limit



**Favorite local and/or out-of-town race:**

Boston Marathon, incredible local viewer turnout. The first time I heard the screaming girls on Heartbreak Hill I was really taken back. Local favorite is the Eye of the Dragon

**Favorite place to train:** Cocoa Beach/ Cape Canaveral beaches at low tide

**Running goals:**  
To overcome my recent Health issue and be ready for the 2018/2019 SCR series



*River's Edge Half Marathon  
January 2, 1993  
Cocoa, Florida*



**Training philosophy:** Put in the miles on a regular schedule whether it is hot, cold windy, raining, etc.

**Running partners:** None presently

**If I could run a mile with any other person (s), dead or alive:**

I'm thinking the former Cocoa Beach police officer Muldoon who in 1987 had me thrown in jail and charged with Loitering for not having an ID on me when he saw me running my normal route though Cocoa Beach at around 05:00. The State Attorney's Office threw it out.

**Funniest or oddest thing I've seen while running:** 10K in Key West that started at dusk, passed a couple runners Guy & Gal who were only wearing their running shoes and nothing else.

**One piece of advice that I would give to a new runner:** Most of all if you develop a sore muscle, take a few days off to let it heal up. At least one day a week get in a nice long run without using the stop watch, just enjoy the scenery. Lastly watch out for the salt intake which is apparently the root my recent medical issue.

I've been eating pre packaged food & junk food for many years without paying any intention of what all was in it. For instance there is a popular 10" pizza at most stores that lists the sodium content at about 900 mg, but that is per serving which in the tiny print they say it has 8 servings per pizza and they don't do the math for you so you have  $900 \times 8 = 7200$  mg. So over all I have been averaging 6,000 to 10,000 mg of sodium a day without ever using a salt shaker. I'm now learning to cook my meals and watch out for all of that.

**Last movie I saw:** Return of the Jedi

**Favorite hero:** John Wayne ( ok so I'm showing my age )

**Favorite pre-race meal:** pasta with meatballs

**I can't live without my....** Coors lite ( The Doc's didn't tell me to give that up )

**Last time I took a selfie:** On Andrews Glacier Colorado





# SCR OUT-OF-TOWN RACE RECAP

email your results to:  
info@spacecoastrunners.org



## RESOLUTION RUN 5K

Vero Beach, FL on 01/01/18

Shane Streufert, 17:56.34 **Masters**

Mike McNees, 21:52.37 **Senior Grand Masters**

Mike Acosta, 22:56.00

Brittany Streufert, 24:03.56 **1st AG**

Hazel McNees, 24:17.73 **1st AG**

Corrine Rios, 27:09.27 **1st AG**

Samantha Kervin, 27:01.5 **2nd AG**



Pictured above: Lorna Mazza displays all her Disney medal hardware!

## DISNEY MARATHON WEEKEND

Lake Buena Vista, FL on 01/05-07/18

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

Andrew Adams 54	47:33	1:34:56	3:40:05	7:30:30
Jan Adams 50	43:42	1:30:23	3:30:23	6:49:34
Alyson Alley 47	44:20	1:19:15	2:55:36	6:44:47
Jennifer Anselmo	26:21	51:49	1:55:08	3:59:26
Debbie Bates 49	43:22	1:17:44	2:55:54	6:07:13
Stephen Bernstein 53	30:45	1:03:54	1:59:36	4:01:05
Eric Bissonnette 49	30:13	1:02:20	2:21:17	4:29:40
Kim Bissonnette 53	56:10	1:42:48	3:13:42	6:38:18
Jenna Bliss 32	34:44	1:05:09	2:40:03	6:43:16
Jessica Boudreaux-Milligan 37	38:17	1:36:16	3:37:17	6:57:32
Shawn Burns 49	39:01	1:13:23	2:41:24	5:22:36
Maria Dishaw 47	40:23	1:24:19	2:52:42	6:09:33
Sandra Edwards 54	53:45	1:38:41	3:20:11	7:03:57
Lee Fairchild 28	42:42	1:26:33	3:09:24	6:25:00
Billy Feldmeier 35	25:07	54:51	2:10:01	3:53:25
Tracy Geiger 33	52:41	1:18:08	2:53:16	6:13:06
Elizabeth Gmerek 56	50:48	1:38:51	3:22:49	7:09:41
Kelley Lake 55	44:07	1:27:41	3:15:06	6:52:57
Patricia Lucas 35	39:00	1:21:28	2:48:19	6:07:22
Joshua Maitlen 38	39:01	1:13:53	1:47:46	6:42:37
Rebecca Maitlen 44	39:02	1:13:54	2:41:37	6:42:36
Jim Martin 48	52:20	1:04:58	2:35:54	5:27:45
Lorna Mazza 61	46:46	1:30:36	3:30:11	6:59:56
Phillip Miranda 33	48:27	1:29:18	3:02:56	6:41:21
Becky Oguete 42	42:44	1:26:34	3:09:24	6:24:59
Monica Overman 51	1:04:30	1:49:59	3:38:22	6:16:12
Linda Schultz 60	44:09	1:27:41	3:15:06	6:53:17
Kelly Semenko 40	39:00	1:21:31	2:24:26	6:07:21
Maria Isabel Smith 60	45:22	1:32:23	3:23:18	7:02:44
Ned Voska 57	40:22	1:24:18	2:52:41	6:09:33
Liz White 38	38:59	1:13:24	2:36:30	4:52:06
Sandra Walker 37	1:21:26	1:30:36	3:07:37	6:24:45

## *Goofy Challenge (Half Marathon & Marathon)*

Jim Martin 2:35:54, 5:27:45

Jamie Sancartier 1:57:28, 4:52:44

## *Marathon*

Lois Boxer 60 7:10:03

Thomas Bliss 31 6:43:16

Mary Collins 46 7:16:56

Stephen Curtis 53 7:20:18



Valerie Eastman 5:47:19  
 Daniel Hart 33 5:31:14  
 Susie Koontz 72 6:04:15 **3rd AG**  
 R.C. Koontz, 71 7:24:58  
 Paula Lemieux 52 6:58:52  
 Monica Overman 51 6:16:12  
 Suzie Philbeck 46 4:53:12  
 Misty Ritzel 39 7:09:00  
 Jamie Sancartier 43 4:52:44  
 Laura Tubbs 50 7:20:19  
 Laura Walker 35 4:48:21  
 Joseph Werner 60 6:09:42

*Half Marathon*

Betsy Butler, 1:52:00  
 Monica Chiappetti, 3:50:59  
 George Clark, 3:13:01  
 Mike Doyle, 1:37:53  
 Bill Floyd, 3:03:11  
 James Girard, 1:47:13  
 Lisa Girard, 2:02:33  
 Kari Heminger, 3:11:11  
 Tyler Heminger, 2:26:21  
 Jackie Leclair, 3:13:42  
 Eva Mixco, 3:29:18  
 Brio Quandt, 3:39:33  
 Clarisse Quandt, 3:24:11  
 Judd Spitzer, 2:32:32

*10K*

Audrey Bernstein 53 1:03:53  
 Alaina Bradley 33 1:37:02  
 Billy Feldmeier 35 54:51  
 Bryony Edwards 23 1:59:05  
 Lynnda Floyd 44 1:52:09  
 Mary Haws 32 1:47:41

**HALO'S RESCUE "CHASE YOUR TAIL" 5K**

Sebastian, FL on 01/06/18

Charis Gaines, 26:21.98 **2nd AG**  
 Brian Knight, 26:23.92, **2nd AG**  
 Samantha Kervin, 29:35.05 **1st AG**

**CROOM ZOOM 25K**

Brooksville, FL on 01/06/18  
 Sean Black, 2:03:35 **3rd AG**

**BEACHSIDE HALF MARATHON**

Vero Beach, FL on 01/07/18

Shane Streufert, 1:20:43 **1st AG**

Sal Farino, 1:37:53 **1st AG**  
 Mike Acosta, 1:48:48  
 Brittany Streufert, 1:57:20 **3rd AG**  
 Terri Pignone, 1:57:41 **2nd AG**  
 Sondi Ryerse, 1:59:32  
 Janet Carman, 2:40:36  
 Beverly Glenn, 2:42:07  
 Jeanne Sims, 2:45:48  
 Susie O'Connell, 2:48:24

**KEY WEST HALF MARATHON & 5K**

Key West, FL on 01/07/18

*Half Marathon*

Jennifer Absher, 1:27:59 **1st OA**  
 Debra Stokes, 2:07:43  
 Thomas Stokes, 2:24:09  
 Payton Gibney, 2:37:08 **1st AG**

*5K*

Elaine Ferriola 27:05.7  
 Taylor Reed 34:28 **1st AG**  
 Logan Reed 35:09 **2nd AG**  
 Kyle Reed 35:12  
 Tonya George, 56:20

**QUAIL VALLEY CHARITIES 5K**

Vero Beach, FL on 01/13/18

Anne Dockery, 24:43 **1st AG**

**MASTERS OF ALL TERRAIN**

Astatula, FL on 01/13/18

*50K*

Michael Pagoria, 5:30:44 **3rd OA**  
*Marathon*

Sondi Ryerse, 4:25:22 **1st AG**

*Half Marathon*

Kathy Pagoria, 3:32 **3rd AG**

*5 Mile*

Joshua Maitlen, 40:05:05 **1st AG**  
 Rebecca Maitlen, 1:00:09, **2nd AG**  
 Karen Stout, 1:27:06

**SHARK BITE HALF MARATHON**

New Smyrna Beach, FL on 01/14/18

Shane Streufert, 1:18:48 **Masters**  
 John Wall, 1:19:58, **1st AG**



Pictured above: Jennifer Absher takes the win at the Key West Half Marathon for female.

**DELEON SPRINGS HALF MARATHON &**

**5K**, DeLeon Springs, FL on 1/7/18

*Half*

Matt Mahoney, 1:44:47 **1st AG**

*5K*

Karen Hyde, 51:24

Keith Snodgrass, 1:25:16 **1st AG**

Sal Farino, 1:36:36 **1st AG**

Micah Vanatta, 1:39:04 **3rd AG**

Paul Pirillo, 1:43:45

Matt Mahoney, 1:44:55

Cristina Canales, 1:45:44

Ilse Berube, 1:47:45 **2nd AG**  
 Marie Thomas, 1:48:06 **3rd AG**  
 Cheryl Ritter, 1:49:06  
 Molly Kirk, 1:50:22  
 Jo-Anne Boland, 1:55:49  
 Christine Kennedy, 1:56:05  
 Shelley Christian, 2:02:33 **2nd AG**  
 Alison Bonner, 2:05:29  
 Cameron Shagena, 2:05:29  
 Michael Brown, 2:06:00  
 Mandy Karl, 2:06:24  
 Shona Price, 2:08:41  
 Charis Gaines, 2:09:21  
 Shannon O'Boyle, 2:13:05  
 Julia Mrdjenovich, 2:13:57  
 Patti Sponsler, 2:15:06  
 Marisa Flint, 2:18:07  
 Rick Foresteire, 2:19:41  
 Nancy Foresteire, 2:19:43  
 Sonya Merritt, 2:21:07  
 Etta Gibson, 2:23:33  
 Terri Howell, 2:24:21  
 Brenda Nelson, 2:30:20  
 Amanda Shagena, 2:30:22  
 Anne Mitchell, 2:36:32  
 Christine Brown, 2:42:44  
 Beverly Glenn, 2:43:01  
 Pat Kiesselbach, 2:45:42  
 Andy Karl, 2:46:57  
 Samuel Kirschten, 2:58:52  
 Mary Hawes, 3:07:34  
 Jennie Ward, 3:15:58  
 Kathy Van Metter, 3:15:59  
 Beth Walker, 3:20:03

#### **CLEARWATER DISTANCE CLASSIC**

Clearwater, FL on 01/21/18

Tony Bils, 1:38:27, **3rd AG**

#### **FLORIDA CHALLENGE HALF MARATHON,**

Lithia, FL on 1/28/18

Sherril Lorraine, 2:03:58  
 Scott Rose, 2:10:35  
 Lisa Rose, 2:21:35

#### **CELEBRATION MARATHON & HALF MARATHON,**

Celebration, FL on 1/28/18

#### *Marathon*

Jennifer Absher, 3:11:19 **3rd OA**  
 Stephen Bernstein, 3:26:57  
 Emily King, 4:26:20  
 Susan Snodgrass, 4:38:55  
 Alison Bonner, 4:41:38  
 James Dishaw, 4:48:48  
 Audrey Bernstein, 4:57:50  
 Anne Mitchell, 5:09:08  
 Liz White, 5:21:37

#### *Half Marathon*

Kaitlin Donner, 1:21:56 **1st OA**  
 Derek Beckett, 1:22:17 **1st AG**  
 Keith Snodgrass, 1:34:31 **1st AG**  
 Michael Walker, 1:37:25 **2nd AG**  
 John Carr, 1:43:06  
 David Thornberry, 1:49:09  
 Heather Akram, 1:50:47  
 Mike Acosta, 1:54:50  
 Brittany Streufert, 1:55:45  
 Terri Pignone, 1:57:51  
 Joshua Maitlen, 1:59:43  
 Sal Farino, 2:04:53  
 Harry Prosser, 2:06:11  
 Naweed Akram, 2:10:28  
 Hatice Foell, 2:20:10  
 Rick Foresteire, 2:20:36  
 Jennifer Eggert, 2:20:54  
 Sharon Smith, 2:24:58  
 Kimberly Budnick, 2:24:58  
 Nancy Foresteire, 2:26:56  
 Monica Hall, 2:28:04  
 Nichole Warren, 2:28:41  
 Shona Price, 2:29:13  
 Maria Dishaw, 2:29:27  
 Valerie Eastman, 2:29:30



Pictured above: Naweed Akram celebrates his Celebration Half Marathon finish with daughter, Marie McKenna.

Kelly Hunter, 2:31:43  
 Kimberly Prosser, 2:31:43  
 Rebecca Maitlen, 2:31:47  
 Katie Wilson, 2:35:16  
 Patricia Lucas, 2:36:18  
 Seher Swenson, 2:38:36  
 Jami Morgan, 2:41:12  
 Lee Fairchild, 2:41:58  
 Becky Oguete, 2:41:58  
 Karen Suarez, 2:42:48  
 Alison Vogelbacher, 2:55:22  
 Alberto Sierra, 2:57:00  
 Mary Collins, 2:57:19  
 Virginia Lamb, 2:57:20  
 Teresa Ragan, 2:57:36  
 Linda Schultz, 2:58:17  
 Carol Souve, 2:58:21  
 Angela Leeds, 2:58:22  
 Denise Burns-Legros, 2:58:41  
 Jason Collins, 3:03:16  
 Arlene Allen-Buono, 3:25:31  
 Mary Stallings, 3:25:33  
 Dalys Dunn, 3:37:31

**EMAIL US YOUR RACE TIMES!**

[info@spacecoastrunners.org](mailto:info@spacecoastrunners.org)



# WHERE IN THE WORLD

are Space Coast Runners  
running?

## February 2018

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

Terry Ryan



February 10  
**Hot Chocolate 15K**  
Charlotte, NC

Kari Heminger



February 11  
**Mercedes-Benz Half Marathon**  
Birmingham, AL

Robin Murphy



February 18  
**A1A Fort Lauderdale Half Marathon**  
Fort Lauderdale, FL

Kari Heminger



February 24—25  
**Gasparilla Distance Classic**  
Tampa, FL

Lisa Hamelin, John Ouweleen,  
Marion Oswald, Skip Oswald, Keith  
Snodgrass, Brittany Streufert,  
Shane Streufert, Kristen Tinker



## March 2018

March 3  
**Gate River Run 15K**  
Jacksonville, FL

Marion Oswald, Skip Oswald



March 4  
**Swamp House Half Marathon**  
DeBary, FL

Kristen Tinker



March 31  
**Run the Bluegrass Half Marathon**  
Lexington, KY

Terri Pignone



## April 2018

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

Carol Ball, Brittany Streufert, Shane  
Streufert



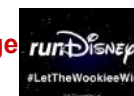
April 16  
**122nd Boston Marathon**  
Boston, MA

Jonathan Howse, Matt  
Mahoney, John Ouweleen



April 20—21  
**Star Wars 5K + Challenge**  
Lake Buena Vista, FL

Kari Heminger



April 22  
**London Marathon**  
London, England

Terri Pignone



April 28

**Kentucky Derby Festival  
miniMarathon**  
Louisville, KY

Carol Ball,  
Barbara Linton



April 29

**National Women's Half Marathon**  
Washington, DC

Heather Mitchell



## May 2018

May 6  
**Divas Half Marathon**  
North Myrtle Beach, SC

Hilary Eisenbrenner



**Flying Pig Marathon**  
Cincinnati, OH

Terri Pignone



**Mountain Goat Run** Syracuse, NY

Marion Oswald, Skip Oswald



May 19  
**Big Lake Half Marathon**  
Alton, NH

Terri Pignone



May 27  
**Run to Remember Half Marathon**  
Boston, MA

Terri Pignone



# GET YOUR NEXT RACE LISTED

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

[info@spacecoastrunners.org](mailto:info@spacecoastrunners.org)



# WHERE IN THE WORLD

are Space Coast Runners  
running?

## July 2018

July 28  
**Jack & Jill's Downhill Half Marathon**  
North Bend, WA



Terri Pignone

## August 2018

August 19  
**Skinny Raven Half Marathon**  
Anchorage, AK



Terri Pignone

August 3  
**Rocky Mountain 5K**  
Estes Park, CO



Kari Heminger

## September 2018

September 2  
**Kauai Half Marathon**  
Kauai, HI



Terri Pignone

September 15  
**Bar Harbor Bank & Trust Half Marathon**  
Bar Harbor, ME



Terri Pignone

## October 2018

October 7  
**Newport Half Marathon**  
Newport, RI

Terri Pignone



October 7  
**Chicago Marathon**  
Chicago, IL



Kristen Tinker

## November 2018

November 18  
**Rothman 8K**  
Philadelphia, PA



Kari Heminger

## December 2018

December 8  
**Tiger 10K**  
Baton Rouge, LA



Kari Heminger

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

Take the time to tell us where you'll race next—date, place, race. Email the newsletter at: [info@spacecoastrunners.org](mailto:info@spacecoastrunners.org)

## THANK YOU

### HEALTH FIRST PRO-HEALTH & FITNESS CENTERS!

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



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

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

For more info, please visit: [Health First Pro-Health & Fitness Center.](http://HealthFirstPro-Health&FitnessCenter.com)



# SCR MEMBER DISCOUNTS!

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

**SAVE 10% at these local businesses**



**GET MOVING!**  
Group Fitness & Personal Training



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

**SAVE 10% off one item per member**



**SAVE \$10 on a zoo membership**



**SAVE 10% on Hammer products at Nutrition Leaders in Indialantic**



ENDURANCE FUELS & SUPPLEMENTS

**STAY CONNECTED WITH SPACE COAST RUNNERS**



FOLLOW US ON  
*Instagram*



follow us on  
**twitter**



Find us on  
**Facebook**

# Race Calendar

## DATE · EVENT · TIME · LOCATION · CONTACT

2/3	Superhero 5K & 1 Mile	7:30am	The Avenue Viera, Viera	superhero5kviera@gmail.com
2/10	Bat Boogie 3K	7:00am	Brevard Zoo, Melbourne	info@runningzone.com
2/10	Florida Today 5K & 8K	7:00am/ 8:15am	Front Street Park, Melbourne	info@thefloridamarathon.com
2/10	Wagon's Run Walk Roll 5K	8:00am	Chain of Lakes, Titusville	(321) 302-6011
2/11	Florida Marathon, Half Marathon & Relay	6:00am/ 7:00am	Front Street Park, Melbourne	info@thefloridamarathon.com
2/17	5K Run/Walk for Autism Awareness	8:00am	The Scott Center, Melbourne	321-768-6800
2/17	Panther Challenge— Obstacle Run	9:00am	Florida Tech Challenge Course— Fellsmere	<a href="https://www.facebook.com/FITPantherChallenge/">https://www.facebook.com/ FITPantherChallenge/</a>
2/17	Crazy Cupid 5K	8:00am	East Coast Christian Center— Merritt Island	MIHS Project Graduation
2/18	Eye of the Dragon 10K & Tail of the Lizard 2 Mile	7:00am/ 8:30am	Eau Gallie Civic Center, Melbourne	eyeofthedragon10k@gmail.com
				
2/24	Ready, Set, Glow Sculptor Charter School's A. Max Brewer Bridge 5K	6:00pm	Sand Point Park, Titusville	5krun@sculptorcharter.org
2/24	THINGA-MA-JOGGER 5K	7:30am	Manatee Elementary, Viera	manateept5k@gmail.com
2/24	Brevard Heart Walk — 1 or 3 Mile options	9:00am	The Avenue Viera, Viera	brevardaha@heart.org
2/24	DeLaura Dash 5K	8:00am	DeLaura Middle School, Satellite	rimaandrews@yahoo.com





## Space Coast Runners RACING TEAM

### The Space Coast Racing Team is now fully sponsored!

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

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

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

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

<http://rallcapital.com>

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

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

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



# SPACE COAST RUNNERS MEMBERSHIP APPLICATION FORM

Select One:  New Member  Renewal  Address change

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_ Sex: M / F

Email: \_\_\_\_\_ Volunteer? YES / NO

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

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

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

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

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: M / F Vol? YES /NO

Email \_\_\_\_\_ Phone# \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: M / F

Email \_\_\_\_\_ Phone# \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: M / F

Email \_\_\_\_\_ Phone# \_\_\_\_\_

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

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