

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

JANUARY 2016



IN THIS ISSUE

Space Coast
Marathon &
Half Marathon
Special Report

Run a Mile with
Ed & Kaitlin Donner



SPACE COAST RUNNERS

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

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



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

DICK WHITE
SCR President

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P.O. Box 541837
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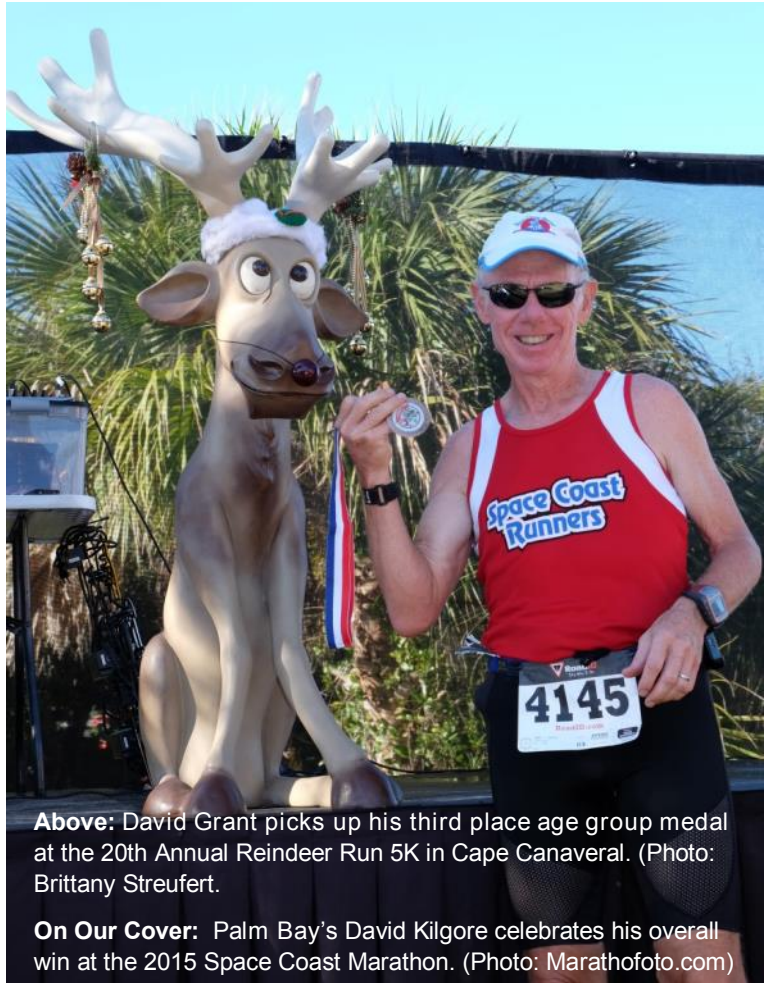
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Above: David Grant picks up his third place age group medal at the 20th Annual Reindeer Run 5K in Cape Canaveral. (Photo: Brittany Streufert.)

On Our Cover: Palm Bay's David Kilgore celebrates his overall win at the 2015 Space Coast Marathon. (Photo: Marathofoto.com)

The January
Winter Social
and special early
registration for the
**2016 Space Coast
Marathon &
Half Marathon**
January 23 1:00-4:00 PM
at Running Zone

Space Coast Runners

RUNNER OF THE YEAR SERIES

ready to run in 2015-2016

January 30
Tooth Trot 5K



February 27
**Eye of the Dragon
10K & 2 Mile**



March 26
**Downtown
Melbourne 5K**

April 9
**Space Walk of
Fame 8K & 2 Miler**

May 1
Eat My Crust 5K

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

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

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

GETTING TO KNOW YOUR SCR BOARD MEMBERS

Nancy Wingo



Name: Nancy Wingo

Favorite SCR series race:

Eat My Crust. Great race and my 5K PR!

Favorite Space Coast area to

run: Beautiful River Road Rockledge. I can fall out of bed, walk ½ a block and start to run!

Running partner(s): My team

Jackson's Jets & Joggers.

Especially Kimberly Prosser! We work hard

and have fun!! We run, get injured at the same time, lay off and obsess about it, aqua jog and volunteer when we can't run!



Little known fact/secret about

yourself: I was at President Obama's inauguration in 2009 sitting next to the Tuskegee Airmen about 60 feet from the podium. In 2012, after the SCR long run in CCV, I saw the president again at Ossorio's.



Happy New Year! Is there anyone out there that doesn't enjoy the transition to a new year? Whether you make resolutions or not, it is a new beginning. A way to get back on track, whether it is for personal or professional reasons. Myself, I make resolutions and to be honest, it's not about keeping them all year (because that never happens anyway), but to just have a 'start' button. I make resolutions all year long because I like that feeling of re-motivation. It keeps things fresh and new. What are your resolutions? Would love to hear them!

Something that you may or may not know about Space Coast Runners...I mentioned a couple of issues ago that SCR owns half of the Space Coast Marathon & Half Marathon. Well, that means perks for members—our Winter Social is Jan. 23rd from 1-4pm and it will be at Running Zone. Here, you'll be able to register for either race, EARLY! Make sure you attend so that you get in before it gets sold out (and we know the half will sell out quickly again).

This is a special issue—we have an extra section just for the Space Coast Marathon and Half Marathon, which was held on November 29. It was year three into the five year Big Bang Series. Learn about one of our favorite active couples—Ed and Kaitlin Donner in the Run a Mile With article. See how the Runner of the Year Series is faring now that we're halfway through. We hope you enjoy reading the first issue of 2016!

Keep moving forward!

Lisa Hamelin
Editor-in-Chief

lisahamelin@gmail.com



Our mailbox is always open to our readers.

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



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

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

PRESIDENTIAL INQUIRY

A Monthly Column from SCR President, Dick White

GREETINGS ALL!

2016 is upon us - Hope your Holidays were Joyous and you all were able to spend that much needed family time. As I am writing this, it has yet to happen, but I am SURE the New Year's Morning Fun Run at Cherie Downs park was a Complete and Utter Success!!

With the Reindeer Run 5K done the 2015/2016 ROY Series is Half Over! Congratulations to the members of our Space Coast Runners Team - It is GREAT to see that Sea of Red streaking to the finish line in All of our Races. It is ALSO Great to see how many team members there are in the top two positions of almost every age group in the series competition! Should be Really Exciting to watch the competition Heat Up as the season winds down!! The next series race is the Tooth Trot 5K on Jan 30, 2016.

DON'T FORGET the Winter Social is at Running Zone on Jan 23rd to allow SCR Members early entry into the 2016 Space Coast Marathon and Half Marathon! If you can't be there, go to the race website, download a waiver, SIGN IT and have your trusted friend or significant other register for you. SCR Board Members will be present to allow you to renew or initiate membership. Refreshments and Entertainment will be provided (I promise not to sing).

Remember, there are 309 people that are eligible to get a Space Coast Challenge 33K Medal at the 2016 Space Walk of Fame 8K. If you finished the Space Coast Classic 15K, YOU are eligible! You do not have to jump through any hoops. Finish the Eye of the Dragon 10K (or Slay the Beast) and PRE-REGISTER for, then finish the Space Walk of Fame 8K and your 33K Medal will be waiting for you!! Just that easy!!

The Board Members of Space Coast Runners wish you ALL a fun and injury free 2016!! Run Strong, Run Long and for those capable - Run Really Fast!

Happy New Year!

Dick

Dick White, SCR President

dickwhite@cfl.rr.com



JANUARY BOARD MEETING

Jan 11, 2016 at 7:00pm
Pro-Health Merritt Island

All members are welcome
to attend.

Advertise in this newsletter.

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

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

Local Fun Runs & Walks



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

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

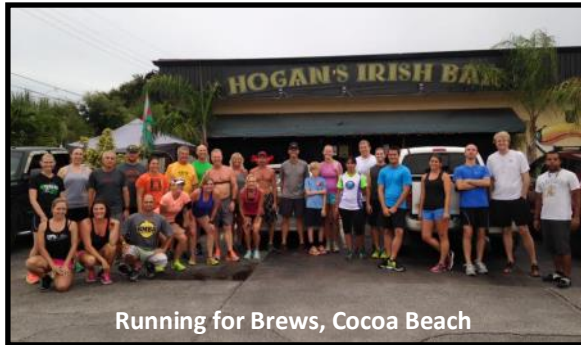
Local Fun Runs & Walks



Running for Brews, Viera



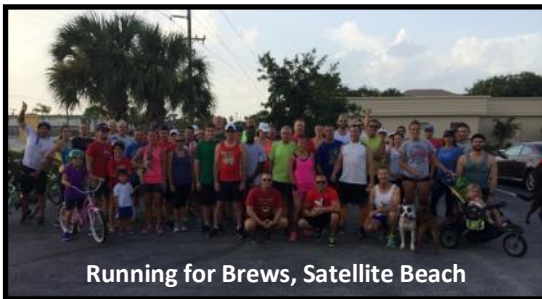
Intracoastal Run Club, Melbourne



Running for Brews, Cocoa Beach



Long Doggers, Indianlantic



Running for Brews, Satellite Beach



Daddy Ultra Runs, Cocoa Village



Running for Brews, Melbourne



Running Zone, Melbourne



Cocoa Beach Runners, Cocoa Beach



Up & Running Fitness, Indian Harbour Beach



WORLD OF BEER 5th Annual
TAP IT AND RUN
5K and 10K

SUNDAY,
JANUARY 17, 2016
AT 8:00 AM
The Avenue, Viera

TIMETABLE

Saturday, January 16th

10:00 am – 5:00 pm

Packet Pickup & Registration at **Running Zone**
 across from Eastern Florida State College, Wickham Rd

Sunday, January 17th – World of Beer at The Avenue

2290 Town Center Ave, Melbourne, FL 32940

6:45 am Packet Pickup & Registration

7:45 am Late Registration ends

8:00 am 5K and 10K Start!!!

*Awards Ceremony immediately following the race

FEES	Until 1/16	Race Day
5K Run/Walk	\$30.00	\$35.00
10K Run/Walk	\$40.00	\$45.00

SORRY, NO REFUNDS

AMENITIES

- **** NEW THIS YEAR** 10K Course!**
- Enjoy an awards ceremony in the courtyard just steps away from your complementary beer at WOB!
- Awesome Technical Tees guaranteed til 12/29/15
- Great Breakfast after race
- Proceeds benefit Viera HS Instrumental Music Department

AWARDS

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

Age Groups (Top 3 M-F)

8 & Under 20 – 24 40 – 44 60 – 64

9 – 11 25 – 29 45 – 49 65 – 69

12 – 14 30 – 34 50 – 54 70 – 74

15 – 19 35 – 39 55 – 59 75+

***14 & Under will be the first awarded age group for 10K**

Team Awards – Top 3 Teams both 5K and 10K

World of Beer Loyalty Members: Top 3 & Top Team

WORLD OF BEER 5K OFFICIAL ENTRY FORM

Send entry form and fee to Running Zone 3696 N Wickham Road, Melbourne, FL 32935

Make check payable to: **World of Beer Charity Fund**

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____ Email address _____

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

Team Name _____ (min. of 5 team members – must be co-ed teams)

T-Shirt Size- Unisex Technical (circle one): XS S M L XL XXL

World of Beer Loyalty Member (circle one) YES NO



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 World of Beer Tap it and Run 5K & 10K 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

SCR Central

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

welcome!

NEW MEMBERS!

We look forward to running with you!

<i>Erika Barnes</i>	<i>Barrett Mrdjenovich</i>
<i>Erica Beerman</i>	<i>Ryan Murphy</i>
<i>Sheila Beerman</i>	<i>Robin Murphy</i>
<i>Kevin Beerman</i>	<i>Brittany Prevost</i>
<i>Barbara Chapman</i>	<i>Logan Prevost</i>
<i>Caroline Christian</i>	<i>Scott Prevost</i>
<i>James Elmer</i>	<i>Shelby Prevost</i>
<i>Tina Federico</i>	<i>Matthew Reynolds</i>
<i>Tobie Hannel</i>	<i>Debbie Wennerstrom</i>
<i>Kevin Harris</i>	<i>Katie Wilson</i>
<i>Michael Kareta</i>	<i>Laura Wolf</i>
<i>Ian Karla</i>	<i>Krysta Wright</i>
<i>Devin Karla</i>	
<i>Anjay Karla</i>	
<i>Linda Laird</i>	
<i>Aidan Montague</i>	

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

**Space Coast Runners
New Member
Welcome Packet**

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

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



The **Space Coast Marathon** was designated as the Road Runners Club of America (RRCA) **Regional Southern Championship** race for 2016. And the Space Coast Half Marathon was the RRCA **Florida State Championship** race for 2016.

Space Coast Runners made a strong showing at both races. RRCA awards were given to the following SCR members:

HALF CHAMPIONS

Open Male: John Davis Open Female: Julie Hannah

Male Masters: Shane Streufert

Female Grandmasters: Annie Caza

MARATHON CHAMPIONS

Male Grandmasters: Bret Halliday



JOIN US

SUNDAY

SPACE COAST RUNNERS
FUN RUN

6:30 AM
COCOA VILLAGE - RIVERFRONT PARK

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

SCR Central

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

SPECIAL SCR MEMBER RACE DISCOUNTS

- ◆ Get \$10 off the [Daytona Beach Half Marathon](#) or half marathon relay which runs on Feb. 7, 2016. Simply use discount code: **DBHBREVAR16**.
- ◆ Receive a 20% discount on all [Virtual Strides](#) events by entering the club discount code **SCR20** during registration. Next up is the Make Some Noise virtual 5k/10k/Half Marathon to benefit The Make Some Noise: Cure Kids Cancer Foundation.
- ◆ [Best Damn Race](#) which offers 5K, 10K, Challenge, & Half Marathon distances is offering \$5 off registration to any of their events. Use code **RUNFAST**. Jacksonville is 1/16/16, Safety Harbor is 2/6/16, and Orlando is 3/5/16.
- ◆ Enjoy two discounts for the [Publix Florida Marathon & 1/2 Marathon](#) weekend. Save \$5 on the Florida Today 6K & 8K runs with code **JUSTFORSCR**. Save \$10 on the marathon, half marathon or relay by using code **SCRPERKS**. Both discounts available thru 1/6/16.
- ◆ Register for the 3rd annual [Tomoka Marathon, Half Marathon & 5K](#) in Ormond Beach on March 26, 2016 and save 10% on either race with code **SCR10**.
- ◆ [EA Sports Riverside Dash](#) on April 3 is offering a \$5 discount off its 5K & 15K races. Registration includes race shirt, finisher medal, pancakes, food, coffee, beer, parking, & an opportunity to win \$3,000 cash! Use code **SCOASTRUNNERS**.
- ◆ [Vacation Races](#) is extending a 15% discount to all SCR members. To save 15% on upcoming 2016 races like the Zion Half Marathon (3/12/16), the Grand Canyon Half Marathon (5/7/16) and the Great Smoky Mountains Half (9/10/16), use code **16VACRC145**.

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



CONGRATULATIONS SCR BOSTON 2017 QUALIFIERS!

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

Space Coast Marathon Cocoa, FL

John Wall — 3:13:33

Bret Halliday — 3:14:41

Matt Mahoney — 3:35:33

 Find us on
Facebook



FOLLOW US ON

Instagram

 follow us on
twitter



George in his beloved Clare hurling jersey

Hi to all my friends and our running family. It is with great excitement and pride that we recently announced the inaugural staging of the Seize the Day 5K run and walk. This run/walk is in memory of my father in law, the late George Elliott. George passed away on Dec 3rd 2014 last after a lengthy illness. George was so much a larger than life character who left a huge impression on all those who met him. A great family man, he brought laughter and joy to all on a regular basis with his Liverpool wit and humor. When George and his young family emigrated from Liverpool, England in 1980 they set up home in Indian Harbour Beach, FL. After a career which took him all around the world, he returned to the Satellite Beach area in the late 1990's. Since then, George and his family have resided in Satellite Beach and George became very well known locally.

In thinking of how best to remember the good times and this great person, we came up with the idea of having a 5K run/walk here in Florida. A nice way to get friends and family together and celebrate his life. George more than anyone else I know embraced each day to get the most out of it. He always loved sports and for me personally he really loved to follow the various full and half marathons, even 5K's, I would participate in locally and around the USA. In some ways it kept him youthful and strong.

George was also a huge dog lover and in searching for a local beneficiary we chose the Coastal Boxer Rescue due to their great work locally in providing care for boxers. CBR is a non-profit organization that is dedicated to rescuing abused, abandoned and neglected boxers and securing them forever homes. In combination with other Florida boxer rescue groups, over 400 boxers are rescued and are provided loving homes annually. Coastal Boxer Rescue cares for more than 100 boxers each year.

As the race Director, and with the help of the Up&Running Race management team, I plan to make this initial race a success, with lots of fun along the way, the way George would want it....and to continue this tradition on an annual basis as we enter each new year ready to seize each day.

We look forward to seeing you all on the day and participating in a great experience. All are welcome, whether it is to run, walk, volunteer or just say Hi!!! The link below will take you to the registration page for the run/walk.

<https://runsignup.com/Race/FL/IndianHarbourBeach/SeizeTheDay5K>

Facebook page: <https://www.facebook.com/SeizetheDay5K>

Warm regards,

John Wall



**Seize the Day 5K
Saturday, January 9th, 2016 @ 7.30am**

Location: Gleason Park, 1233 Yacht Club Blvd, Indian Harbour Beach, FL.

You won't want to miss out on our start of year 5K run/walk. This inaugural event is sure to become one of your favorite races! T-shirts for the first 150 to register. Race benefits the Coastal Boxer Rescue of Florida.

Early Registration through December 31st 2015 <input type="checkbox"/> \$25	Regular Registration from Jan 1st 2016 <input type="checkbox"/> \$30
Checks made payable to: Up & Running Fitness, 800 Poinsetta Drive # 5, Satellite Beach, FL 32937	

One form per participant:
Early Packet Pickup: Fri 1/8/16 4:30-6:30pm CrossFit Rise Above, 1054 Cypress Ave, Melbourne FL 32935

Name:		T-shirt (circle): S M L XL XXL	
Address:			
City:	Zip:	State:	
Phone:		Email:	
Date of Birth:	Age on Race Day:	Male Female (circle)	
<p>In consideration of my being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executives, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers and supporters of this race an 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 Seize the Day 5K event. If I should suffer injury or illness I authorize the officials of the event 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, videos, 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 race at my own risk.</p>			
Signature:			
Signature of Parent if under 18:			Date:

SCR Central

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

FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS



12/1/15 — Orlando, FL

Congratulations to Tracy Dutra who took home the women's Masters title at the OUC Half Marathon the week after she put in tons of hours working at the

Space Coast Marathon and Half Marathon. Dutra ran a fast 1:30:35.

Matt Mahoney picked up a second place award in the men's 60 –64 age group with his time of 1:35:57.

Other Space Coast Runners finishing the 13.1 mile race were Wade Dauberman (1:40:32), Brittany Streufert (1:49:23), Ned Voska (2:31:33), Sandra Walker (2:31:35) and Wayne Wilkerson (2:38:42).

RRCA Running Safety Tip

Winter means fewer daylight hours. Wear bright-colored, reflective clothing or a reflective vest so you are noticeable to area traffic. For added visibility, wear a light-weight headlamp or flashing light.

BE A PART OF THE BOSTON STORY

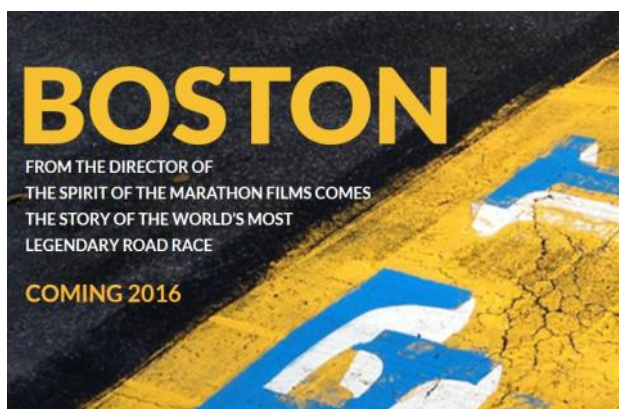
BOSTON is the first-ever documentary film about the Boston Marathon. Directed by award-winning marathoner/filmmaker Jon Dunham, it is endorsed by the Boston Athletic Association (B.A.A.) as the official film of the marathon.

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

WHAT YOU CAN DO

We've raised \$374 to date. The first 100 teams (or individuals) to raise \$2500 will get a free screening of the movie! If SCR is one of them we'll be showing the film at Satellite Beach Cinemas.

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



SCR Central

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

FOLLOW US ON >>TWITTER: @SPACESTRUNNERS

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>>FACEBOOK: @SPACECOASTRUNNERS



FASHION POLICE “Seeing Santas”

’Tis the season for fancy holiday getups and these four ladies did not let down. All smiles, we spotted these fun-loving friends sporting sexy Santa numbers at the Reindeer Run. The quartet accessorized their Santa inspired bodice tops with slim black leggings. To play up the festive look they added fancy poinsettia garters and Christmas tree choker necklaces which emphasized their décolletage. They kept their hair styles minimal as one knows the 5K run always provides a natural, wind-swept style by the finish of a race. Kudos for keeping in the holiday spirit!



WHAT DO I BRING: A friend or family member who would like to become a Space Coast Runner.

WHAT ELSE IS GOING ON? Space Coast Runners (SCR) will be offering early registration for the 2016 Space Coast Marathon and Half Marathon to all SCR members .

In addition to guaranteed early entry, SCR members will also be offered \$10 off the Marathon and \$5 off the Half Marathon entry fees. Plus, there will be games and prizes!

To take advantage of this opportunity, or to become a SCR member, come to the Winter Social.

SCR Central

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

FOLLOW US ON >>TWITTER: @SPACESTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS



Running Zone is hosting an early packet pickup and fun run for the upcoming Tooth Trot 5K. Come out Thursday, January 28 and get your packet for this SCR "Runner of the Year" race and then join us at 5:30 pm for the fun run.

After the run there will be lots of free pizza, beer and drinks for everyone. Running Zone's Denise and Erin have been known to come up with some fun competitions too so you never know what's going to be going down.

RSVP or find out more information at the Facebook event page. [Click here](#) to view.

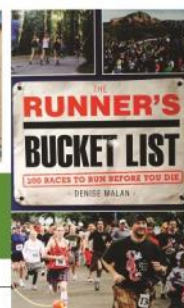
Space Coast Runners Sponsor Spotlight



MAY 1, 2016
COCOA BEACH

REGISTER NOW
RUNONTHEBEACH.COM

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7th Annual

Family, Fun, Fitness!



Brevard PALS

5K Run/Walk for Autism Awareness

Proceeds benefit Brevard County families affected by Autism

FEBRUARY 20, 2016

8:00 AM

FREE Kid's Fun Run at 9:15



Location:

Florida Institute of Technology

**The Scott Center
for Autism Treatment**

150 W University Blvd
Melbourne, FL 32901



RACE MANAGEMENT BY



REFRESHMENTS AVAILABLE FOR
ALL PARTICIPANTS

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

FEES

\$25 Each Registrant until 2/6/2016

\$25 Each Team Member until 2/6/2016**

\$15 Each Student K—12 until 2/6/2016

\$30 late registration or race day registration

Kid's Run is FREE

**Minimum of 3 per team

PACKET PICK-UP

Running Zone

Thursday 2/18/2016 & Friday, 2/19/2016

between 10:00 am - 6:30 pm

(across from Eastern Florida State College on Wickham Rd)

The Scott Center for Autism Treatment

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

T-SHIRTS

All 5K entrants will receive a race T-shirt.

Shirts and sizes are not guaranteed for late registration.

AWARDS

Largest team

1st place team—fastest 3 runners

Top Male & Female overall

Top Male & Female Masters (40+ years)

Male & Female for top 3 in each age category

RESTRICTIONS

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

Register on line:

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

**SPOTTED: SPACE COAST RUNNERS
WHERE: SURFING SANTAS**

The Lorraine family had fun at the Surfing Santas event on December 24th in Cocoa Beach even if no running was required!



Hit that PR in 2016!

up&running fitness **Peak When It Counts**
January 19 - April 5

Tuesdays 6PM Hoover Middle School
2000 Hawk Haven Dr, Indialantic

12-week training schedules
Circuits to strengthen, yoga for athletes
Track, causeway and beach workouts
Finisher T-shirts and fun!

\$150 New Participants/\$120 Returning Participants
Discounts for Referring Friends
Register now!
<http://uprunningfitness.com/peak-when-it-counts/>

Questions? Email: info@uprunningfitness.com

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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



SAVE 10%
off one item per
member

GET MOVING!
Group Fitness & Personal Training



SAVE \$10
on a zoo
membership



SAVE 10%
on Hammer
products at
Nutrition Leaders
in Indialantic

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



REGISTER TODAY!

SLOTH skedaddle 3k



2 Start Times:

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

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

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

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

www.runningzone.com/series

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

Stop by Running Zone • 3696 N. Wickham Rd. • Melbourne, FL 32935 • 321-751-8890
Saturday, February 13, 2016 at 7:00am, Brevard Zoo



Save the dates

FLORIDA TODAY COMMUNICATIONS

PRESENTED BY: **Health First**

HOSTED BY: **FLORIDA TECH TEAM 2015**

Florida Institute of Technology

CORPORATE 5K
 THURSDAY, MARCH 10, 2016 MELBOURNE, FLORIDA

BENEFITING: **United Way**
 United Way of Brevard



FLORIDA TECH TEAM 2015



Improve the bottom line,
 Shrink the waistline,
 See you at the finish line!

1 • 1/13/16

2 • 2/10/16

3 • 3/9/16

4 • 3/10/16

1	2	3	4
Informational Meeting Wednesday, 1/13/16 6:00 pm @ Running Zone	Team Captains' Meeting Wednesday, 2/10/16 6:00pm @ Running Zone	Packet Pick-up Party Wednesday, 3/9/16 6:00 pm @ Running Zone	Race Day! Thursday, 3/10/16 6:45pm @ FIT Aviation

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



Runner of the Year Series

ROY RACE #3 — IT WAS A HOT ONE

2015—2016 ROY Men's Leaderboard

OVERALL

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

AGE GRADED

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



Shane Streufert

2015—2016 ROY Women's Leaderboard

OVERALL

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

AGE GRADED

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



Annie Caza

UPCOMING SERIES RACE SCHEDULE

- 01/30/16 Tooth Trot 5K
- 02/27/16 Eye of the Dragon 10K & 2 Mile
- 03/26/16 Downtown Melbourne 5K
- 04/09/16 Space Walk of Fame 8K
- 05/01/16 Eat My Crust 5K

FEATURED RUNNER OF THE YEAR SERIES RACE



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

There will be an exciting new challenge for the 28th Annual Eye of the Dragon 10K & Tail of the Lizard 2 Mile! Runners will have the opportunity to **Slay the Beast** by participating in both the 10K and the 2 Mile events. The field is limited to the first 100 registrants for this event and finishers receive a special medal.

Did you run the Space Coast Classic 15K? If you said yes, you're eligible for the Space Coast Runners 33K Challenge. Runners who participate in all three SCR races (SCC 15K, Eye of the Dragon 10K and Space Walk of Fame 8K) will be awarded the 33K medal, designed to display the three race medals.

Also new this year is a big blue dragon mascot! Barbara Linton, race director for Eye of the Dragon, will hold a naming contest in January for the mascot, with a great prize awarded to the person who submits the winning name.

- WHERE** ▶ Eau Gallie Civic Center
1551 Highland Ave, Melbourne
- WHEN** ▶ Saturday, February 27
7:00 AM 10K - 8:15 am 2 Mile
- COST** ▶ Early registration for SCR members - \$25/\$20 before 2/10

WHAT TO EXPECT ▶ Fun after race party with awesome door prizes and tasty post-race refreshments. Guaranteed tech shirts for the first 250 adult 5K registrants.

SCR YOUTH SERIES ▶ Starts at 9:15 AM

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

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



Runner of the Year Series

ROY RACE #4 & #5 — SPRINTING INTO THE SECOND HALF

Road to “Runner of the Year” Recap

The Space Coast Marathon & Half Marathon gave members a chance to point strategize by participating in the full vs the half marathon while it left other members unable to participate in the half if they didn't take advantage of the early registration opportunities.

With warmer than usual temps, runners were forced to adjust their paces accordingly. In the full, new member, John Wall was the top scorer for the men in the marathon with his 3:13:33 finish. Only 58 seconds behind Wall was Bret Halliday. He finished second in the points race by running 3:14:31. Chris Pagoria was third in a time of 3:34:00.

For the ladies running the 26.2 distance, Kristen Tinker earned 1,000 points even though she was running the race as an official pacer. Joanna Beckes took second and Lori Kruger finished in third.

In the half marathon portion of the race, John Davis redeemed his second place finish last year by crossing the finish line first this year. His 1:18:05 time bested Steve Hedgespeth's 1:20:35 finish and last year's winner, Shane Streufert's 1:22:15 who settled for third in points.

Julie Hannah placed first overall for the women, breaking the tape in a time of 1:32:51. The cancer survivor's win was so inspiring RunnersWorld.com picked up the story. Kristen Klein was second with

a fast time of 1:41:01 which kept her 28 seconds in front of third place, Mem Nix who ran 1:41:29.

And then, it was on to Cape Canaveral for the 20th anniversary running of the Reindeer Run 5K. John Davis extended his series winning streak to three races as he picked up yet another first place finish for the men in 16:43. Shane Streufert (16:59) was able to edge Steve Hedgespeth (17:24) in the 5K race.

The leaderboard reflects the two races although Davis fails to show in the top 3 as he skipped the Turtle Krawl. Jonathan Howse has been running strong and makes his first appearance on the board.

The women were ready to run at the Reindeer Race and the leaderboard definitely reflects the results of the two races. Julie Hannah has run the last two series races so while she's securing the 1,000 points it leaves the other series leaders battling it out for the points. Annie Caza sits in first place with Lori Kruger right behind her in second. Kruger bumped Cheryl Ritter to third on the board as she bested both Ritter and Caza at the 5K. Early season leader, Kristen Klein has run the last two ROY races which means she's still in the hunt for a top three place this season.

In the men's age graded division previous leader Gary Gates fell from the top three by not running the Space Coast Marathon & Half Marathon. This gives Shane Streufert the top spot for now. Keith Snodgrass debuted by jumping into second place on the board ahead of third place Joe Hultgren who is struggling with an injury. Gates did earn first place for age-graded at the Reindeer Run so don't count him out by



Runner of the Year Series

ROY RACE #4 & #5 — SPRINTING INTO THE SECOND HALF

any means.

The women's age graded division saw Anne Dockery and Carol Ball fall from the top three as Ball volunteered at the SC Marathon & Half Marathon and Dockery has missed the last two races. This gives Annie Caza the top spot followed by Lori Kruger and Susie Koontz. But like Gates, if Ball continues to race well, it will continue to be a tight race in the age-graded division.

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

WATCH THE ROY SERIES ANALYSIS ON FACEBOOK!



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

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

Hit that PR in 2016!



Peak When It Counts

January 19 - April 5

Tuesdays 6PM Hoover Middle School
2000 Hawk Haven Dr, Indialantic

12-week training schedules
Circuits to strengthen, yoga for athletes
Track, causeway and beach workouts
Finisher T-shirts and fun!

\$150 New Participants/\$120 Returning Participants
Discounts for Referring Friends
Register now!

<http://uprunningfitness.com/peak-when-it-counts/>

Questions? Email: info@uprunningfitness.com

SPACE COAST RUNNERS

Youth Series

As fast as a little reindeer run

The little elves hit the pavement at the Reindeer Run in Cape Canaveral on December 12th, the fifth race of the SCR series. Under the watchful eye of Rudolph, the children ran .25, .50, or a mile. The Youth Series is a free event for children under the age of 12, and if a young athlete participates in five of the Youth Series races, he or she can earn an award, to be presented at the annual SCR awards night dinner, which will be held at the end of the race season in June.

Encourage a child to join the fun of the Youth Series runs! The next one will be held at the Tooth Trot on January 30th.

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



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The Rall Capital Management Team



Did you race the Space Coast Classic 15K?

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

HOW TO QUALIFY

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

THE RULES

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



Photo credit: Tim Shortt/Florida Today



SPACE COAST MARATHON & HALF MARATHON BLASTS OFF FOR YEAR THREE

The Milky Way Challenge—year three in the five-year Big Bang Series. Over 3300 finishers participated in this year's Space Coast Half Marathon and over 2500 for the Marathon. It was close to the same numbers as last year, however some less for the marathon. That could have been due to the higher than normal temperatures leading up to and during the race.

There was a two-minute spread between winner John Davis and runner up Selvin Reyes for the half marathon. Davis came in at a 1:18:05 and Reyes 1:20:05. Steve Hedgespeth ran in 30 seconds later for third place with a time of 1:20:35. Masters Champion, Shane Streufert finished in 1:22:15.

The ladies fared the same with only a four minute differential between the overall winner and the masters champion. Julie Hannah, after overcoming her biggest challenge this past year, won with a time of 1:32:54. Lisa Buhler from Lehigh Acres, came in second with 1:34:01 and Jenny Sparks from Wellington finished at 1:35:39. JJ Salisbury was deemed Masters Champion for the females with a time of 1:36:25.

The youngest and fastest runners for the half were Cole Sandberg who is 11, with a time of 2:01:32 and Claudia Nieves who is 12, with a time of 2:27:14.

The marathon started 30 minutes after the half to allow for ample space on the second part of the course, so a large portion of half marathoners would already be finished up. Leading the pack and coming in for the win with a big lead was David Kilgore, ending at 2:38:16. Marc Buget came in second with a time of 2:47:34 and close behind was Michael Macdonald with a time of 2:47:57. Fernando Todeschini took the Masters award with a time of 2:56:35.



Left: Half Marathon winner, Julie Hannah celebrating her victory. Right: Half Marathon winner, John Davis looking strong in the final sprint to the finish line. Photo credit: MarathonFoto

The women's results, again were similar. Former local, Lori Nedescu came back to win with a large margin at 2:58:28. Her second place competitor was Michelle Nunez with a time of 3:08:22. Desiree Barger finished in 3:10:51, which was good for third place and Sarah Wittman took the Masters win with a time of 3:12:02.

There was one hand-cyclist participating in the marathon this year as well—Scott Porter from Orlando won with a time of 2:28:49.

The full marathon was a designated RRCA State Championship race for 2015. RRCA awards were also given to the top finishers. For full race results, [click here](#). The half marathon will be a designated RRCA State and the full marathon will be a designated Regional Championship race for 2016, as well!

Race report by Lisa Hamelin. Photo credits below and to the right: Doug Carroll.



Space Coast Runners Top 3 — Marathon



MALE

John Wall, 45	3:13:33
Bret Halliday, 54	3:14:31
Chris Pagoria, 32	3:34:00

FEMALE

Kristen Tinker	3:55:40
Joanna Beckes, 34	4:12:19
Lori Kruger, 53	4:15:48

Space Coast Runners Top 3 — Half Marathon

MALE

John Davis, 38	1:18:05
Steve Hedgespeth, 37	1:20:35
Shane Streufert, 43	1:22:15

FEMALE

Julie Hannah, 42	1:32:51
Kristen Klein, 34	1:41:01
Mem Nix, 38	1:41:29

RCA Regional Southern Champions Marathon



OVERALL MALE CHAMPION

David Kilgore, 24	2:38:16
-------------------	---------

MALE MASTERS CHAMPION

Marc Burget, 41	2:47:33
-----------------	---------

MALE GRANDMASTERS CHAMPION

Bret Halliday, 54	3:14:31
-------------------	---------

MALE SENIOR GRANDMASTERS CHAMPION

Steven Bryne, 62	3:32:58
------------------	---------

OVERALL FEMALE CHAMPION

Lori Nedescu, 31	2:58:28
------------------	---------

FEMALE MASTERS CHAMPION

Michelle Nunez, 41	3:08:21
--------------------	---------

FEMALE GRANDMASTERS CHAMPION

Deanna Medvidofsky, 54	3:36:46
------------------------	---------

FEMALE SENIOR GRANDMASTERS CHAMP

Amy Yanni, 61	3:45:37
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RCA Florida State Champions Half Marathon

OVERALL MALE CHAMPION

John Davis, 38	1:18:05
----------------	---------

MALE MASTERS CHAMPION

Shane Streufert, 43	1:22:15
---------------------	---------

MALE GRANDMASTERS CHAMPION

Jeff Lessie, 54	1:23:30
-----------------	---------

MALE SENIOR GRANDMASTERS CHAMPION

Cary Inderbitzin, 60	1:40:09
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OVERALL FEMALE CHAMPION

Julie Hannah, 42	1:32:54
------------------	---------

FEMALE MASTERS CHAMPION

Lisa Buhler, 46	1:34:00
-----------------	---------

FEMALE GRANDMASTERS CHAMPION

Annie Caza, 54	1:43:04
----------------	---------

FEMALE SENIOR GRANDMASTERS CHAMP

Donna May, 60	1:54:30
---------------	---------

HEARD THROUGH THE GRAPEVINE!

First Time Marathoner Stacy Irwin:



I am so sore, but so happy. I completed my first marathon today. 26.2 miles -- run & done! Despite a month-long interruption in my training schedule that only allowed me to start running again 3.5 weeks ago, I met and exceeded my goal of 5h30m, by finishing in 4:58:15. The first 13 was okay, with Michael giving me my knee straps at the halfway point (much appreciated!) and at mile 20, I still

felt good, like "I can really do this!" At 22 miles things got tough, and at 24 miles, I was frequently walking and stopping on the side to massage my ankles and knees. At one mile left I was shuffling along in pain that was threatening my sub-5-hour finish time -- which had looked so certain just 30 minutes ago. A half-mile to go: cringing with every step, tears in my eyes -- I saw Dave Rivers on his bike, and he came over and rode beside me, talking me through it, giving encouragement. It was exactly what I needed. As I passed the 26 mile marker and Dave split off, I had an adrenaline rush: the pain faded to the background, I felt light, my stride lengthened, and I found my pace again. While rounding those final curves, I saw my friends cheering for me but my throat was constricting -- I was "choked up" with emotion, and it was actually hard to breathe. Pure momentum carried me to the finish, where I sat and cried, for joy and pain and relief, amid many hugs and congratulations. I didn't realize until that moment just how much finishing this race meant to me. I am forever changed. Now I am a marathoner.

Additional thanks goes to the organizers for making this such a smooth and friendly race, to the volunteers at the 25 water stops along the course -- I relied on you and you delivered! -- to my SCR teammates and every other positive runner, walker, and spectator who kept the mood upbeat, to Ray & Theresa (thanks for staying!), and to all the friends who checked in with me before and after the race but I did not have a chance to meet with -- sorry we missed each other; I'll see you soon. Now for that foot bath.

Pat Kiesselbach - I had doubts in my mind about running the Space Coast Half Marathon, but I'm so happy I did. This is one of the best, well organized running events in the country, and I'm so lucky to have it in my backyard.



Christine Kennedy:

Gotta love the gorgeous space medals!



First Time Marathoner Lori Kruger:

Running with the 4:15 Galloway group was the best thing ever. And Space Coast has the greatest volunteer and running community there could be. Won 2nd place for the SCR Runner women marathon awards.





A BRIEF HISTORY OF THE SPACE COAST MARATHON & HALF MARATHON

1971: First known as Melbourne Marathon, the course began and ended in Melbourne's Wickham Park, circling through Melbourne, Indialantic, West Melbourne and two causeways. The race was founded by then Brevard Community College running coach, Frank Craig. Although a lone woman participated, only the overall men were mentioned for awards.

1972: According to a TODAY news article, race winner, Clayton Craig, then 17, set a world record in his age group for the time. His time was 2:28:22.

1974: The winner this year was Bruce Carpenter from Gainesville. He finished in 2:29:39. Carpenter was a member of the famous University of Florida Track Club and owned the title of 10,000-meter Florida AAU champion at the time.

1975: First year that a half-marathon, then called the 'mini-marathon' was introduced.

1976: Top female winners are mentioned in media for the first time. Sue Ellen Trap from Lehigh Acres, 3:09:46 for the marathon and Cynthia Ike from Boudler, 1:24:11 for the mini-marathon.

1977: Space Coast Runners (SCR) takes over race management. It was also the first year that the marathon course was certified as a Boston qualifier. Results now list all finishers.



1978: The event name was changed to Space Coast Marathon. There is no mention of a half-marathon or are any results available.

1979: The half-marathon returns as the Space Coast Half-Marathon.

1980: The race moves to Melbourne's Brevard Community College.

1984: The half-marathon was replaced with a 5-Miler.

1986: No race that year as SCR decided to move the event from November to February in hopes of gaining cooler temperatures for the marathon.

1987: First wheelchair entry comes to SCM. Max Rhodes, 73 years old.

1989: First time a blind runner, Carlos Talbott, takes the win! Talbott from North Miami Beach finishes in 2:28:40.

1990: A story in the SCR newsletter reports that the 1989-90 race season would be remembered for extremes in temperature with the marathon "about as hot as you can get for this time of year". Ironically, the overall winner, Peter Maher, was a member of the Canadian Olympic Marathon team and had run the Gasparilla 15K the day before. SCR also brought back the half-marathon.

1992: Once again, the half-marathon was replaced with a 5-Miler.

1994: Disney introduces the inaugural Walt Disney World Marathon in January and SCR moves their event from February back to November.

1995: Once again, the half-marathon replaces the 5-miler.

2002: With dwindling participation and no one willing to step up as race director, SCR offered only a Half-Marathon. It was the last year the race was staged at Melbourne's Brevard Community College.

2003: Veteran endurance athletes, the husband-wife team of Bernie Sher and Patti Sponsler, signed on as race directors and moved the Marathon and Half-Marathon to the Cocoa Public Library. Marathoners ran two loops on Indian River Drive; Half-Marathoners ran one loop. It was the first year the marathon offered chip timing; a pre-race dinner with famous speakers including running legend Hal Higdon and former shuttle pilot and United Space Alliance CEO, Mike McCulley and a small pre-race expo with packet pick-up. Sher also offered a training camp to those who wished to train for the marathon or the half. The area's newest running store at the time, Running Zone, offered title race sponsorship and supported the training camp. The race closed out with 600 participants and a record \$10,000 in proceeds was donated to the Women's Center in Melbourne.

2004: Sher and his team moved the Marathon and Half Marathon to its current location at River Front Park in Cocoa Village.

2005: Don and Denise Piercy take over as race directors.

2006: For the first time, the race offers a prize purse of \$7,500.

2007: The Piercy's honor and celebrate the space program by purchasing space props and memorabilia for the course and staging area. Aid stations are space-themed and staffed with costumed volunteers. The race partners with Kennedy Space Center Visitors Center to offer discounts and random giveaways to Center programs. The race also offered \$7,800 in prize money. The combination was a major winner and the number of participants blasts above 1000 for the first time with 354 marathoners and 968 half-marathoners crossing the finish line!

2009: A record 2,126 participants crossed the finish line.

2010: The race expo and pre-race dinner are moved to the Kennedy Space Center Visitor Complex. Participants dined on their pasta under a Saturn V moon rocket.

Content provided by Patti Sponsler.



2005



2006

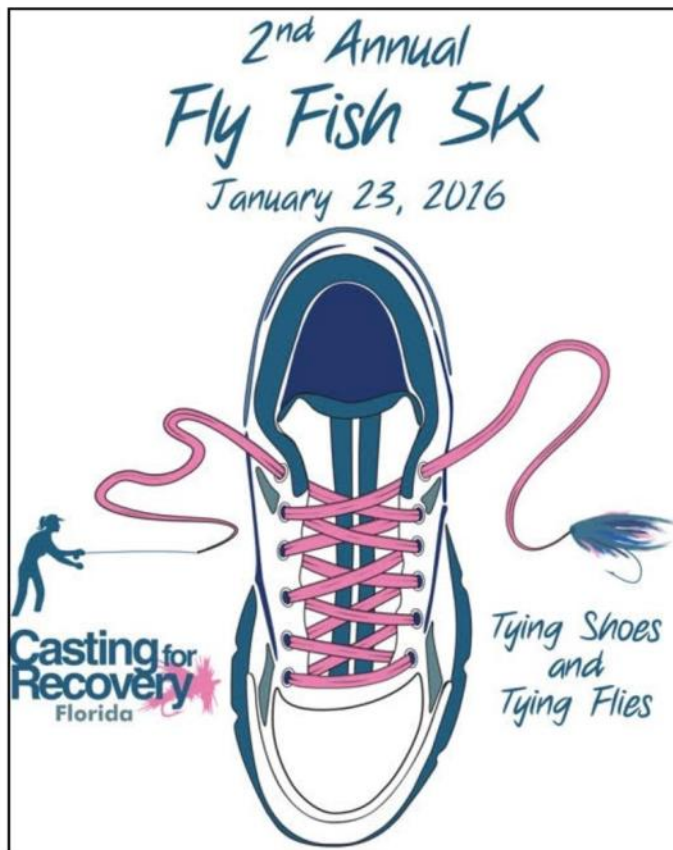


2006

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Recovery**
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23



FLY FISH 5K RUN/WALK

**701 Columbia Blvd. Titusville
8am**

Join us for the 2nd Annual Fly Fish 5K on Saturday, January 23rd, 2016.

- ▶ Raffle to win a Paddle board
- ▶ Finishing Medals
- ▶ Five (5) \$100 AMEX gift cards for giveaways!
- ▶ Long Sleeve Tech Shirts!!

WWW.RUNNINGZONE.COM/EVENTS/FLY-FISH-5K/



OVERALL MEN

- John Davis, 16:44
- Shane Streufert, 17:00
- Jonathan Campbell, 17:21

OVERALL WOMEN

- Holly Wooley, 18:01
- Julie Hannah, 20:03
- Dina Viselli, 20:15

MASTERS

- Gary Gates, 17:52
- Ceal Walker, 21:05

*Race report by Marisa Flint.
Photos: Brittany Streufert*

Overall women's race winner, Holly Wooley accepts her trophy.

Hundreds hit the streets at 20th annual 5K

“Run, run Rudolph, Randolph ain’t too far behind”----if the lyrics from Chuck Berry’s song tell us anything, it is that Rudolph and Santa would surely appreciate a fun and festive 5k like the ever-growing Reindeer Run. This popular Cape Canaveral race celebrated its 20th year, drawing in a record 567 participants, and the unseasonably warm weather reminded us why Florida is the place to be in winter. Proceeds from this race benefited the Brevard County Police Athletic League.



RACE REPORT

Reindeer Run 5K — continued

John Davis was the winner on the men's side with a blistering 16:44, followed by Shane Streufert in 17:00 and Jonathan Campbell in 17:21. Holly Wooley led the women in 18:01; Julie Hannah took second in 20:03, and third place went to Dina Viselli in 20:15. After the main event, little elves took to the street by participating in the Youth Series run, covering .25, .50, or a mile.

The Reindeer Run was expertly managed by Running Zone, with early packet pickup, including a social run and pizza party on Thursday evening at the store. Participants who signed up

early enough received long-sleeved tech shirts, and runners who completed this third race in the holiday series, which included Fall into Winter and the Cocoa Beach Turkey Trot, also received their series medals. The athletes enjoyed sandwiches and fruit after the race, and an abundance of door prizes were raffled off.

Reindeer Run is the fifth race in the SCR race series—we're halfway through the 2015-16 series! Next up is the Tooth Trot on January 30th.

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



Pictured above: The SCR Racing Team was out in full force at the Reindeer Run 5K. Here they've gathered around the Eye of the Dragon's new mascot who was at the race to promote his February race.

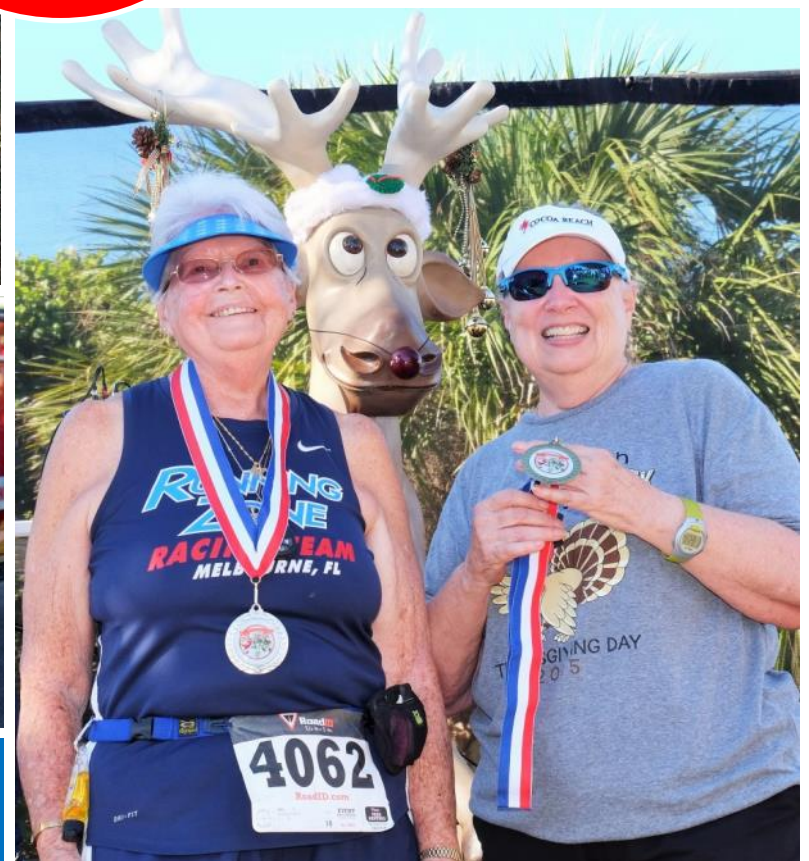


RACE REPORT

Reindeer Run 5K — continued



567 race participants crossed the finish line this year!



Pictured clockwise starting top left: The Hedgespeth family, Kathy & Allie Worthington, Roberta Osterling & Dodie Johnson, Carol Ball, Santa & Howard Kanner.

JOIN THE RACE AGAINST CHILD ABUSE



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A POWERFUL VOICE FOR
FLORIDA'S CHILDREN
FLORIDA GUARDIAN AD LITEM
PROGRAM



4th annual

SUPERHERO

RUN WALK

SATURDAY, FEBRUARY 6TH, 2016 AT 8AM
START, FINISH & POST RACE PARTY AT  THE AVENUE
VIERA

5K RACE & ONE MILE FUN RUN

NEW FOR 2016:

**WE ARE RUNNING THE ROADS THIS YEAR, WITH A
NEW COURSE STARTING AT THE AVENUE VIERA.**

JUDGED SUPERHERO COSTUME CONTEST

WE'VE ADDED AN 1-MILE FUN RUN

SIGN UP AS PART OF A TEAM AND SAVE!

FREE KIDS RUN & MASCOT SPRINT

**TO SIGN UP, VISIT THE RUNNING ZONE WEBSITE
FOR MORE INFORMATION CONTACT:**

321-300-HERO

WWW.FRIENDSOFCHILDRENOFBREVARD.ORG

Jingle Bells Ring All the Way to the Finish Line



OVERALL MEN

Christopher Shaffer, 9:59
John Cacciatore, 10:09
Austin Camps, 10:15

OVERALL WOMEN

Kaitlin Donner, 10:29
Aubree Piepmeier, 10:41
Holly Wooley, 11:06

MASTERS

Jonathan Howse, 11:18
Tasha Camps 13:24

TEAM DIVISION

Running Zone
Long Doggers Club
Set Goals Not Limits

Almost 1700 runners met in Satellite Beach on December 19 to participate in the Jingle Bell 2 Miler, the fourth race in the Running Zone Racing Series. Everyone was given jingle bells for their shoes and then headed for the start line at 5:45 P.M.

Participation in the run varied from the super speedy who finished in under 11 minutes to the casual walkers who took time to enjoy the lights and decorated homes on the route. Everyone enjoyed cookies and hot cocoa at the end, and some lucky winners won raffle prizes or the costume contest. For the younger runners, there was a kids fun run, and Santa arrived by fire truck.

Proceeds from the run will benefit the Satellite Beach High School running programs. For complete race results and pictures [click here](#). Race report by Angela Leeds. All race photos courtesy of Barry Jones TriHokie Images.



Runners raced across the finish line for the hot cocoa and cookies.

Right: Bill Papin has a Christmas Story to tell after crossing the finish line in his bunny suit.



JOIN

THE SPACE COAST RUNNERS

CORPORATE 5K TEAM

MARCH 10, 2016



IT'S TIME TO REGISTER!

18 SLOTS ARE OPEN & AVAILABLE TO ALL SCR MEMBERS.

SIGN UP TO RUN FOR THE CLUB'S TEAM & YOU WILL RECEIVE A 50% REGISTRATION DISCOUNT!

REGISTER ONLINE AT: <https://goo.gl/tX3uHC> ENTER CODE: SCRCORP2016

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

*Discounted slots are available on a first come, first serve basis.

THANK YOU

HEALTH FIRST PRO-HEALTH & FITNESS CENTERS!

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

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

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





VOLUNTEER WITH SPACE COAST RUNNERS

There's 2 Ways to Win!

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

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

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

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

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

RULES & RESTRICTIONS

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

AREAS TO VOLUNTEER & EARN POINTS

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

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



Thank You

Space Coast Runners for helping with the Space Coast Marathon **POST RACE CLEANUP**

Ron Ritter and Shane Streufert led an energetic group of volunteers to clean the 26.2 miles covered by the Space Coast Marathon & Half Marathon's 5,900 participants. The **Post-Race Cleanup** that SCR sponsors strengthens our ties with the local River Road neighbors (many who came out of their homes to thank the volunteers) and the surrounding community. It also shows we are committed to keeping the environment clean.

On behalf of our members, we thank you for your time & for serving with a giving heart.

Kathy Bills
Pete Bills
Tony Bills
Bill Buonanni
Larry Burns
Jay Claybaugh
Kati Craig & Kids
Ed Donner
Kaitlin Donner
Valerie Eastman

Sal Farino
Keith Flint
Marisa Flint
David Grant
Kelly Hunter
Angela Leeds
Debbie Molina
Teresa Murphy
Mary Ramba & Madison

Harry Prosser
Lea Anne Richard
Cheryl Ritter
Ron Ritter
Merritt Island Cross
Country Team
Celeste Snodgrass
Keith Snodgrass
Ed Springer
Brittany Streufert

Shane Streufert
Kelly Stanton
Dave Thomas
Marie Thomas
Jess Vanatta
Micah Vanatta



**Thank you for the use
of your trucks!**

RUN A MILE WITH ED & KAITLIN DONNER



Name: Ed & Kaitlin Donner

Family: Roxy, our four-legged kid

Ages: 26 and 39 (Roxy is 2 :-)

Originally from:

Kaitlin: Palm Bay

Ed: Texas

Grew up where?:

Kaitlin: Palm Bay until high school then Satellite Beach.

Ed: Texas until high school then Port St Lucie.

Occupation:

Kaitlin: Professional triathlete and Physical Therapist

Ed: Financial Planner

Dream profession: We have them!

Number of Years Running:

Kaitlin: 12 years

Ed: 10 years

Began Running Because/To:

Kaitlin: To be like my mom, she's always been my biggest role model

Ed: It was enjoyable and a way to stay fit.

I Knew I Was Hooked When:

Kaitlin: I signed up for Rebecca Sparks Up & Running Camp

Ed: I did my first 5k

5K Race PRs (Personal Records):

Kaitlin: I still have the house 5k record of 16:42.

Ed: 16:55

Most Satisfying Race Performance(s):

Kaitlin: Strictly running was the 2014 Eat My Crust 5K where I PR'd and just had one of those one in a million feel great days.

Triathlon- New Plymouth World Cup 2015

Ed: Ironman Florida 2013, 9:07

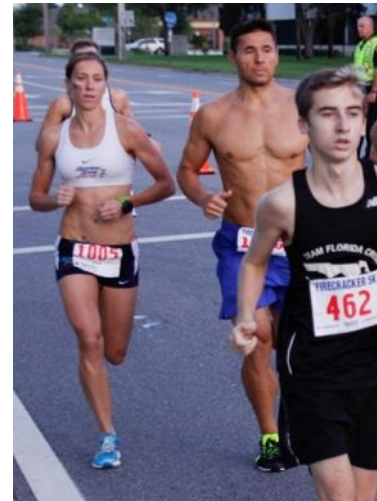
Favorite Race(s): Why?

Kaitlin: Ghostly Gecko 5K (really any of the RZ races!), but I love getting to dress up for Halloween.

Ed: Disney Half Marathon



RUN A MILE WITH ED & KAITLIN DONNER



Favorite Race Distance: Why?

Kaitlin: 5k, I love the speed of it and how many people come out to the races!

Ed: 5k because it's so different than Ironman.

Favorite Place(s) to Run: We both love Tropical Trail with our Sunday morning crew, and any trail we can take Roxy

Running Goals:

Kaitlin: Become more efficient

Ed: To become as fast as possible

Running Partner(s): Each other and the Sunday morning Tropical Trail crew.

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

Ed: Michael Jordan

Training Philosophies: Better to show up race day healthy than over trained, injured and/or unable to race

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

Kaitlin: Always listen to your body!

Ed: Run easy, but often

Other Sports & Interests:

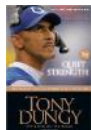
Kaitlin: triathlon, paddle boarding, kayaking, scuba diving

Ed: Ironman, scuba diving, going on cruises

Favorite Reads:

Kaitlin: Tony Dungy Quiet Strength

Ed: Runners World



Favorite Movies:

Kaitlin: Top Gun

Ed: Rudy

When Nobody is Looking I Like to:

Kaitlin- Eat lots of chocolate!



Favorite Meal:

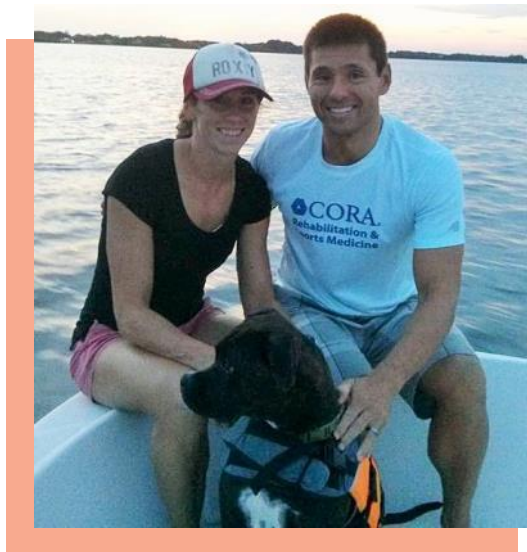
Kaitlin: Salmon

Ed: Steak



Dream Vacation: Bora Bora

Why did you join SCR? To connect and be part of the local running community.



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



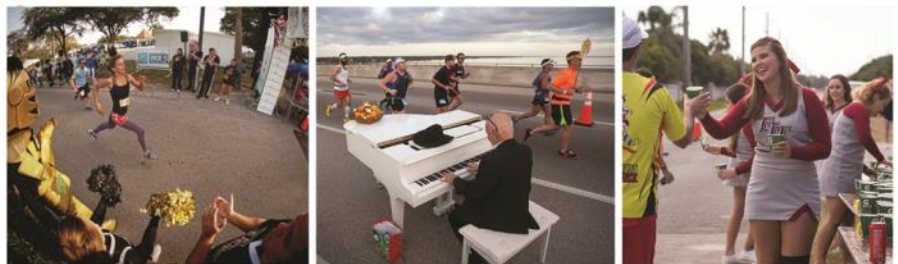
FEBRUARY 6|7, 2016

REGISTER NOW!
THEFLORIDAMARATHON.COM

ALL THE SAME GREAT MUSIC & FUN
BUT, MELBOURNE MUSIC MARATHON IS NOW
THE FLORIDA MARATHON & 1/2 MARATHON!



"OUR CHARMING" FINISHER MEDAL GOES TO
ALL 1/2 MARATHON, MARATHON, & 1/2 RELAY FINISHERS



1/2 MARATHON • FULL • 5K • 8K • MASCOT MARATHON



Saturday join us for our kick off races!

USATF Certified 1/2 and Marathon Courses

Boston Marathon Qualifier Race - One of the Highest BQ rates in Florida

Tech Shirts to All Runners + Running Caps & medals to all Sunday Runners

Post-Race Concert on both days!

Pollo Tropical, Pizza, & Florida Beer to all Sunday Finishers!

Run Both Days for the Floridiot Challenge Medal!

20+ Musical Acts on Course!



Run/Walk with Official Race Ambassador Jeff Galloway
in his exclusive East Central Florida endorsed event!

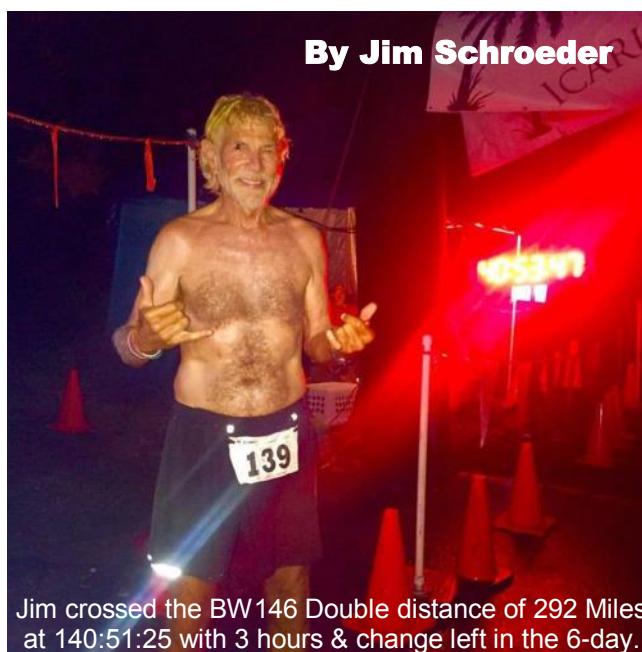
"One of the prettiest half-marathon courses around."
-Bill Rodgers (4x NYC and Boston Marathon Winner)

Long Distance Relationships

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

Icarus Florida UltraFest

16 - 22 November 2015 - Snyder Park - Fort Lauderdale



6 DAY RACE... YES YOU READ THAT RIGHT... 6 DAY RACE

"Icarus Florida UltraFest was founded to offer a truly unique event that provides ultrarunners an opportunity to compete with some of the world's best in a high quality event while also allowing those new to the sport to be introduced to ultrarunners and have a once in a lifetime opportunity to meet and run with some of the world's best ultrarunners." ~ Andrei and Claire Nana

With that simple yet expressive mission statement Andrei and Claire conceived of Florida's first multi-day endurance event to replace the canceled 24 Hour world championships. The event was expanded to include 3, 6, 12 and 24 hour races to complement the 6-day race and offer other runners with limited time budgets to run with some of the world's best multi-day

athletes representing six countries. This Fall Edition is the third Icarus now, the first two being held November 2014 and January 2015. The race participants increased dramatically this year!

The event was staged in Snyder Park, Fort Lauderdale, FL on flat shaded park roads to form a USATF and IAAF certified loop 1.0408 Km in length. There was a single well stocked aid station at the start / finish line, staffed with able volunteers Carey Lynn Clarkson, Andrei Nana, Claire Nana with assistance from Tony Mangan, Roger Burrus and others as needed, who kept the runners fueled and satiated with a variety of food excellently prepared. The event was chip timed by the venerable Mike Melton, MCM Timing.

Long Distance Relationships

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

Last November 2014 I relied heavily on Dusty Hardman, a Vol State 314 mile multi-day veteran, for advice on how to prepare, setting a daily and nightly running and resting schedule, nutrition, hydration and electrolyte balance. Luckily for me, again this year, Dusty was available to pace and support me for most of the six days which greatly improved my total mileage, increasing from last year's 247.046 miles to this year's 303.968 miles + flag distance (distances un-certified at this point).

The remainder of the twenty four 6-day runners and their crew were

no less inspirational. I had many hours to run with them all and chat as they were taking a rest break from running at pace. Many I knew already (Tim, Jesper, Michele, Brad, Charlotte, Liz, The Jester, Mark, Yolanda, Bull, Laura, David and Bill); this year I met new friends Tony Mangan, John Geesler, Kevin Carr, Don Winkley, Kim Van Delst, Richard Takata, Joel Gat and Tom Den-

niss. Apologies in advance for any errors of omission.

Dusty and I agreed to a set of goals for this year's Icarus 6-day: (i) Beat last year's 247.046 miles,

(ii) Cover the Badwater 146 Double of 292 miles, (iii) Break 300 miles. The BW146 Double goal was a mental exercise I developed to shift the focus from running 1.0408 Km laps to a desert course that I could visualize in segments between check in stations. If you know Dusty then you understand that she kept me focused on the 300+ mile goal that I achieved with just over an hour left on the clock!

For the record I finished 14th out of 25 entrants with 303.968 miles or 489.1760 kilo-

meters covered in 470 laps. Preliminary 6-day results are available at <http://goo.gl/A4pPnB>, subject to certification. The results do not include additional flag drop distances and have yet to be ratified.

In closing, thank you Andrei, Claire and Dusty for another memorable 6-day experience!



Jim with Andrei and Claire Nana at the Finish Awards!

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



JANUARY 2016

January 7—10

Walt Disney World Half Marathon
Lake Buena Vista, FL

Jason Collins, Mary Collins,
Les Lake, Kelley Lake

**Walt Disney World Dopey
Challenge**

Ned Voska, Sandra Walker

January 17

Key West Half Marathon
Key West, FL

Tonya George, Lisa Rose, Scott
Rose, Ned Voska, Sandra Walker

January 17

Shark Bite Half Marathon
New Smyrna Beach, FL

Beverly Glenn, Molly Kirk, Marie
Thomas

January 17

Ocala Half Marathon
Ocala, FL

Trisha Jones, Shannon Leathlean

January 17

**Clearwater Distance Classic
Halfathon**
Clearwater, FL

Tony Bills, Micah Vanatta

January 24

Miami Marathon & Half Marathon
Miami, FL

Suzie Philbeck

January 31

**Town of Celebration Marathon &
Half Marathon**
Celebration, FL

Mike Acosta, Naweed Akram, Tonya
George, Jonathan Howse, Trisha
Jones, Kelley Lake,
Shannon Leathlean, Donna Scott,
Brittany Streufert, Marie Thomas

FEBRUARY 2016

February 7

Daytona Beach Half Marathon
Daytona Beach, FL

Molly Kirk, Brittany Streufert,
Marie Thomas, Micah Vanatta

February 13

Donna Half Marathon
Jacksonville, FL

Kelley Lake

February 14

A1A Half Marathon
Fort Lauderdale, FL

Tonya George

February 14

The Donna Marathon
Jacksonville, FL

Charlene Anstett, Abe Oros

February 20-21

Gasparilla Distance Classic
Tampa Bay, FL

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

Gasparilla Half Marathon

Tony Bills, Suzie Philbeck

MARCH 2016

March 6

Swamp House Half Marathon
DeBary, FL

Trisha Jones, Shannon Leathlean,
Donna Scott

March 12

Gate River Run 15K
Jacksonville, FL

Lisa Hamelin, Cheryl Ritter,
Ron Ritter

March 13

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

Tonya George, Kelley Lake,
Ned Voska, Sandra Walker

March 20

Publix Georgia Half Marathon
Atlanta, GA

Rachel Redlien

March 20

Rock n Roll Dallas Half Marathon
Dallas, TX

Carol Ball, Lisa Hamelin

March 26

Tomoka Marathon & Half Marathon
Ormond Beach, FL

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

March 29

Storm the Campus 10 Miler
UCF, Florida

Kelley Lake

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

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



APRIL 2016

April 2

Cooper River Bridge Run
Charleston, SC

Beverly Glenn

April 16

**Walt Disney World Star Wars
Parkside Challenge**

Lake Buena Vista, FL

Ned Voska, Sandra Walker

April 18

Boston Marathon
Boston, MA

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

MAY 2016

May 1

New Jersey Marathon
Oceanport, NJ

Cindy Bishop

May 8

Tinkerbell Half Marathon
Anaheim, CA

Kelley Lake

May 29

Rio de Janeiro Marathon
Rio de Janeiro, Brazil

Cindy Bishop

JUNE 2016

June 18

Grandma's Marathon
Duluth, MN

Micah Vanatta

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

JOIN US on the SUNDAY RUN
SCR is running on the **SOUTH** side.

Sunday Mornings at Cocoa Village
club announcements 6:25 AM | run 6:30 AM

(Photo credit: Brenda Heidt)

Concentrate on Running & Not Resolutions

By Angela Leeds

The cycle starts innocently enough: You set out with a resolution to be a happier, healthier person. Then, you realize you need a sport like running to help you reach that goal. Satisfied that you have chosen an inexpensive sport where you can just lace up your shoes and head out the front door, you set aside time to run around the block a few times.

Soon enough, you discover that running is a balance of simple and complex, pleasure and pain, and cheap and expensive. If you start to focus on too many elements, it no longer becomes the stress-relieving, healthy activity that initially drew you to the sport.

This year, remind yourself why you run. Let your New Year's Resolutions keep you focused on being that happier, healthier person, not on beating the competition. Consider these three elements before putting your resolutions in writing:

Time: A lot of sites on social media are focused on how many miles can be run in 2016 or how many days in a row you can run a mile. Before you make this a resolution, think realistically about the time you have to train. Sometimes, squeezing the mile in every day can be much more stressful than setting aside time to run three miles or more on the weekend. Resolve to run

because of its benefits; try not to make it a chore.

Sweat: Being drenched in sweat following a run gives most runners the feeling of accomplishment. You know that you worked hard and pushed yourself toward your goals. However, you also have to leave time for cleaning up. Don't set yourself up for disappointment by planning to run mornings before work but not leaving extra time for cleaning up.

Gadgets: Runkeeper, Garmin, Pandora, etc. all help add to the logistics of the run. You can work on your pace, check for PR times, measure your heartrate, and let the tempo guide your feet. Nevertheless, all of this technology can make the run a stressful competition rather than a relaxing run through your scenic city. Remind yourself to enjoy the moment and not concentrate on beeping gadgets.

You know more than you did when you first started the sport, but sometimes, that knowledge takes away the joy of running. Promise yourself that running will make you feel better this year.

Race Calendar



1/9	Seize the Day 5K	7:30 am	Gleason Park, Indian Harbour Beach	seizedday5k@gmail.com
1/9	Viera Medical Mile 5K	8:00 am	Spyglass Park, Melbourne	linda@bluewaterfoundation.org
1/9	Run to ReLAX 5K	4:00 pm	Long Doggers, Satellite Beach	bmclamb@iss-casis.org
1/10	Farina-Munch Leukemia Hope Challenge 5K	2:00 pm	Melbourne Central Catholic, Melbourne	leukemiahopechallenge@yahoo.com
1/17	World of Beer's Tap It and Run 5K / 10K	8:00 am	World of Beer, Viera	chuck.liska@worldofbeerusa.com
1/23	Fly Fish 5K	8:00 am	Knights Enterprises, Titusville	lboisseau@gmail.com
1/23	Run of Faith	2:00 pm	Palm Bay Regional Park, Palm Bay	321-301-9201
1/24	Bayfront 5K9	8:00 am	Palm Bay Animal Clinic, Palm Bay	info@palmbayanimalclinic.com
1/30	Tooth Trot 5K	8:00 am	Wickham Park, Melbourne	jbird23@aol.com
1/30	Light the Way 5K	5:30pm	Park Avenue Christian Academy, Titusville	sguttery@cfl.rr.com
2/6	Florida Today 5K & 8K	7:00 am	Front Street Park, Melbourne	info@thefloridamarathon.com
2/6	Superhero 5K & 1 Miler	8:00 am	The Avenue, Viera	superherorun@friendsofchildrenofbrevard.org
2/7	Florida Marathon & Half Marathon	6:30 am	Front Street Park, Melbourne	info@thefloridamarathon.com





Space Coast Runners Membership Application



Benefits of Belonging

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

Your Membership Supports

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



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.*



JANUARY

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

1	Ryan Miller	16	
2	Blanche Morrison, Abe Oros, Alice Schultz, Lera Bradford	17	
3	Willy Moolenaar, Dan Martin, Isaac Marren, Ashvika Maddikonda, Ashlyn Long	18	Amanda Shagena, Michael Martin
4	Victoria Bernstein, Hanna Collins	19	
5	Shelley Christian, Tim Hagerty	20	Mark Norris, Celeste Snodgrass, Denise LaVenture , John Doepp
6	Harry Prosser	21	Hannah Deese
7	John Hardos, Samantha Cabrera	22	
8	Rik Ojeda, Ilse Berube	23	Kate Chapman, Mary Joseph, Michael McCauslin
9	Rebecca Sparks, Noah Ogburn	24	Beth Walker, Marcus Smith
10	Jonathon Van Vuren	25	Amber Hall
11	Sandra Gannon, Kristen Tinker , Terry Kepner	26	Karen Hughes , Chris Waterman, Angelica Cabrera
12	Angela Staab, Jeremy Flint, Macie Sinclair, Kailyn Lake	27	Donna Scott
13	Donald Waldron	28	
14	Bailey Deese, Pietrina Heavey	29	Danyle Gates, David Thornberry
15	Bernadette Serafinqicz	30	Keith Flint , Jennifer Karla
		31	Katie Marsh