

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

# SPACE COAST RUNNERS

January 2018



## IN THIS ISSUE

**HOLIDAY**  
Race Recaps

Run a Mile with  
**Rodney Walker**

**Run Local**  
**Oars & Paddles**



## DEPARTMENTS

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

## RESOURCES

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

## FEATURES

- 9 [SCR Central](#)**
- 20 [Run Local](#)**
- 25 [Runner of the Year Series](#)**
- 26 [Instagram Contest](#)**
- 38 [Run A Mile With...](#)**
- 40 [Long Distance Relationships](#)**
- 42 [Out-of-Town Race Recap](#)**
- 43 [Where in the World?](#)**

## RACE REPORTS

- 28 [Reindeer Run 5K](#)**
- 31 [Jingle Bell 2 Miler](#)**
- 32 [Christmas Fit-mas 3K](#)**
- 35 [Run Run Santa 1 Mile](#)**



**On Our Cover:** Women's Runner of the Year Series leader, Jennifer Absher accepts her first overall female award at the Reindeer Run.

**Above:** It was a wet morning for runners at this year's Reindeer Run on December 9th.

Photo credits: Brittany Streufert

## 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.

To be eligible for guaranteed pre-race registration into the 2018 Space Coast Marathon & Half Marathon, your membership must be active as of January 11, 2018.

**[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**

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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](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*

## Aren't fresh starts great?

They certainly are when it comes to the calendar, with the numerals of the year past consigned to the "bad old days" folder. And certain days of 2017 were pretty bad in these quarters, starting with sickness and ending with theft.

I like the Jingle Bell a lot; it probably is my second-favorite race of the year, so to be forced to sit it out – you can't drive if your keys went to the Land of Purse Snatchers – was especially galling.

Sorry to have missed the Christmas party, friends, but it was great to have seen you at Run Run Santa in red, red Viera.

But that's the past, and if your year starts with filling in race dates and deadlines on the calendar, you have a lot to do, and some of the early races in question are relatively new.

If you read a certain publication, you're going to see quite a bit about the Child Hunger Project and Health First's Fight Child Hunger 5K, which was hugely successful and extremely well supported in its inaugural year, and more of the same is predicted at 8 a.m. Jan. 13, at Viera High School.

Less than a month later (Feb. 3), also in Viera but this time at the Avenue, we'll see the Super Hero 5K and 1-Miler, the beneficiaries of which also will be children, this time those who have been abandoned, abused or neglected, and are represented by the remarkable Guardian ad Litem Program.

Remember when The Avenue Viera didn't want runners? Yeah, me too, but it seems to be developing into racing central. Imagine that.

The Avenue's race after the Super Hero, will be the Mutt Strut 5K, Doggie Dash 1-Miler and Double Dog Dare Challenge, which will take place March 31. Great.

Annie Caza, Mark and Lisa Petrillo, Shane and Brittany Streufert and Vizslahero Hunger, will you do this one with your pups to benefit the

Brevard Humane Society? Hope so. It's been a month since the dog show and some of us need our canine fixes.

That's only the first part of the year; more new and interesting events will follow no doubt, but there are always our own tried-and-true series races, starting Jan. 27 with the Tooth Trot, continuing Feb. 18 with the Eye of the Dragon/Tail of the Lizard and March 24 with the Downtown Melbourne 5K.

At the Space Walk of Fame 8K April 7 in Titusville, go for the race, but show up early to see how many names of people you know are inscribed on the space program monuments; it's inspiring.

Finally, there's an event people should be convinced to attend whether they run, or have runners in the family or not, because Eat My Crust (May 6) is just so entertaining, series closer though it may be.

It kind of hurts that the National Beach Running Championships will start only a half hour before EMC, but races on the beach mean certain necessities, and oceanside organizer Mitch Varnes had no other choice, we're told.

Same with Bat Boogie, the Running Zone Foundation Series race, which will take place at 7 a.m. Feb. 10 at Brevard Zoo, which it benefits. The FLORIDA TODAY 5K and 8K are scheduled to start at the same time in Melbourne, part of the Publix Florida Marathon and Half Marathon weekend. Darn.

Guess you have to expect those things in a community in which running is less an athletic endeavor but a way of life, led by an organization whose membership numbers rival those of major cities.'

Happy New Year, SCR.

*Lyn Dowling*



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

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**TO ALL SPACE COAST RUNNER MEMBERS**

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

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



# LISA'S Musings

A Monthly Column from SCR President, Lisa Hamelin



**Happy New Year Space Coast Runner members!** A new year, a new beginning. Usually I'd talk about resolutions, but instead let's talk about race planning.

Do you usually register for races at the last minute, waiting until you know for sure that a) you want to actually do that race and b) that you have gathered the funds to commit to the race and c) that you're already trained up or can get trained up for the race?

Or are you like me, and spontaneously register for races well in advance a) without having an idea of what your schedule will be when the time actually comes and b) have grandiose ideas that you'll have plenty of time to train for the race and c) think of how financially savvy you are by getting the early bird price?

Whichever one you are, the one thing I know is that registering for races well in advance seems to provide a sense of motivation and

excitement! Why else would we do it, right? Having a plan of what you'll be doing for the next month, next quarter, next year gives a sense of responsibility and (pre) accomplishment. Like we're adulting or something.

Your SCR Board is hoping that you have the Runner of the Year Series planned in your calendar. We have gone through Running on Island Time, Space Coast Classic, Space Coast Marathon & Half Marathon and Reindeer Run (unfortunately, Turtle Krawl was cancelled). Next up is Tooth Trot, Eye of the Dragon, Downtown Melbourne, Space Walk of Fame and Eat My Crust.

Make sure you floss beforehand and smile big for the finish line photo op at Tooth Trot on January 27th! See you there.

- Lisa

Lisa Hamelin, SCR President  
lisahamelin@gmail.com

**JANUARY BOARD MEETING**  
January 15, 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.

 **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— lmliller4435@gmail.com 321-749-7591
Tues	Cocoa Village 6 miles @ 6am	6:00 am	Keith Dutter kdutter@cfl.rr.com
Tues	Iron Oak Post Run Club, Downtown Melbourne	6:0 pm	321-327-8479
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 Ericksonjaquays@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

## ***Intra Run Club Fun Run***

AT INTRACOASTAL BREWING COMPANY



- **MEETS WEEKLY AT INTRACOASTAL BREWING COMPANY, 652 WEST EAU GALLIE BLVD. MELBOURNE, FL 32935**
- **FREE FUN RUN STARTS AT APPROXIMATELY 5:30 PM IN THE COURTYARD AREA.**
- **CHECK OUT THE BREWERY'S WEBSITE OR THEIR FACEBOOK PAGE (/INTRARUNCLUB) FOR UPDATES.**

Need an after-work run to blow off some hump day steam? Join the BIG group of runners that meet every Wednesday night at 5:30 PM at Intracoastal Brewing Company. This social run is open to all paces. It starts at the brewery and runs over the Eau Gallie Causeway. You can sprint, run, jog, walk or even PRANCERCISE. They don't discriminate. Plus, there's great beer after! 1 and 3 Mile routes are offered.

After your 10th run with the Intra Run Club you get a free pint. Group is led by Amy Ustjanowski (amy@theyogiperogi.com).



# SCR Central

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



## Welcome New Members

We look forward to running with you.

.....

**Ted Amgott**  
**Jodi Bosak**  
**Jennifer Cook**  
**Peyton Cook**  
**Tom Cook**  
**Julian Edelschick**  
**Marie Evans**  
**Lee Fairchild**  
**Barbara Gerth**  
**Megan Gerth**  
**Malorie Griffin**

**Darlene Hachmeister**  
**Misty Haystead**  
**Niki McKinney**  
**Phillip Miranda**  
**Kimberly Nesbitt**  
**Kenneth Rhoden**  
**Jim Toney**  
**Caroline Wagner**  
**Nichole Warren**  
**Antonio White**  
**Matthew White**

.....

*Photo credit: Marissa Flint*

## Winter Social

SPACE COAST RUNNERS INVITES YOU TO

Run + Eat + Drink

**SUNDAY, JANUARY 7, 2018**

6:30am: Sunday River Road Run

Social kicks off at 9am in Cocoa Village

Join us after your Sunday run  
Water & Gatorade will be out as usual,  
for all the runners.

- ◆ SCR will provide bagels from Bagel 13, hot coffee and OJ
- ◆ Pot Luck - bring your favorite breakfast treats!
- ◆ Join us for Yoga in the park by Up & Running Fitness
- ◆ Renew your membership or join Space Coast Runners and save \$5 (check or cash only)

Come mingle & meet SCR members you might not know, find new run partners to join you as you reach for your 2018 goals!

**We'll have SCR swag bags, giveaways & race entries for some lucky members!**

# SCR Central

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

SPACE COAST  
MARATHON &  
HALF MARATHON  
EARLY REGISTRATION

**SATURDAY**  
**JANUARY 13, 2018**

1-DAY ONLY  
REGISTER ONLINE  
9:00 AM - 5:00 PM

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



SCR members who would like to take advantage of Early Registration for the 2018 Space Coast Marathon & Half Marathon (which is an exclusive member benefit) will have **1-Day Only** opportunity on Saturday, January 13th.

This year the Early Registration event is **ONLINE ONLY**. Active members will be given an exclusive coupon code to use which will be checked against the SCR membership database before your registration will be accepted. SCR members receive a \$7.50 discount on either race.

Your SCR membership must be Active as of 1/11/18. You can check your membership status by logging in to your account at [spacecoastrunners.org](http://spacecoastrunners.org). If you are not listed as Active, your early registration will be rejected. If you do not know your login, please email [info@spacecoastrunners.org](mailto:info@spacecoastrunners.org) for help.

**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



**FEBRUARY 10 & 11, 2018**  
MELBOURNE, FL

**REGISTER NOW**

[THEFLORIDAMARATHON.COM](http://THEFLORIDAMARATHON.COM)

## HALF MARATHON • FULL • 5K/8K

Florida's Original Music Marathon & 1/2 Marathon

- Florida Today 5K/8K Run & Mascot Run Saturday
- 1/2 Marathon, Marathon & 1/2 Relay Sunday
- USATF Certified 1/2 and Marathon Courses
- A Top Boston Marathon Qualifier Race
- Tech Tees, Hats & Medals to Sunday Runners
- Run Both Days - Floridiot Challenge Medal
- Post-Race Party With Live Music Both Days!
- 20+ Bands Playing Over the Weekend

**AT THE FINISH LINE:** Saturday & Sunday **Publix.** | Sunday **FLORIDA BEER CO**



**2018 Pineapple Finisher's Medal**

**RUNNER'S WORLD**® "Top 10 Bucket List Waterfront Races"

## MELBOURNE'S SIGNATURE SPORTING EVENT

[THEFLORIDAMARATHON.COM](http://THEFLORIDAMARATHON.COM)



# SCR Central

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

## Tropical Trail loses a furry friend

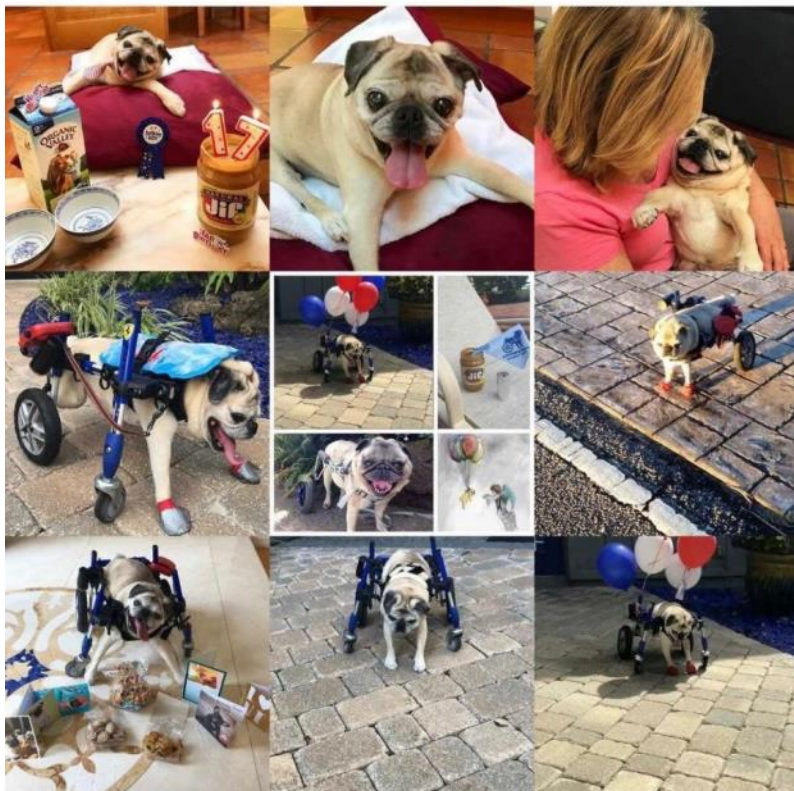
If you've run Tropical Trail on a weekend morning, you probably know Simon, the little pug on wheels. He always had a smile for passing runners and walkers and was thrilled if you stopped to give him a pat.

Simon passed away at the gentle age of 17 in his grandmother's arms on November 14, 2017. The little guy was a dedicated campaigner to raise awareness of the wonders of wheeling and to raise money for the pups who couldn't afford them. He loved anything with peanut butter but most of all his caretakers. Rest in peace, Simon. You will be missed.



pugonwheels

2017 best nine on Instagram #2017bestnine



## ShoeBox Recycling

Drop your gently worn shoes off at any of the upcoming Winter Social and any of the Runner of the Year Series races. We'll be collecting them at the SCR tent. Your shoes are destined for reuse around the world. Here are some guidelines to joining the #ReuseMovement:

### GUIDELINES



**YES**  
Gently-Used Pairs  
Men's/Women's/Kids'  
Sneakers  
Soccer Cleats  
Casual Shoes  
Dress Shoes  
Work Boots  
Sandals  
Heels  
Flats  
Loafers



**NO**  
Damaged/Wet  
Single Shoes  
Women's Fashion  
Boots  
Metal Spikes  
Flip Flops/Plastic  
Shoes  
Slippers  
Ski/Winter Boots  
Skates/Blades



# 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)*

**Dragon Slayer 2 Miler Medal**

**EXCALIBUR 10 MILER & RELAY**

**2018 Finisher Medal Design**

**RUBY 2018**

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

Sword fight by **Medieval Times**

Register online at **ExcaliburRun.com**

**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!

**Excalibur 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.



Reindeer Run 2017: Stephen Bernstein, Yheimy Jarman, Jodi Noe

# SCR Central

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



See page 26 on how to win a prize!



## SCR 40<sup>th</sup>

### Anniversary Shirts & now Hats are on sale!

With March right around the corner, there are now **TWO** ways to celebrate the 40th anniversary of Space Coast Runners.

First, there's the special-edition tee. We sold so many we had to place a reorder so we'll have all sizes available in January. Cut from soft, lightweight fabric, the shirt features a run-inspired graphic that showcases club pride. The design was created by member, Susie Meltzer. Tip: Size up if you like a looser fitting shirt.

And we're now offering the SCR 40th Anniversary Run Dri Running Cap for \$12. Constructed of micro-fiber with mesh panels, the hat will provide you lots of comfort and shade from the Florida sun. Hat is a relaxed fit with a Velcro fabric strap closure and terry cloth sweatband.

Your next available opportunity to purchase a shirt or hat is at the **Winter Social**. Shirts will be available for \$16 and the hats are \$12 which includes tax. 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: S M L XL



# SCR Central

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



## SLAY THE BEAST CHALLENGE

# 30% FULL

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

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.



The popular **Slay the Beast Challenge** at print time was 30% of race capacity. We'll take 200 registrations this year. To participate in the challenge, you must complete both the 10K and the **Tail of the Lizard 2 Mile**. Race start times are 7:00am (10K) and 8:30am (2 mi). Participants are scored in the Slay the Beast challenge category with the top 3 male and female competitors receiving awards. Participants will also receive exclusive Slay the Beast race bibs and the fierce Slay the Beast medal. You must register for Slay the Beast Challenge to be eligible. Those signing up for the races individually are not eligible. SCR member pricing is \$60.

get involved.  
join a committee.

- SCR has several committees in need of volunteers.
- The SCR newsletter is looking for help with writing, photography and live Facebook streaming at ROY series races.
- Eye of the Dragon 10K needs race volunteers for Sunday, February 18 along with race packet stuffing and packet pickup the week prior to the race. Sign up here: <https://goo.gl/4yFi3x>

For additional info on how you can serve the club, please contact Lisa Hamelin via email: [lisahamelin@gmail.com](mailto:lisahamelin@gmail.com)



### Contributing to the fight

On behalf of the Space Coast Classic, Brittany Streufert and Mike Acosta present Keith Gee of The Children's Hunger Project with a donation.

FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS



# 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: \_\_\_\_\_

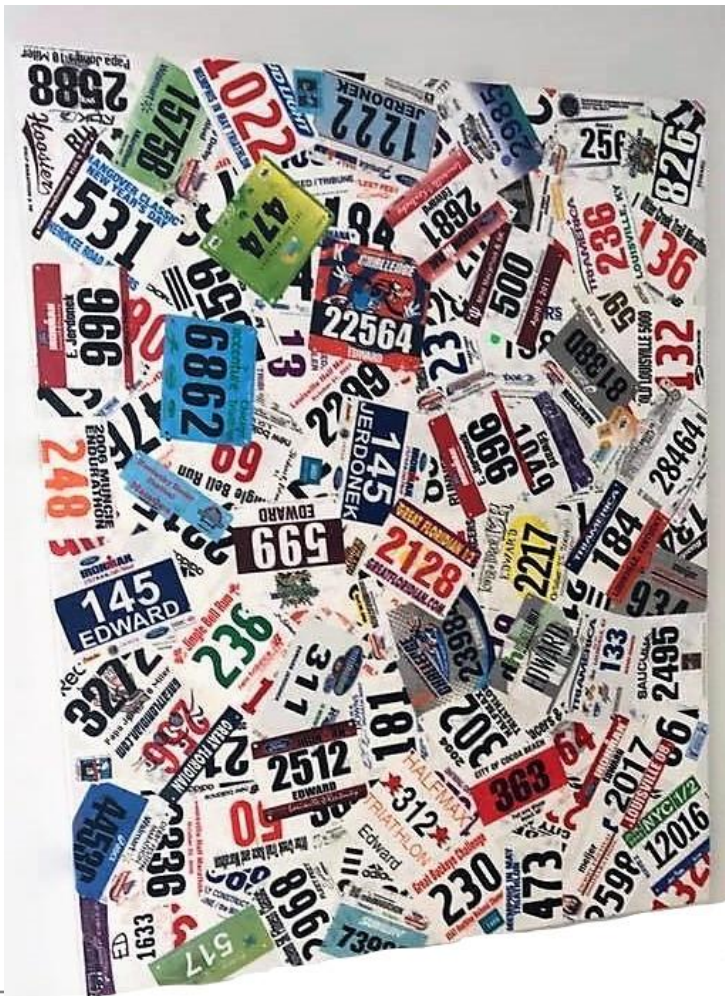
(Participant or Parent or guardian if under 18)

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



# SCR Central

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



## What's hanging on your wall?

Ed Jerdonek shared this creative wall mural made from all his racing bibs with us. His wife, Tammi, is the artistic genius behind the cool collage. Jerdonek said, "Tammi made it for me a couple of months ago in order to do something with all the running and tri bibs I had accumulated."

The stunning piece is approximately 4' x 5' and now hangs proudly in what Tammi calls his "man cave".

## JOB OPENING

### THE DRIVEN—NOW HIRING FL SALES REP

Looking for someone who lives in the Florida area, who is well-connected with running clubs/events, and who would like to work from home to earn some extra income.

The Driven Race and Club Solutions is seeking an outgoing and enthusiastic account representative with a background in endurance events/clubs and a proficient understanding of basic event registration set up/club website set up. Your role will be to secure and service new accounts on our endurance event registration/club membership software platform.

Only seeking candidates who possess the following qualities/skills:

- Experience with multiple and varied endurance events either as a participant or planner
- Excellent oral and written communication skills
- Excellent customer service skills
- Ability to learn self-service software for event directors/club admin
- Ability to anticipate event directors'/club admin needs
- Ability to build and maintain lasting customer relationships
- Self-starter/self-motivated...in other words, DRIVEN! Flexible hours (20 hrs/week), work from home, base + commission

Interested? For more info or to apply, contact Rebecca Wells at [rwells@thedriven.net](mailto:rwells@thedriven.net).



# EXCLUSIVE SCR RACE DISCOUNTS

*save \$ = run more races*

- ◆ **NEW!** **Time to Run 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 VolunteerMatch. This organization believes everyone should have the chance to make a difference by making it easy for good people and good causes to connect.
- ◆ **NEW!** [Shark Bite Half & 5K](#), New Smyrna Beach, January 14th. Super big finisher medals and top 10% gender specific hats, free beer (over 21) and pint glass. Ride the mechanical shark! Code SPRunners will get you 10% off the half marathon!
- ◆ **NEW!** [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!
- ◆ **LAST CHANCE!** If you've never run the [Daytona Beach Half Marathon](#) which starts and finishes on the International Speedway, you're missing out. Run it on February 4, 2018. To save \$15 off the half, relay or challenge, use code DBHMSPACE18. It's valid until 1/31/18.
- ◆ **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.
- ◆ The [Town of Celebration Marathon & Half Marathon](#) is offering a \$10 discount to SCR members. The race runs on January 28, 2018. Use code: **SCR**
- ◆ 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**.
- ◆ You don't want to miss the 2018 [Sarasota Music Half Marathon](#) on 2/4/18. 20 bands along the run through Selby Botanical Gardens and over the Ringling Bridge. Wicked cool medal and T-shirt, then a rockin' after-party with live music, massages, beer garden and tons of fun! SCR gets \$5 discount with code: **SCR5**.
- ◆ [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!

# Exclusive SCR Race Discounts

- ◆ [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.



## Running Safety Tip

### RESPECT PRIVATE PROPERTY ALONG YOUR ROUTE.

- ◆ Don't relieve yourself in the neighbor's bushes.
- ◆ Don't litter. If you can't find a trash can, carry your trash home.



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



# BAT BOOGIE 3K

PRESENTED BY

**Health First**

Health Plans

**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



# RUN LOCAL



## *Oars & Paddles*

Oars and Paddles is a park located on Banana River Drive and provides many outdoor water activities, such as: rowing, kayaking, and canoeing. Other amenities include a boat house for Space Coast Crew, a public floating launch dock, a pavilion with picnic tables, clean restrooms, and a park. It is also a great spot to park, use the restroom, and go for a run along the Indian River.

It's hard to beat the natural beauty of running across the Mathers draw bridge and having a view of the river for your entire run. You do have to share the road with cars, other runners, and cyclists. If you decide to run there on Sundays, you will not be alone.

Many runners take to the pavement on that day, so parking can get crowded, but it makes it for a fun run with lots of other runners. Running Zone and Up & Running Fitness also puts out water along Banana River Rd. on Sundays for the runners. If you haven't checked this place out for a run-put your sneakers on and head out! It will soon become one of your favorite spots!

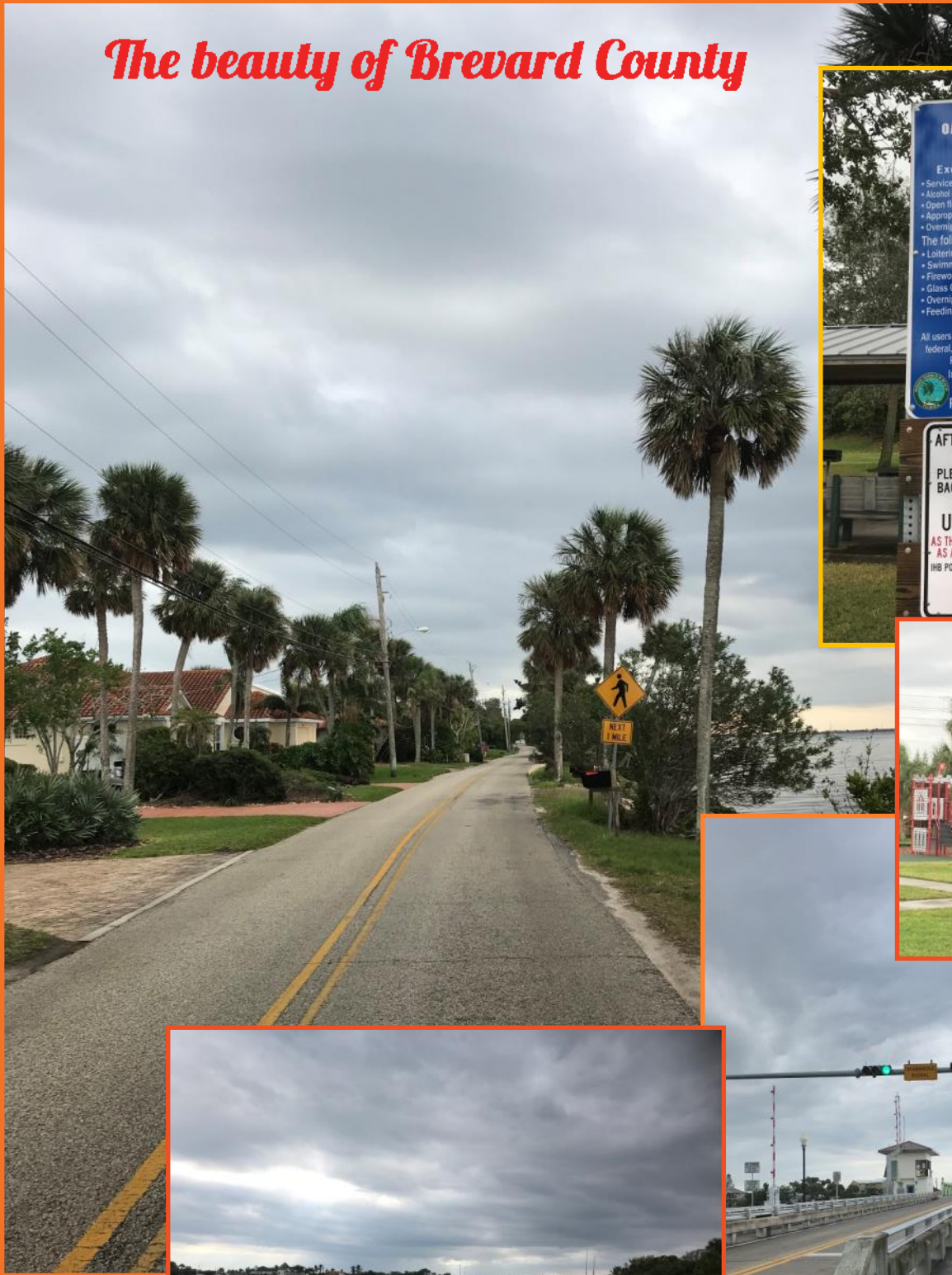
**Oars & Paddles is located at  
1329 Banana River Drive  
Indian Harbour Beach, FL 32937**

Article & photos by Krysti Dixon



# Oars & Paddles continued

## The beauty of Brevard County



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:

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 2/3/2018  
\$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/)



# Health First Mayors' Fitness Challenge Kick-Off

**Community Walks**  
**Saturday, February 3, 2018, at 9 a.m.**

Join your fellow participants at one of four community walks hosted by local mayors to kick off the 2018 Health First Mayors' Fitness Challenge. Wear your team shirt and show your pride for your community!

**Gleason Park 5K Walk**

1233 Yacht Club Boulevard  
Indian Harbour Beach, FL 32937

**Riverview Park 3K Walk**

2301-2499 Irwin Street  
Melbourne, FL 32901

**Palm Bay 5K Walk at  
Harris Corporation**

1395 Troutman Boulevard NE  
Palm Bay, FL 32905

**Xeriscape Park 3K Walk**

104 Taylor Avenue  
Cape Canaveral, FL 32920

**This will also be your last chance to get weighed for  
"The Great Weight-Off Competition"**



## Health First 2018 Mayors' Fitness Challenge

Twelve mayors in Brevard County are challenging their citizens to get involved in a healthy competition. The **FREE** 12-week challenge will track the minutes of participants' healthy activities. The municipality reporting the most minutes of physical activity will be named "**Most Fit City.**"

This year, the City of Cape Canaveral will defend its title of Most Fit City in the Health First 2018 Mayors' Fitness Challenge!

**About the Challenge:**

Twelve mayors in Brevard County are challenging their citizens to get involved in a friendly competition to determine who will earn the title of **Most Fit City 2018**. The participating municipalities are:

City of Cape Canaveral

Cocoa

Cocoa Beach

Grant-Valkaria

Indian Harbor Beach

Indialantic

Melbourne

Palm Bay

Rockledge

Satellite Beach

Titusville

West Melbourne

The municipality whose team reports the most minutes of physical activity will be the winner of the competition.

**Registration Info:**

Registration is as easy as one click - [HERE](#)

Registration is on-going; you can join at any point throughout the challenge. To receive a t-shirt or participate in the Great Weight-Off, you must register by January 15, 2018.

**The challenge is on!**  
**Feb 3 – Apr 28, 2018**

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

## 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 Jennifer Absher
- 2 Cami Waldon
- 3 Charlotte Walters

### MASTERS

- Mary Hofmeister

### GRAND MASTERS

- Annie Caza

### 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

With five of the series' ten races having taken place (or been canceled), the ROY leader board has seen a few shakeups.

The men's series saw new member, Derek Beckett off to a phenomenal start with three overall first place finishes. However, Beckett sat out the Reindeer Run which caused him to slide out of the top three. Perennial series winner, John Davis is back in the hunt after missing the first two series races. He scored well at the Space Coast Half Marathon and took the win at the Reindeer Run so don't count him out just yet. Remember, this year there are 2 drops plus the forced Turtle Krawl drop.

For now Steve Hedgespeth holds the top spot, followed by Shane Streufert who trails him by 20 points. Jonathan Howse rounds out the top three. Keith Snodgrass and Matt Mahoney both jumped a "Masters" position on the board and Mike McNees made his debut in the Senior Grand Masters spot.

Jennifer Absher has held the women's first place series spot from the get-go. Her future looks good at the top as we head into the 2018 races. Cami Waldon jumped to second place, showing consistent racing and improvement is key. Waldon has steadily earned more points in each of the first 4 races. Charlotte Walters also makes her debut on the leader board in third. She raced the Space Coast Marathon which strategically boosted her ROY points tally.

Mary Hofmeister remains the top Masters while an injured Annie Caza fell from second overall to Grand Masters. Debra Stokes is still secure in the Senior Grand Masters position.



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



Your child can participate in our next SCR Youth Series



**FEATURED ROY SERIES RACE**

It's the 30th Anniversary of the Eye of the Dragon 10K! Come celebrate this iconic Brevard race.

**WHERE** ▶ Eau Gallie Civic Center  
1515 Highland Ave, Melbourne, FL 32935

**WHEN** ▶ 7:00 AM/8:15 AM — Sun., Feb 18

**COST** ▶ *SCR Members save \$5 on 10K, \$3 on 2 Mile and \$10 on Slay the Beast Challenge.* Early discounted registration runs until 2/4/18.

**WHAT TO EXPECT** ▶ 3D Dragon race medals for all the 10K & 2 Mile finishers plus a bonus medal for Slay the Beast participants (limited to 200 participants). 30th anniversary race shirt, custom bibs & more!

Intracoastal Brewing Company will be on hand with free samples of their Dragon Point beer at the post-race party.

**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](#)

**LAST YEAR'S WINNERS** ▶

<b>10K</b>	John Davis — 35:05	Holly Davis — 37:53
<b>2 Mile</b>	Derek Beckett — 11:43	Alison Nolan — 12:13
<b>Slay the Beast Challenge</b>	Derek Beckett — 47:52 (CR)	Alison Nolan — 53:34 (CR)

**WANT TO WIN OUR JANUARY INSTAGRAM RACE ENTRY GIVEAWAY?**

1. Take a **selfie** with any of your SCR branded apparel!
2. Follow us on Instagram (@spacecoastrunners) & like our Facebook Page (spacecoastrunners)
3. Post it on your Instagram with hashtag **#SpaceCoastRunners** by January 31, 2018. Winner will be announced 2/1/18.



Dragon Slayer  
2 Miler Medal



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



Register online at

**ExcaliburRun.com**

**Excalibur 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.



# Fee-Only Investment Management and Financial Planning Services

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## Hundreds compete in 22nd Annual Reindeer Run

Sheriff Wayne Ivey may have started the Reindeer Run 5K Dec. 8, but John Davis finished it.

In what is becoming Cape Canaveral tradition, the Viera resident Davis cruised to the line in 17 minutes, seven seconds, ahead of Shane Streufert (17:18), also of Viera, and Steve Hedgespeth of West Melbourne (17:24).

It was Davis' fourth straight victory in the race, the fifth and year-ender in Space Coast Runners' Runner of the Year Series, in which Davis is a multi-time winner as well.

Jennifer Absher, on the other hand, was a first-timer, and she finished first among all women at 19:03, in front of Sarah McBeath of Orlando (20:13) and Cassidy Hill of Winter Park (21:08).

"I am so happy," the Melbourne resident said. "I liked the course because it was out and back, very simple, quick and safe. It was a good workout run too."

Jonathan Howse, a West Melbourne resident, won the male masters division at 19:01; Keith Snodgrass of Melbourne was male grandmasters winner at 19:22. Mary Hofmeister of Malabar took female masters honors (22:59); the grandmasters winner among women was Betsy Fisher of Cocoa Beach (23:09).

The race took place in occasional rain, blustery winds and dropping temperatures – it was 71 degrees an hour before the race and 57 an hour afterward – which did not bother the winners but drew jokes from Ivey.

"Welcome to the Reindeer Run, which this year probably should be called the Reindeer Swim," Ivey told the runners.

The annual event, in which about 600 runners participated, benefits the Brevard County Sheriff's Office Police Athletic League here.



Report by Lyn Dowling

### OVERALL MEN

John Davis, 17:07  
Shane Streufert, 17:18  
Steve Hedgespeth, 17:24

### OVERALL WOMEN

Jennifer Absher, 19:03  
Sarah McBeath, 20:13  
Cassidy Hill, 21:08

### MASTERS

Jonathan Howse, 19:01  
Mary Hofmeister, 22:59

### GRAND MASTERS

Keith Snodgrass, 19:22  
Betsy Fisher, 23:09

### SENIOR GRAND MASTERS

Matt Mahoney, 21:13  
Carol Ball, 25:01

### TEAM RESULTS

Running Zone  
Viera Pizza Race Team  
SCR Racing Team

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



Photo credits: Brittany Streufert



The next Runner of the Year Series race is the 20th annual Tooth Trot 5K in Melbourne. Register today!

# February 3, 2018

## JOIN THE RACE AGAINST CHILD ABUSE



Start, Finish & Post Race Party at the Avenue Viera  
**5K Race & One Mile Fun Run**  
**4.1 Mile Superhero Challenge**

**Free Kids Run & Mascot Sprint • RACE MANAGED BY RUNNING ZONE**  
**Judged Superhero Costume Contest**

The 6th annual Superhero Run is a family friendly running and walking event that benefits local abused and neglected children. The event is hosted by Friends of Children of Brevard, a non-profit 501(c)(3) registered in the state of Florida. All proceeds benefit the abused, abandoned and neglected children of Brevard County and supports the Guardian ad Litem Program.



**Online Race Registration:**  
<https://secure.runningzone.com/Race/FL/Viera/Superhero>

For more information contact: [superhero5kviera@gmail.com](mailto:superhero5kviera@gmail.com) (321) 690-6823  
[www.FriendsOfChildrenOfBrevard.org](http://www.FriendsOfChildrenOfBrevard.org) [www.facebook.com/SuperHeroRun5K](https://www.facebook.com/SuperHeroRun5K)



# Jingle Bell 2 Miler - 12/16/17 - Satellite Beach *Race Report*



Above: Some run shirtless, but not Joe Hultgren. He's decked out in his Christmas candy cane best.



Pictured below: Running Zone's festive and very hardworking crew.



Photo credits: Trihokie Images

## 'Tis the season to run fast

Sometime around Christmas, someone posted on social media that it probably wasn't a good idea to go nighttime-strolling through a certain neighborhood in Satellite Beach to see the holiday lights.

"If you wanted to do that," the poster wrote, "You should have come for the run."

Lord knows others did Dec. 16, about 2,000 of them, including the usual crop of high schoolers, returning collegians and homecoming family members. Tyler Roberts of Melbourne and the University of Tampa led them all, finishing the 2-mile race in 10 minutes, seven seconds.

Jacob Dordick of Melbourne was second at 10:10, followed by Derek Beckett, also of Melbourne, at 10:19.

Kaitlin Donner took what has become her annual homecoming victory on the women's side, finishing at 10:47, 10 seconds ahead of Holly Davis of Viera. Angela Cobb of Melbourne Beach finished third at 11:56.

Report by Lyn Dowling

### OVERALL MEN

Tyler Roberts, 10:07  
Jacob Dordick, 10:10  
Derek Beckett, 10:19

### OVERALL WOMEN

Kaitlin Donner, 10:47  
Holly Davis, 10:57  
Angela Cobb, 11:56

### MALE MASTERS

Shane Streufert, 10:31

### FEMALE MASTERS

Tracy Dutra, 13:31

### TEAM RESULTS

Viera Pizza Race Team  
Island Tile Distance Project  
Running Zone

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

# Jingle Bell 2 Miler continued *Race Report*



In the masters' division, Shane Streufert of Viera found himself in a familiar place (first) among men at 10:31; the women's masters winner was Tracy Dutra of Melbourne at 13:31.

The race was, as always, the year-ender for the Running Zone Foundation Race Series, and race director Denise Piercy pronounced herself delighted with the turnout and the new layout, which was done to accommodate the ever-rising number of runner-revelers who participate in one of Brevard's biggest Christmas parties.

"It really worked out well," she said. "We love that so many people love this race."



**Charlie Dickinson (1361) is edged out at the finish by Zeke Zauner (228) for fifth overall.**



**Rick Suarez saunters across the finish.**





Above: Laura Smith celebrates her age group award.



Report by Brittany Streufert

### OVERALL MEN

Justin Wilson, 10:27.6  
 Alex Colon, 11:10.3  
 Mads Jensen, 11:43.4

### OVERALL WOMEN

Mai Jensen, 13:49.5  
 Riley Roche, 14:25.0  
 Lisa Girard, 14:40.4

### 5K MASTERS

James Girard, 13:03.1  
 Kim Jordan, 14:42.8

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

## Wilson, Jensen prevail in Fit-mas 3K

It wasn't really cold. There was no snow. However, the feeling of Christmas was definitely in the air as a field of 134 runners and walkers took to the streets of Viera on a Saturday evening for this year's Christmas Fit-mas. Organized by Pizza Gallery & Grill at the Viera Regional Park, runners wore lights, tutus and holiday attire as they ran the 3K distance. Indian Harbour Beach's thirteen year-old Justin Wilson finished first overall and fourteen year-old Mai Jensen from Rockledge won for the women. Both winners scored course records in the second annual event. Wilson's 10:27 bested Julio Castillo's 11:04 from 2016 while Jensen's 13:49 was nine seconds faster than Chelsea Paglia's 13:58.

A Little Elf Fun Run followed the 3K with tiny tots sprinting down the road. Participants were treated to holiday goodies and lots of giveaways at the post-race party.



Photo credits: Pizza Gallery & Grill



### Wagon's Run Walk Roll 5K



## 3RD ANNUAL WAGON'S RUN WALK ROLL 5K

Saturday, February 10, 2018 at Chain of Lakes, Titusville

Supporting Cancer Fighters, Honoring the Survivors and In Memory of...

#### Proceeds Benefit

Brittany's Wish - "Kidz Kicking Leukemia" provides financial assistance and other acts of kindness to Central Florida families with a child battling leukemia. For more details visit: [www.brittanywish.org](http://www.brittanywish.org)

**Contact** Linda Roggenkamp  
(321) 302-6011  
[wagons5k@gmail.com](mailto:wagons5k@gmail.com)

**Location** Chain of Lakes Park  
2300 Truman Scarborough Way  
Titusville, Florida 32796

#### Entry Fees

\$20 Early Registration by January 25  
\$25 Registration by February 9  
\$35 Race Day

Shirts guaranteed to participants registered by January 23. Race is chip timed.



#### Early Packet Pickup & Late Registration

Thursday February 8, 5PM – 7 PM  
YMCA, 1519 Clearlake Rd., Bldg. 18, Cocoa

Friday February 9, 5 PM – 7PM  
YMCA, 2400 Harrison St., Titusville

**Online Registration available at:**  
<https://runsignup.com/Race/FL/Titusville/WagonsRunWalkRoll5K>

#### Event Day Schedule:

Registration/Package Pickup ---- 6:30 – 7:50 AM  
5K Start ----- 8:00 AM  
Awards Ceremony----- 9:15 AM

**Age Divisions for Awards:** Top 3 Overall Male and Female; Masters Male & Female; Male & Female: 7-9; 10-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75+

### 3<sup>rd</sup> Annual Wagon's Run Walk Roll 5K – Saturday February 10, 2018 – Registration Form

Name (print) \_\_\_\_\_ Phone # \_\_\_\_\_

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

Email \_\_\_\_\_ Circle one Male/Female Birthday \_\_\_/\_\_\_/\_\_\_ Age \_\_\_\_\_

Adult Shirt Size (circle one) XS S M L XL 2X Amount Enclosed \$ \_\_\_\_\_ Check # \_\_\_\_\_

**Make checks payable to Brittany's Wish, Inc. Mail to PO Box 238444, Cocoa, FL 32923**

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and my executors, waive all rights and claims for damages which may hereafter accrue to me against Space Coast Event Management & Timing, sponsors, officers, volunteers and supporters of this race and any representative, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and 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 grant full permission to any, and all of the foregoing to use any photographs, video tapes or any other record of this event for any purpose of the event whatsoever. I have read the above and understand that it presents a risk of physical injury, knowing this, I am entering this event at my own risk.

Signature (Parent, if under 18)

Date

Office Use Only:

Date Paid \_\_\_\_\_

Amount \$ \_\_\_\_\_

CK# \_\_\_\_\_

Credit Card / Cash

# Ho Ho Ho

## look at all the Santas go go go!

What if a town celebrated the holidays with one big community event, and what if that event took off running . . . a moveable feast, as it were?

Such is Run Run Santa to Viera, part of which – the area closest to Calvary Chapel -- was transformed to a sea of scarlet Dec. 23 by about 900 sprinting, jingling, occasionally-singing, post-race-pizza-partying St. Nicks.

First among the Clauses on their one-mile journey was 25-year-old Ryan Widzgowski of Keene, N.H., an All-American at Keene State College and NCAA Division III champion in the 1,500 meters three years ago.

He dashed away to finish in four minutes, 58.63 seconds, ahead of Ed Donner of Satellite Beach (5:02.58) and Shane Streufert of Viera (5:04.05).

Kaitlin Donner, who relishes holiday-themed races, won her second Run Run Santa, this time at 5:09.93, good for fourth place overall. Second among women was Melissa Taylor of Indian Harbour Beach (5:47.71), followed by Vanessa Bolen of Kissimmee (6:11.34).

Alex Colon (5:17.37) and Lisa Petrillo (6:41.07), both of Melbourne, took masters honors. Grandmasters winners were Joe Hultgren of Melbourne (5:43.47) and Mary Hofmeister of Malabar (6:43.66).

The word of the morning, aside from those found in carols, was “fun,” which was used by both Widzgowski and Donner to describe the race, which brought a sea of red to the area around Calvary Chapel here, each participant having received a Santa Claus suit in which to run.

The Donners said they liked the challenge of the short run and that the one-miler seems to be returning to prominence. “You can’t take it lightly,”



Report by Lyn Dowling

### OVERALL MEN

Ryan Widzgowski, 4:58.63  
Ed Donner, 5:02.58  
Shane Streufert, 5:04.05

### OVERALL WOMEN

Kaitlin Donner, 5:09.93  
Melissa Taylor, 5:47.71  
Vanessa Bolen, 6:11.34

### MASTERS

Alex Colon, 5:17.37  
Lisa Petrillo, 6:41.07

### GRAND MASTERS

Joe Hultgren, 5:43.47  
Mary Hofmeister, 6:43.66

### SENIOR GRAND MASTERS

Matt Mahoney, 6:17.34  
Elizabeth Ring, 7:48.92

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



# Run Run Santa 1 Mile - continued *Race Report*

Ed Donner said. "It's a tough distance to pace. It hurts."

Those 900 runners equaled a little less than twice the number of participants in the inaugural event on Christmas Eve, 2016, and it was followed by its mirror race Christmas Eve in Vero Beach.

Streufert won that one at 5:14.58, followed by Brandon Rinchack of Vero Beach (5:34.41) and Casey Williams of Clarksville, Tenn. (5:39.92).

Catlin Batten of North Charleston, S.C. took women's honors in the downtown race, finishing at 5:46.32, in front of Allison Schumann of Fort Pierce (5:56.78) and Mary Lunn of Vero (6:03.39).

Masters winners were Hofmeister (6:44.72) and Irv Batten of South Carolina (5:46.25). Michael Walker of Viera was male grandmasters winner (6:00.72) and Molly Kirk of Viera finished ahead of all the other 50+ females (7:31.92).





# 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



# Rodney Walker

Native Floridian, Lifetime Runner, Streaker

**Name:** Rodney Walker

**Family:** Wife- Sheila

**Age:** 53

**Originally from:** Born in Cape Canaveral Hospital, raised in Merritt Island.

**Currently reside:** Port. St. John

**Number of years running:** Off and on my whole life. The past 12 years very consistently.

**Began running because:**

Ran track and Cross Country in Jr. High and High School.

**I knew I was hooked when:**

I was able to earn a varsity letter as a sophomore in Cross Country at MIHS. I realized then that this was my sport.

**Race personal records (PRs) :**

5K 25:59 (in my 50's); 18:10 (in high school)

10K 57:29 (in my 50's); 39:38 (in HS)

Half Marathon - 2:01:34



Full Marathon... I've ran two, finished both!! That's all that matters.

**What has been my biggest running accomplishment to date:**

Thankful that I've run two full and 30+ half marathons. Most recently, I started a running streak on December 24, 2015 (my first day of retirement after 35 yrs with Publix). You are required to run at least one mile a day. I average about 2.2 miles a day. As I type this I'm at day #715. There's a club of people who do this... [runeveryday.com](http://runeveryday.com). Check it out!!

**Favorite place to train:** River Road.

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

**Local-** Space Coast Half Marathon.

**Out of town-** I've run the Orlando Extreme Half Marathon quite a few times. Used to be in Christmas, it's now in Apopka.



**Running goals:**

Currently, I'm hoping to make it to 1,000 days straight with my running streak. They call it earning your comma. Long term, I hope to be able to run into my sixties... maybe seventies.

**Training philosophy:** Love the quote, "The race is not always to the swift, but to those who keep on running."

**Running partners:** Run about once a week with friends John Patrick and Rick Hanley.

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

Bill Rodgers, Meb, Mo Farah, Ryan Hall.

**Funniest or oddest thing I've seen while running:**

In just a few feet of water, saw a porpoise jump completely out of the water chasing a fish. This was on River Road. Completely startled me.

**One piece of advice that I would give to a new runner:** Hang in there, it's worth it in the long run. (pun intended).

**Other interests:** I've hiked the first 280 miles of the Appalachian Trail. Have a goal to complete as much of it as I can in my lifetime. Have about 1,920 miles to go!!

**Last movie I saw:** "The Star" with wife and granddaughter.

**Favorite pre-race meal:**

I can't live without my.... Chocolate, coffee, music and my wife. Not necessarily in that exact order.

**Last time I took a selfie:** Not a big selfie person, probably one with my granddaughter Khloe.



Photo credit: Runner's World



# The 5 5K Weekend

By Marion & Skip Oswald



## ***Have you noticed that challenges and multiple race weekends are becoming more popular?***

You know, races like Eye of the Dragon where you run a 10K and then a 2 miler, or the Best Damn Race 5K/10K challenge, or even the Gasparilla Distance Classic where you can run 4 races in one weekend. Rumor even has it that the Running Zone is planning a race challenge weekend around one of their events!

So Marion and I thought, why not plan our own race challenge weekend? However, maybe harder than completing five races in a weekend is finding five races in a weekend, especially without having to drive all over the state. Research and planning are key to a successful weekend. Being avid racers, we are always scanning the race event calendars for races to run. Last October I noticed that the Tampa area had multiple races during the first weekend in December. When I checked the start times, I knew I had a rare find. 5K races were lined up Friday night, Saturday morning, Saturday night, Sunday morning and the crowning jewel, a Sunday afternoon race! All of these were scheduled in the Tampa metro area and here was

our chance to run 5 races in one weekend!

When race weekend arrived, we were off on a two-hour drive to Clearwater for the first 5K: Rock the Ribbon. What made this race interesting was that it had been postponed from September because of Hurricane Irma; the medals and bibs still had the September 15 date on them. Rock the Ribbon had a large race set-up with vendors, music along the course and a DJ. 212 runners and walkers finished the race and received an impressive medal for doing so. With a 6pm start we ran through Clearwater in the dark and turned around at the top of the causeway to Clearwater Beach. Afterwards we had craft beer, wine, pizza, and fruit, which turned out to be our dinner while we were waiting for the award ceremony. We were first and third in our five-year age groups and received another medal.

Early the next morning saw us off to Al Lopez Park in Tampa for the Run Tampa Tinsel Run 5K and 1 mile Walk. This put us in Christmas mood; Santa was there and most participants sported Christmas running shirts. The flat course was one and a half times around the park, completed by 225 finishers.



## Long Distance Relationships

Only first place in ten-year age groups was awarded and Marion was able to claim her age group and received a \$20 gift certificate to a local running store. We all received Santa finisher's medals and had cookies and fruit for post-race refreshments. The opportunity to ring a PR bell added to the fun.

Saturday evening saw us in Ybor City for the Santa's Twilight 5K. This race was a big family event and all about Christmas! It was the most decorated of the races with a large ginger bread house for the start and finish line! There was a finish tunnel similar to the Lightfest 5K in Wickham Park, and Christmas carols were being played. A costume contest was held for the best Christmas gear. All 386 finishers received a medal, and race awards were presented along five-year age groups. This race was also run in the dark with a 7pm start time. It was a flat course with two out and backs through the city that gave us a good look at our competition. After the race we enjoyed season-appropriate hot chocolate with cookies, candy and chips. When awards came around I was second in my age group and Marion was third in hers. We both received a wooden Christmas tree ornament.

On Sunday morning the 5:30 alarm was not welcomed and fatigue was setting in. We pushed off to the Brandon 5K. (They also had a half marathon which only Matt Mahoney would run in this type of weekend.) This race started in a shopping plaza in Brandon and was run mostly in a residential area behind the main road. A unique feature of this 5K race was the finisher's medal: we all received one, but those finishing in less than 30 minutes got a larger medal and different ribbon than those who took longer. This almost flat course had 143 finishers in the half marathon and 165 in the 5K. A large Sunday morning barbecue was set up after the race with hot

dogs, hamburgers and chicken, and there was also pizza. Beer and coke were there to re-hydrate, and free massages to relax the tired legs! It was all needed, as the 5K award ceremony was delayed as a result of missing chips on many 5K bib numbers. The results had to be done by hand, which led to Marion and I being left out of the results. Later, this was corrected and I was given second in my five-year age group; my large trophy will wait to be picked up when we next travel to Tampa!

More endorphins started to kick in and we were ready for the finale on Sunday afternoon. We made our way to the B'Nai Israel Congregation in St. Petersburg for the Chase the Dreidel 5K. This race was run partly on city streets and partly on the Pinellas Trail. By race time at 4pm the temperature had risen to around 80 degrees. The race had no age group awards and only acknowledged the top 4 overall male and female runners. However, it had a unique feature in that one runner was dressed as a dreidel and given a small head start. Anyone who passed the running dreidel was given an award! I was motivated enough to be able to catch him at the 2.5 mile mark and receive this coveted award! There were 121 finishers and a kids' run too. After the race we had a real treat of freshly made latkes (potato pancakes), salad and jelly donuts that were all delicious!

Sunday night we were tired, but satisfied after a fun and exciting weekend. We enjoyed going to new places that we never would have visited without a race, and met many runners who motivated us and we hope we motivated them too! It also happened to be the 'Super Moon' weekend that made those night races even more special. Our bodies and our times held together and once we recovered Marion told me to look for a 6 race weekend!



# SCR OUT-OF-TOWN RACE RECAP

email your results to:  
[info@spacecoastrunners.org](mailto:info@spacecoastrunners.org)

## ROCK THE RIBBON 5K

Clearwater, FL on 12/01/17  
Skip Oswald, 27:39 **1st AG**  
Marion Oswald, 32:30 **3rd AG**

## RUN TAMPA TINSEL 5K

Tampa, FL on 12/02/17  
Skip Oswald, 27:13  
Marion Oswald, 32:44 **1st AG**

## SANTA'S TWILIGHT 5K

Ybor City, FL on 12/02/17  
Skip Oswald, 27:53 **2nd AG**  
Marion Oswald, 34:07 **3rd AG**

## OUC HALF MARATHON

Orlando, FL on 12/02/17  
  
Matt Mahoney, 1:35:45 **3rd AG**  
Susie Meltzer, 2:03:57  
Kelly Semenko, 2:10:31  
Nichole Warren, 2:26:48  
Valerie Eastman, 2:26:58  
Patricia Lucas, 2:50:47  
Patty Garten, 3:13:06  
Karen Hyde, 3:26:47

## SAVANNAH BRIDGE RUN

Savannah, GA on 12/02/17  
**Savannah 10K**  
Lisa Petrillo 44 50:29 **2nd AG**  
Betsy Butler 49 54:35 **3rd AG**  
Loran Serwin 62 1:06  
Amber White 37 1:15

## Savannah Double Pump

Charlene Anstett 30 1:46  
Cyndi Bergs 47 1:50  
Cynthia Broome 54 1:24  
Shelley Christian 61 1:27  
James Christian 68 1:28  
Angela Coram 39 1:24  
Marisa Flint 52 1:54  
Julie Hannah 44 1:07 **1st AG**

Tena Hochard 56 1:49  
Elizabeth Ring 59 1:37  
Christy Zieres 57 1:09

## ECHO HALF MARATHON—WINTER

Deland, FL on 12/03/17  
  
Bret Haliday, 1:38:32 **Masters**  
Shane Streufert, 1:39:32 **1st AG**  
Harry Prosser, 1:40:30 **2nd AG**  
Keith Snodgrass, 1:44:24 **2nd AG**  
Molly Kirk, 1:48:17 **Masters**  
Marie Thomas, 1:55:11 **1st AG**  
Brittany Streufert, 1:58:42 **1st AG**  
Kimberly Prosser, 2:06:51 **2nd AG**  
Christine Kennedy, 2:19:34 **3rd AG**  
Karen Stout, 2:26:40  
Terri Pignone, 3:22:51

## BRANDON 5K

Brandon, FL on 12/03/17  
Skip Oswald, 28:44 **2nd AG**  
Marion Oswald, 34:07

## CHASE THE DREIDEL 5K

St Petersburg, FL on 12/03/17  
Skip Oswald, 27:43  
Marion Oswald, 36:40

## BULOW WOODS TRAIL RACE HALF MARATHON

Ormond Beach, FL on 12/09/17  
  
Steve Chin 49 1:54 **1st OA**  
Kati Craig 43 2:52  
Sal Farino 61 2:08  
Bill Laws 47 2:20  
Sherri Lorraine 41 2:55  
Aidan Montague 49 1:59 4th  
OA  
Lisa Petrillo 44 2:50  
Chris Reesh 48 2:05  
Karen Stout 58 4:58

## RUN RUN SANTA 1 MILE

Vero Beach, FL on 12/24/17  
  
Shane Streufert, 5:14 **1st OA**  
Michael Walker, 6:00 **Masters**  
Joshua Maitlen, 6:01 **3rd AG**  
Micah Vanatta, 6:06 **1st AG**  
Stephen Bernstein, 6:24 **2nd AG**  
Mary Hofmeister, 6:44 **Masters**  
Molly Kirk, 7:31 **Grand Masters**  
Sal Farino, 7:02 **Senior Grand Masters**  
Kelly Semenko, 7:32 **2nd AG**  
The Grinch — 7:51  
Rebecca Maitlen, 7:54 **3rd AG**  
Jodi Noe, 8:16 **1st AG**  
Amy Aldridge, 8:17  
Audrey Bernstein, 8:27 **3rd AG**  
Samantha Kervin, 9:11  
Sandra Edwards, 9:31  
Marie Thomas, 9:43  
Patricia Lucas, 9:45  
Seher Swenson, 9:50 **3rd AG**  
Laura Smith, 10:05  
Jessica Vanatta, 11:42  
Ashleigh Schenck, 12:25  
Kem Sprawls, 12:35  
Tracy Smith, 13:47  
Allison Kervin, 15:26



# WHERE IN THE WORLD

are Space Coast Runners  
running?

## January 2018

January 4—7  
**Walt Disney World  
Marathon Weekend**  
Lake Buena Vista, FL



Tracy Geiger  
Kelley Lake—Dopey Challenge

January 13  
**Best Damn Race 10K**  
Jacksonville, FL



Kari Heminger

January 14  
**Key West Half Marathon**  
Key West, FL



Terri Pignone,  
Deb Stokes,  
Tom Stokes

## 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, Keith Snodgrass,  
Brittany Streufert, Shane Streufert

## March 2018

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



Matt Mahoney

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 Festi-  
val 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

May 6  
**Flying Pig Marathon**  
Cincinnati, OH



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?

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

Terri Pignone



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

Terri Pignone



## 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 13  
**Hartford Half Marathon**  
Hartford, CT

Terri Pignone



## 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

1/6	New Year, New You 5K	8:00am	Rockledge High School, Rockledge	Sebetka.Edward@BrevardSchools.org
1/12	Space Race 2-Mile & 4-Mile Walk Run	7:20pm/ 7:30pm	Kennedy Space Center, Cape Canaveral	United Way of Brevard
1/13	Fight Child Hunger 5K	8:00am	Viera High School, Viera	<a href="http://fightchildhunger5k.org">http://fightchildhunger5k.org</a>
1/20	Fly Fish 5K	8:00am	Knight Enterprises, Titusville	Lboisseau@gmail.com
1/21	Bayfront 5"K9"	8:00am	Palm Bay Animal Clinic, Palm Bay	palmbay@myfamilyvetclinic.com
1/27	Tooth Trot 5K 	8:00am	Wickham Park Community Center, Melbourne	jrbird23@aol.com
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
2/18	Eye of the Dragon 10K & Tail of the Lizard 2 Mile 	7:00am/ 8:30am	Eau Gallie Civic Center, Melbourne	eyeofthedragon10k@gmail.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 \_\_\_\_\_