

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

JANUARY 2017



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Benefit of Strength Training for Runners



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On Our Cover: Allison Nolan heads toward the finish at the 2016 Space Coast Half Marathon. Photo credit: Marathofoto

Above: The lead men at the Reindeer Run 5K get a police escort out on the course. Photo credit: Shane Streufert



33K SPACE COAST CHALLENGE IS BACK!

Don't miss out! The 33K Space Coast Challenge's next race is the Eye of the Dragon 10K in February. Runners and walkers who have completed the Space Coast Classic 15K and then also complete this race along with the Space Walk of Fame 8K will receive this unique medal stand (shown above) to commemorate their efforts.

SCR Membership Information

Head to spacecoastrunners.org to 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 do it online.

www.spacecoastrunners.org

SPACE COAST RUNNERS

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Runner of the Year Series **LORAN SERWIN**

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Results/Calendar

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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.



Where to find Space Coast Runners on Social Media?

Like us on [Facebook](#) to stay updated on our weekly and monthly events and everything run related on the Space Coast.

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

Check out the [SCR Blog](#) on our website for good stories and interesting tidbits.

JANUARY 2017

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SPACE COAST RUNNERS

P.O. Box 541837

Merritt Island, FL 32954

[CLICK HERE TO REGISTER!](#)

Color Me Healthy **2** 5K Run/Walk

BLUEWATER FOUNDATION PRESENTS

SATURDAY, JAN. 7, 2017



Come colorfully dressed. Best dressed wins a prize!

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Proceeds allow Bluewater Foundation to benefit YMCA scholarship fund for children from low-income families across Brevard County

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**Beautiful Spyglass Hill Road
Start/End at Jack Mahon Park**

7 am Registration

8 am 5K start with Sheriff Wayne Ivey

9 am Kids' Fun Run

Activities til 10:30 am



Color splashing optional



Register at VieraVoice.com or call 321-242-1235

Happy New Year!

We are halfway through our race season (although running never ends, which is the beauty of it).

We have a fun issue with a recap of November's Space Coast Marathon & Half Marathon, plus other December races.

Starting this month, The Cadence Kitchen (www.cadencekitchen.com) will be sharing runner-friendly recipes for us. The founder Lori Nedescu, a former Space Coast resident is big on nutrition and big on staying active.

Our Run a Mile With subject this issue is Charlene Anstett, who has had a lot of PRs this past year!

We have had another sad passing of a local runner and Runningal Event Management founder — Nancy Rowan unexpectedly passed on December 11. Our thoughts are with her family and friends.

I also have some news—this will be my last issue as the Editor-in-Chief. It is time to move on and allow someone else to come in and get to work with a great newsletter team. The position is still open, so if anyone is interested, please get in touch with myself or any Board member at Space Coast Runners.

I will still be the point-of-contact for the newsletter advertisements, however. If you have advertising needs, please continue to contact me.

Here's to a healthy and prosperous new year for all.

Keep moving forward!

Lisa Hamelin
Editor-in-Chief
lisahamelin@gmail.com



HELP WANTED NEWSLETTER VOLUNTEERS

The award-winning eNewsletter is a collaborative effort but it takes time and dedication. Lisa Hamelin has served as our editor the past TWO years and is ready to take a step back to focus on other areas of the club. She currently is Club Secretary, Race Director for the Space Coast Classic as well as a busy, working mother of three children.

We're looking for people interested in working on the newsletter staff to fill the gap as Lisa moves on. If you have interest in being a race reporter, a photographer, local news contributor, etc please email Lisa Hamelin at lisahamelin@gmail.com for more info.

Duties include: Willingness to be a part of and work with the best team out there, coming up with new/fresh ideas for content. Experience with MS Publisher is helpful.

To inquire about the positions,
click here.



**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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Saturday 10:00am - 5:00pm • Sunday 12:00pm - 4:00pm

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ACROSS FROM BREVARD COMMUNITY COLLEGE



PRESIDENTIAL Ponderings

A Monthly Column from SCR President, Howard Kanner

Ask not what your running club can do for you, but what YOU can do for your running club!

Space Coast Runners is a club organized and run by volunteers. This awesome newsletter that you are reading, was published by volunteers. Don't forget about our Race Directors... Every one of us knows how a great race experience looks and feels, with a catchy theme, packets filled with good information, a well-managed race, cool awards, great post-race snacks, and sweet shirts and/or finisher medals. And, of course, you know that your Board of Directors are all volunteers, with the responsibility of making sure the club provides the membership with all the reasons for people to be proud of being a member.

And that is all the activity that we see our club's volunteers doing. There is so much more going on behind the scenes. Our Newsletter staff write the articles, solicit advertisers, and brainstorm all of the other details that keep it fresh, fun, and fascinating. Our Race Directors take on an insane amount of work, from obtaining permits to use a park or roads, soliciting sponsors, designing shirts, awards and finisher medals, advertising to get participants, ensuring more volunteers are on hand to support packet-stuffing, packet pickup, course marshalling, and much more of which I am quite unaware. The SCR Board plans the race series, maintains the web site, organizes seasonal socials, plans for hydration stops on Sunday long runs, and is constantly thinking of ways to make OUR club a better club.

At the recent Space Coast Marathon, our volunteers worked in visible places, and behind the scenes. All of the people serving you that scrumptious breakfast were volunteers. The course markers were set up by volunteers. And the people who ensured that the roads were cleaner than before the race so that the neighbors will continue to allow us to disrupt their Sunday morning routines, were all volunteers. And I am only acknowledging a small number of volunteers that were there, or at any race.

And, every one of these volunteers has SCR as just one part of their very full lives, with families, jobs, and other hobbies. So, what about you? We would love to have YOU join us. Would you like to write for the Newsletter? Help out at a race? (And this does not mean you can't run the race either.) Our SCR committees are open to all our members. Plan fun runs, edit the Newsletter, direct a race, help your running club grow, and work alongside all the best people that money cannot buy, because all volunteers are priceless!

See you on the road.

-Howard

Howard Kanner, SCR President
president@spacecoastrunners.org

PS — To become a volunteer, contact one of your board of directors (<https://goo.gl/Um1jUo>) or check out the SCR volunteer opportunities by [clicking here](#).



Space Coast Runners Runner of the Year Series

Race #6 is the Tooth Trot 5K on 01/28/17

To register online [click here](#).



JANUARY BOARD MEETING

January 16, 2017 — 7:00pm, Pro-Health Merritt Island

All members are invited to attend this meeting.

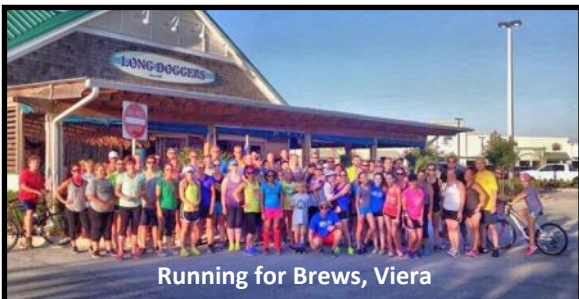
LOCAL FUN RUNS

It's always better to run and walk with friends! Our fitness community offers several opportunities to find a group to train with. [Email us](#) to add your fun run.



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)
Sun	Sandpoint Park, Titusville	6:00 am	Janet Canfield— jcanrun@hotmail.com 321-745-0122
Sun	Murrell Road Running Group (MRRG) Spyglass parking lot, Viera	7:00 am	http://goo.gl/HHfG3C
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	Long Doggers, 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)
Mon	Florida Beer Company, Cape Canaveral	7:00 pm	http://goo.gl/ayyQao
Tues	Iron Oak Post Run Club, Melbourne	5:45 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, Long Doggers	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Pineapple Park, Eau Gallie	6:00 am	Running Zone (erin@runningzone.com)
Wed	Intracoastal Run Club, Eau Gallie	5:30 pm	Amy Ustjanowski (amy@theyogiperogi.com)
Wed	Cocoa Beach Fun Runs Long Doggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:30 pm	Judd Spitzer (judds@gmail.com) and Craig Piepmeier (cpiepmeier@gmail.com)
Wed	Village Idiot Pub, Cocoa Village	6:00 pm	321-301-4487
Wed	Running for Brews Melbourne, Charley & Jake's Brewery	7:00 pm	http://www.meetup.com/Running-for-Brews-Melbourne/ - Marcus Smith
Wed	Run Amuck Running Group, Taco Bell across from Titusville High	6:30 pm	Robert Schneider (rschneider85@gmail.com)
Wed	Long Doggers, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
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)
Fri	Find Your Fitness with Gina 5K Fun Run, 2101 S. Waverly Place, Melbourne	5:30 pm	Gina: http://goo.gl/1vxqSL

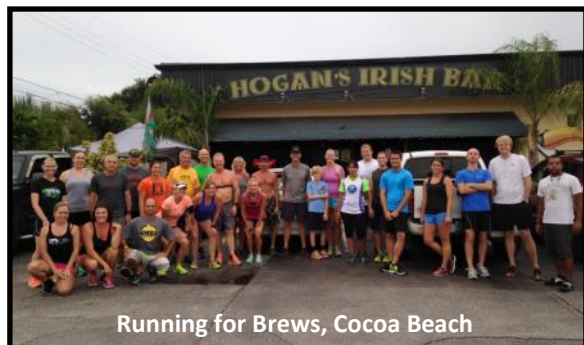
LOCAL FUN RUNS & WALKS



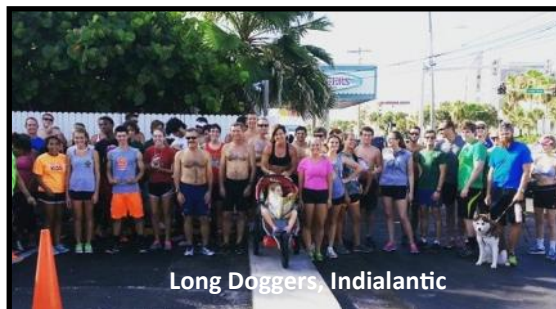
Running for Breds, Viera



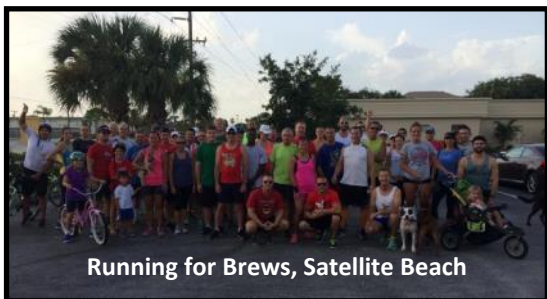
Intracoastal Run Club, Melbourne



Running for Breds, Cocoa Beach



Long Doggers, Indialantic



Running for Breds, Satellite Beach



Village Idiot Pub, Cocoa Village



Running for Breds, Melbourne



Running Zone, Melbourne



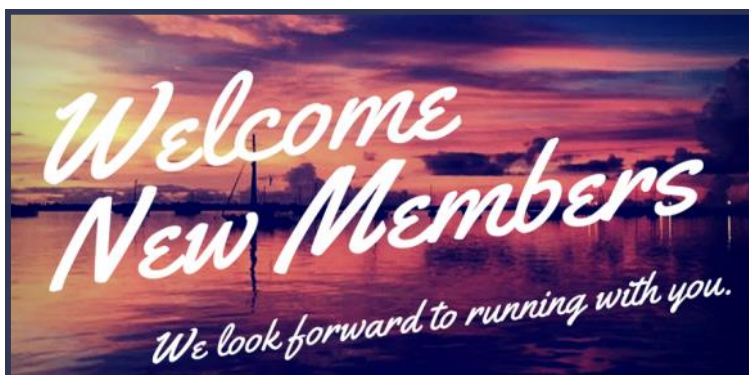
Cocoa Beach Runners, Cocoa Beach



Up & Running Fitness, Indian Harbour Beach

SCR Central

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



Laura Adams
Deborah Bencich
Abre Chase
Kimberley Chase
Jill Clark
Cristina Clarke
Annette Cordero-lais
Debby Dillon
Richard Doyle
Nestor Escalera
Kristie Escalera
Danielle Hennessy
Ken Hill
Aidan King
Chris King
Emily King

Norah King
Maria Kostka
Paul Kostka
Cathy LaShure
Kellie Monteleone
Jackson Parks
Robert Parks
Shannon Parks
Connie Pitcher
Tyler Smith
Maria Eliza Talplacido
Lacy Taylor
Sarah Taylor
Kenny Whittington
Laura Whittington
Steve Winfough

If you are a new member to SCR and have not picked up your Space Coast Runners New Member Welcome Packet they are available at Running Zone in Melbourne.



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.

Bret Halliday 3:19:07
Space Coast Marathon

Matt Mahoney 3:33:24
Space Coast Marathon



Join Us Sunday, January 8, 2017 for the Club's Winter Social

Run River Road from Riverfront Park in Cocoa Village at 6:30am and then come join us for a Breakfast Potluck at 8:30am in the park! Drinks and Coffee Provided - Bring something to share!

Help! What should I bring?

Homemade goodies are the best! (breakfast breads, cakes, muffins, cookies) Fruit is always good too. (bananas, sliced oranges) Interesting and exotic breakfast dishes will also be accepted.

Who will be there?

We're planning to have 50+ participants. Bring a family member or friend. Let's see if we can get club members from every city/town in Brevard County in attendance at the social.

What else is going on?

Renew your SCR club membership at the social and save \$5. Cash or check only please.

SCR Central

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

Fashion Police:

Blurred Holiday Spirit

It's not unusual during the holiday racing season to spy runners in everything from a super cute Christmas tutu to sparkling red and green ensembles. However, we were left scratching our heads at the recent Reindeer Run 5K where a Thanksgiving turkey headdress was bizarrely paired with Santa Claus socks.

Unfortunately for this runner the outfit came off as a bit of a mess. The turkey topper seemed inappropriate after the Thanksgiving holiday had passed and we're not loving the knee high socks under the Hawaiian print shorts.

Next December be sure to pick one occasion instead of two to highlight your holiday happiness. And while you're at it, why not encourage your family or run friends to wear matching attire? We always love seeing a seasonal squad.

Are you concerned about a certain runner's fashion? Do you just love someone's running wardrobe style? Submit them to the Fashion Police! [Click here](#) to file your complaint or compliment.

What The Holiday?
Is it Thanksgiving or
Christmas?



CADENCE KITCHEN



Lori Nedescu is obsessed with cappuccinos, beets, and fun cycling kits! She holds a master's degree in human nutrition and practices as a consult dietitian, recipe developer, and elite athlete. As a sub 3-hour marathon runner and CAT1 road cyclist, Lori knows how important quality nutrition is to athletic performance as well as overall well-being. When she's not training or consulting clients, you can find Lori putting her creativity and photography passion to use in the kitchen making delicious, colorful, and nourishing whole food based meals.



Visit her at TheCadenceKitchen.com or @CadenceKitchen for more!

SCR Central

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

Early Registration for the Space Coast Marathon & Half Marathon



January 14
at Running Zone

Have you made your reservation for the upcoming Early Registration for the Space Coast Marathon & Half Marathon event? If not, you have until Friday, January 13th to go online to reserve your spot.

Once you have your time slot you can come anytime during that designated time to register at the Running Zone. We'll have you check in at the SCR table to verify your membership status and to give you a special code. You must be an ACTIVE member on Saturday, January 14, 2017 to take advantage of this exclusive SCR club benefit. You will be allowed to renew your membership at the event but we encourage you to do this prior to 1/14/17 to save time.

Members will receive a club discount too! Save \$5 on the half marathon and \$10 on the full marathon. **Cash or Check only!** Visit www.spacecoastmarathon.com for 2017 info.

If you plan to register another member you will need their cash/check, race information and signed waiver. The member you are registering MUST also have a reservation in your time slot. [Download waiver to sign here.](#)

Foundation For Wellness

Linda Cowart L.M.T.

FL Lic #MM35719 #MA83406

Foundation For Wellness offers professional massages, injury prevention workshops, and Running Specialty services including Running Form Analysis.

My services are by appointment only to fit your schedule.

Call 321-863-2893

Massage services include: Relaxation, Trigger Point, & Myofascial Release and are tailored to your individual needs.

Sessions are approximately **60 minutes** and include **essential oils.**

Monthly bookings — \$45

Non-monthly — \$55

Currently a retailer for **Newton Running** shoes and **Pearl Izumi** shoes.

I take the time to measure your feet for the best fit. Shoe purchases include a Running Form Analysis.

Call 321-863-2893

**to schedule your
appointment.**

3rd Annual
Fly Fish 5K
January 21, 2017



3rd Annual Fly Fish 5K

5K Run & Walk

Saturday, January 21, 2017

8:00 AM

(Rain or Shine)

Tying Shoes & Tying flies

To Support Casting for Recovery – Florida



Packet Pickup & Registration at Running Zone

Friday, January 20th: 10:00 am – 6:30 pm

Race Day: Saturday, Jan. 21st

Knights Enterprises- 701 Columbia Blvd., Titusville, FL

7:00 am Packet Pickup and Late Registration Starts

7:45 am Late Registration Ends

8:00 am Race Start!!

Awards: M-F: Top 3 Overall, Top Masters
Age Groups – Top 3 M-F

10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

More Info email: LBoisseau@gmail.com

Amenities: Access to the property is normally restricted. This is a unique opportunity for participants to run along forested perimeter roads, past historic testing facilities, storage bunkers and test fire ranges.



- Lots of Giveaways including a chance to win a tour of one of the finest private collections of historical military weapons, vehicles and artifacts.
- Fly Casting Demos
- T-Shirts Guaranteed to first 200 entrants

Fees: 5K Run/Walk

\$25 until January 17th

\$30 January 18th – Race Day

The 3rd Annual Fly Fish 5K Registration Form

Register Online at secure.runningzone.com

Mail form with fee to Running Zone (3696 N. Wickham Rd., Melbourne, FL 32935)

Make Checks payable to CFR-FL

First _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone (daytime) _____ Email _____

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

T-Shirt Size (Adult) S M L XL XXL

RACE MANAGEMENT BY



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

Signature (or Parent / Guardian if under 18 yrs) _____ Date _____

The Mission of Casting for Recovery (CFR) is to enhance the quality of life of women with breast cancer through a unique program that combines breast cancer education and peer support with the therapeutic sport of fly-fishing. The retreats offer opportunities for women to find inspiration, discover renewed energy for life and experience healing connections with other women and nature. CFR's retreats are open to breast cancer survivors of all ages, in all stages of treatment and recovery and are free to participants.

SCR Central

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

Big strides are being made virtually



Article by Brittany Streufert

As interest in running grows across the nation, one can't help but think about the next "big thing" that may be coming down the road. Most of us are content to sit back and see but not local entrepreneur Mark Petrillo. He was paving the road...virtually. In 2014 Petrillo launched a running company named Virtual Strides. It was a for-profit company with a twist. Their mission was to raise money for charity while promoting physical fitness and better health through virtual races.

We had the chance to talk to Mark to discuss how far Virtual Strides has come since its inception, especially after a record-setting September.

Tell us about September's Run for the Dead Virtual Run.

We had more than 5,700 participants and were able to donate \$33,000 to Be the Match, a subsidiary of the National Bone Marrow Donor Registry. They tell me this is enough to cover the cost of adding more than 300 people

to the registry and could directly "make a significant difference for over 25 patients and their families."

Why did you select Be the Match as your charity?

Most months, we start with the charity (we have over 100 on our waiting list now) and then come up with the concept for the race from there, trying to tie the timing and name of the event, the charity's mission, and the medal design all together. This particular event was an exception, where I really wanted to do a



Day of the Dead themed medal, so we started with that and then worked in reverse to find the charity.

Finding a charity that had to do with death seemed insensitive, but then it hit me that our medal was going to be a running skeleton, so why not choose a charity that had to do with bones? I quickly found the National Bone Marrow Registry and Be the Match and they were thrilled to be selected.

What do you think was the big appeal for this successful campaign?

I wish I could say people turn out to support each cause, and to a degree they do, but the number 1 driver of registrations (besides how much we spend on advertising, of course) is absolutely the medal design. The more desirable the medal, the more people will register. As VS has grown, so have our participation numbers, but this blew away our

previous record (\$21,000 was our largest donation before this), and I'm sure it was because of the design.

For a Day of the Dead themed medal I thought the running skeleton would be fun. My wife, Lisa wanted it to be really unique and insisted we turn the head 45 degrees. It ended up taking a ton of back and forth revisions with an artist to get the design just right. We were both really happy with the final design, but I had no idea how popular it would be.

We also decided to offer optional race shirts with an adaption of the design on them as well, and we set up a Booster campaign for that. Booster handled all of the shirt order processing and shipping, so we wouldn't have to guess at inventory numbers ahead of time. We had never offered shirts before but decided to try it as an experiment and donated all of the funds raised through that campaign to the charity as well, in addition to our standard per-registration donation.



Did the virtual race end up paired with an actual event?

There was no physical event paired with this, but Lisa and I wore our Run of the Dead shirts to the Sangria Dash, which is one of our Partner Runs. We handled the virtual for them, but thought their physical event sounded so fun. We made the trip up there to participate ourselves and had an awesome time. It was an off-road run through the winery's blueberry fields and beautiful property. They had almost 500 participants and Lisa came in first overall for the women!

Congratulations on your continued success. We look forward to following Virtual Strides as it continues to grow and prosper. Anything you'd like to close with?

Don't forget to remind SCR Members that they can get 20% off any of our virtual races by entering promo code *SCRMember20* during checkout. This is an exclusive discount for SCR Members.

We'd like to thank Mark for taking the time to answer our questions. To learn more about Virtual Strides and their upcoming runs, check them out at www.virtualstrides.com.

NEW DIRECTION!

JOIN US SUNDAY

SPACE COAST RUNNERS FUN RUN

6:30 AM | COCOA VILLAGE | RIVERFRONT PARK

HYDRATION STATIONS ARE SET OUT ON SOUTH RIVER ROAD
AT APPROXIMATELY MILE 2 & MILE 4

The poster features a sunset scene with silhouettes of trees and a body of water. The text is overlaid in white and purple. A purple box highlights the text 'NEW DIRECTION!'.

RRCA General Rules for Running in an Event

Line up according to how fast you plan to run or walk the event.

Slower runners and walkers should move to the back of the race pack. Just because you arrived early does not mean you should be at the front of the starting line.



SCR Central

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

Run for Team SCR at the Corporate 5K

**20 DISCOUNT
SPOTS ARE OPEN!**



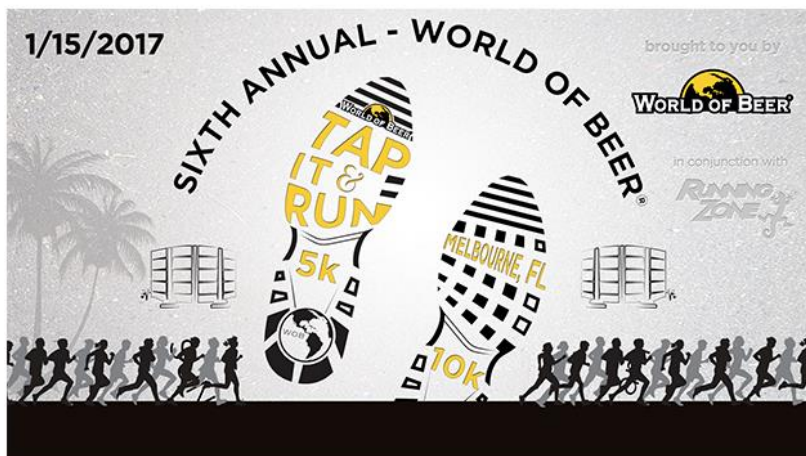
Thursday, March 9th at 6:15PM is the Florida Today Corporate 5K to benefit the United Way of Brevard County. Space Coast Runners will once again be putting together a competitive team to race this St. Patty's Day themed-event. Carol Ball is the 2017 team captain.

SCR is offering a **50% registration discount** to the first 20 male or female members who sign up to be on the team. [Click here](#) to register for the Corporate 5K event which will be held at Wickham Park.

Let's make this the **BIGGEST, BEST Team** ever!

Info: Team Captain Carol Ball cball1@cfl.rr.com

Full race details on the Corporate 5K: www.brevardcorporate5k.com



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

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)

HELP SATELLITE BEACH HIGH SCHOOL REACH THEIR GOAL!



Satellite High School is in the middle of a fundraising effort to raise \$300,000 to repave and rubberize their track. They are 2/3 of the way there with fundraising but could use help getting to their goal before March so construction can begin in May.

This project will do far more than benefit the students at Satellite High School. With the upgrade, SHS will be able to host meets that will benefit every track athlete in Brevard County. Plus, the track will be open year round two nights a week, Tuesday and Thursday, to ALL residents of Brevard. This is long over due. Brevard can now join most county's and have a rubber track for it's residents to run on.



To make an online donation: Go Fund Me page: <https://www.gofundme.com/sdrbc-tuf?ssid=849417984&pos=8>

Direct donations: Make check payable to: Satellite Distance Runners Track Refurb — Mail to: Satellite High School, 300 Scorpion Court, Satellite Beach Fl. 32937. Any questions please contact Doug Butler at 321-749-9778 or coachdbutler@gmail.com.



Join us for the next race in the 2016-2017 Running Zone Foundation Race Series:

REGISTER TODAY!

#komodokrawl3k



DRIVEN BY



KOMODO KRAWL 3K

Saturday, February 11, 2017 at Brevard Zoo

PRESENTED BY



2 START TIMES | 7:00am – Not Krawl like = less than 20 minutes to finish OR
7:35am – More Krawl like = more than 20 minutes to finish

- Check out Zoo Animals during the Run/Walk
- Fun Komodo Dragon Awards
- 50% Off Zoo Admission for All Participants after the Race (must show race number)
- Free Li'l Komodo 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!



Benefits Brevard Zoo

www.runningzone.com/series

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

REGISTER ONLINE TODAY! [CLICK HERE.](#)



Bayfront 5"K9"

a dog friendly 5k

Join us to "Fight Pet Obesity, Save Homeless Pets"

Benefiting homeless pets of Brevard County

Sunday
1/22/17

At 8:00 AM

PALM BAY ANIMAL CLINIC

Palm Bay, FL



TIMETABLE:

Friday January 20th 10 am -6:30 pm AND

Saturday, January 21st 10:00 am – 5:00 pm

Packet Pickup & Registration at Running Zone
across from Wickham EFSC Pavilion



Sunday, Jan. 22nd – Palm Bay Animal Clinic

(3970 Dixie Hwy, NE, Palm Bay, FL 32905)

6:45 am Packet Pickup & Registration

7:45 am Late Registration for 5k ends

8:00 am 5k Start!

Please join us for a post-race gathering at Palm Bay Animal Clinic for the
Awards Ceremony, food, raffles, and lure chase!



AWARDS: M & F: Top 3 Overall, Top Masters
(40+), Age Groups (Top 3 M&F)

8 & Under	25 - 29	50 - 54	75+
9 - 11	30 - 34	55 - 59	
12 - 14	35 - 39	60 - 64	
15 - 19	40 - 44	65 - 69	
20 - 24	45 - 49	70 - 74	

Special Awards for the Top 3 Dogs in 3 Weight Classes!

FEES: Until 1/21 Race Day

5K Run/Walk	\$25.00	\$30.00
Team (per person)	\$23.00	none
Dog Lure Chase (Optional)	\$10.00	\$10.00

SORRY, NO REFUNDS

BAYFRONT 5"K9" OFFICIAL ENTRY FORM Send completed entry form with check payable to: **PALM BAY ANIMAL CLINIC, 3970 Dixie Hwy, NE, Palm Bay, FL 32905**
*Submit Proof of Rabies Vaccine to: palmbay@myfamilyvetclinic.com or Fax: 321-725-0762

Name _____ Sex: Male Female Date of Birth ___/___/___ Age on race day: ___
 Address _____ City _____ State _____ Zip _____
 Email address _____ Phone: _____ Add'l Donation?: \$ _____
 Unisex cotton blend T-shirt: S M L XL XXL
 Open Team Name _____ (Minimum of 5 team members with 1 of opposite sex)



K9: Dog Name _____ Dog Weight Class: Small (< 22 lbs) Medium (23-49 lbs) Large (50+ lbs)
 My dog has a Rabies Vaccination and Brevard County License current through race day: Yes*

Dogs will not be permitted on the course without submission of proof of current Rabies Vaccination

*Submit Proof of Rabies Vaccine from your vet to: palmbay@myfamilyvetclinic.com or Fax: 321-725-0762

Brevard County Animal License#: _____ Lure Course? : Yes (add \$10) Time slots are first come first serve post-race 9am-12noon

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 Bayfront 5"K9" 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. Animal Disclaimer: Dogs in any stage of Heat are NOT ALLOWED at this event, as spectators or participants. All Dogs must be on a leash at ALL times. Retractable leashes are discouraged, as they may cause tripping/ injury to runners. If using a retractable leash, please adjust to a manageable length. Rabies vaccinations and Brevard County Animal License MUST be current to register. If you do not have a current license, please call Animal Services at (321) 633-2024 or visit their website at <http://www.brevardsheriff.com/home/commands-services/operational-services/animal-services/animal-tags-licenses/>. It is strongly recommended that all dogs are current on all vaccines recommended by their veterinarian including Distemper (DHPP), Leptospirosis, Bordetella, and Canine Influenza. Palm Bay Animal Clinic, Running Zone, the BCRA and the City of Palm Bay are not responsible for any human or animal injury or illnesses as a result of the event. Dogs that are aggressive towards other dogs or humans (including children) should not be brought to this event. Please be responsible for cleaning up after your dog. Dogs participating in Lure course do not need to be on leash during lure activity (inside fencing), otherwise need to be on leash.

The Race Staff and Brevard County Animal Enforcement Services reserve the right to refuse entry or remove a dog from the race course/site if it might prove hazardous to others or whose physical condition/ health is suspect.

Join us in our mission-"Fight Pet Obesity, Save Homeless Pets!" Bayfront 5"K9"

SCR Member Race Discounts

SPECIAL DISCOUNTS EXCLUSIVELY FOR CLUB MEMBERS

FEATURED RACES



- ◆ **NEW!** She Believed She Could So She Did 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 will benefit the January charity, Action on Smoking and Health (ASH) which has a long history of taking action against tobacco use and its devastating health and economic impact on people and communities around the globe.
- ◆ **NEW!** Run down A1A in South Florida and save! Receive a 15% discount for the [Fort Lauderdale A1A Marathon, Half Marathon & 5K](#) on Sunday, February 19th. Use club discount code: **SPACECOAST**.
- ◆ **NEW!** The [Clearwater Distance Classic](#) is offering lots of discounts on their races. Use code **SPACE5** for \$5 off the Clearwater 5-Miler (Jan 22) or the Florida Beach 5K (Mar 12). Use **SPACE10** for \$10 off any of the upcoming half marathons (Holiday on Dec 11; Clearwater on Jan 22; and Florida Beach on Mar 12). **SPACE15** can be used to save \$15 on the Clearwater Marathon & Clearwater 50K Ultra.
- ◆ Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPACEMOAT**. Events are on 1/7/17 — Ultra.
- ◆ Receive a 10% discount on any [MultiRace](#) event. Use discount code **SpaceCoast** to save! (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor).
- ◆ [Vacation Races](#) is extending a 15% discount to all SCR members. To save 15% on upcoming 2016 races, use code **16VACRC145**.
- ◆ Local Discount! Save \$10 off the registration price for [The Florida Marathon & 1/2](#) on February 5, 2017. Use code: **SCRISTHEBEST** to receive your discount on the marathon, 1/2 marathon or 1/2 relay.
- ◆ Runners get ready to race and save at the [Daytona Beach Half Marathon](#). Use **DBHspace17** for \$5 off the 2017 event on February 5th.
- ◆ Exclusive \$5 SCR club discount to the [Riverside Dash](#) races — choose the 5K or 15K distance. You'll get to run along the mighty St. John's River on roads that are unavailable to runners at any given time. To register for the April 2nd races make sure to use code: **SpaceCoastRun**.
- ◆ Run the September 2017 [Pocatello Marathon, Half Marathon, 10K or 5K](#) in Idaho and receive a \$10 discount on any race. Fast, scenic course awaits you. Great late summer running weather. Use code: **SCR10**.

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.

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.

A TRIBUTE TO MY BEST FRIEND

REMEMBERING

Nancy Rowan

1958 — 2016

I'm not sure how to summarize the loss of my best friend. She was so much more than her running career, but it was a very important factor in her life and she was a constant presence in our running community for over 20 years. Running was a constant companion and integral part of Nancy's life and she collected those many sore muscles, injuries, hours of pounding rubber on the road, staggering through summer heat, and the strong performance that resulted in numerous personal accomplishments, wins, and experiences that meant so much to her.

There were many years where she ran about 50 races a year. She had many PRs and she had a sizable collection of medals and trophies, but I believe her greatest treasure was her experience in running with her son Rory, who shared her love of the sport. A few years later she was also able to share that love with her daughter, Rhianon. Her second marathon (Donna in Jacksonville in 2011) was side by side with her.

Her last half marathon and her last race was the Space Coast Half Marathon this year, the day before her 58th birthday. She ran 2:28:35 finishing in the top 24% in her age group.

She evolved her love for the sport by becoming a race director. She started working with me as the co-race director of the SWOF 8K in 2007 and the Chain of Lakes 5K which she recreated as the Wild Shrimp Shuffle. In January 2013 she started Runningal Event Management and kicked off her own races with the Guns & Hoses 5K, the Doughnut Dash 5K, Red Solo Kup 4K. She loved her role and did whatever she could to extend her excitement: dressing in theme outfits, videotaping the race with interviews of participants, finisher medals, and plenty of food. Proceeds always went towards a children's cause/charity. She never made a dime off of any race that she "owned". She was a great race director, had exceptional attention to detail (as she had in every aspect of her life) and taught me a few things.

She would take the leftover medals from the races and hand write motivational sayings relative to the theme of the medal and bring them to Orlando or Jacksonville Nemours Children's Hospital to have the staff hand them out to the children.

In reflection, Nancy's character, her determination, and her big heart outshine any statistic or PR that I can think of. I am so thankful that I shared many of these experiences with her. I will miss her beyond what words can express, as I am sure many of you will also.

In loving memory...

— Marty Winkel



Much appreciation
to our
Previous Sponsors!

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rzollo@metlife.com
www.RickZollo.com

Community Involvement

- Brevard Uncorked to Benefit Autism
- PALS - Providing Autism Links & Support 5K runs for autism
- Cancer Care Center Foundation
- Various Golf tournaments to benefit Autism
- Various other 5K Runs and walks to benefit Autism and Cancer Research



Publix.



TEAM
CALEB

LYNN & ROBERT
SUMMERS

PRODUCE PLACE
OF
SUNTREE



FEES

\$25 Each Registrant until 2/4/2017
\$25 Each Team Member until 2/4/2017**
\$15 Each Student K—12 until 2/4/2017
\$30 late registration or race day registration
Kid's Run is **FREE**
**Minimum of 3 per team

PACKET PICK-UP

Running Zone
Thursday 2/16/2017 & Friday, 2/17/2017
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.

8th Annual



Brevard PALS

5K Run/Walk for Autism Awareness

Proceeds benefit Brevard County families affected by Autism

FEBRUARY 18, 2017

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



Family, Fun, Fitness!

REFRESHMENTS AVAILABLE FOR
ALL PARTICIPANTS

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

www.brevardautism.com



Mail or bring entry form to:
Brevard PALS
c/o Child and Family Consultants
1800 Penn St Suite 12
Melbourne, FL 32901
321-768-6800

MAKE FUNDS PAYABLE TO: Brevard PALS

Or register on line:

<https://secure.runningzone.com/autismawareness5k/>

REGISTRATION

Name _____
Last First
Team Name (if applicable) _____
Birth Date _____ Age on 2/18/17 _____
Gender M F T-shirt size S M L XL XXL
Address _____
City _____
State _____ Zip _____
Phone Number _____
Email Address _____

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

Signature Required (parent or guardian if under 18)

A copy of the official registration and financial information may be obtained from the division of consumer services by calling toll free within the state. Registration does not imply endorsement, approval, or recommendation by the state. Florida registration number is 01-0717788



RUN LOCAL

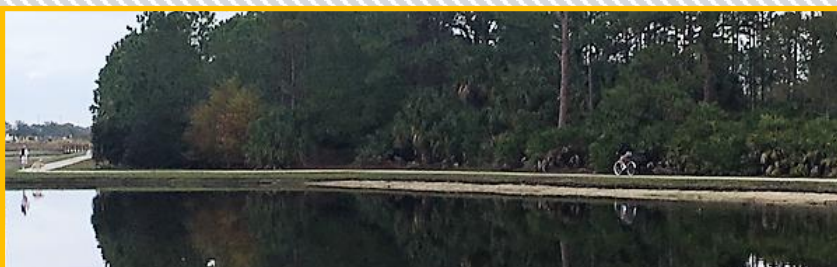


Park is located at:
5805 Murrell Rd
Melbourne, FL 32940
Report & photos by
Krysti Dixon

Suseda Park has a lot to offer. There you will find a small lake and a windy walking/running trail. The trail winds through the park and over the small lake. The trail is about .5 miles long. If you are looking for a longer run, with not so many loops, you could start on the trail and go onto Murrell's long, wide sidewalk and run as long as your heart desires.

The park offers clean restrooms and water fountains. The playground is fenced and includes a rock climbing wall multiple slides, and swings. It also has quit a few covered picnic tables throughout the park.

For a quiet, leisure run or walk this is a great spot.



Benefit of Strength Training for Runners



by Kaitlin Donner, PT, DPT
USA Triathlon National Team Member
USA Triathlon Level 1 Coach

Runners like to run, I get it. Most runners don't enjoy spending time in the weight room and fear it may cause them to "bulk up", essentially making them slower by having to drag extra weight around the race course. I strongly believe there is a huge benefit to strength training for both injury prevention and increasing running efficiency. But here is a look at some of the science that supports the notion that strength training, and even explosive/plyometric training can be beneficial for new and experienced distance runners.

Different types of Strength Training and Their Benefits

Alan Jung at the University of Alabama outlined a great article in 2003 addressing three main types of strength training and their benefits for distance runners.

Circuit Training

Defined as short exercises at a high intensity with little or no rest between, targeting muscular strength and endurance. This is the type of workouts CrossFit is recently known for. There is some benefit to the cardiovascular system with this type of strength training since there is little to no rest between exercises, which maintains an elevated heart rate. Less experienced runners get the most benefit out of this type of



Photos courtesy of Kaitlin Donner and 2x Australian Olympian, Genevieve LaCaze

Benefit of Strength Training for Runners

training, including an increase in lactate threshold and increased time to exhaustion on treadmill tests. It is also beneficial for more beginner or injury prone runners who can't handle an increase in volume but want to improve their long term running. This is a dynamic way to gain aerobic fitness and strengthen running muscles so you can increase your volume with less injury risk.

EXAMPLE WORKOUT:

3 times through:

15 mountain climbers

20 lunges

1 min plank

20 squats

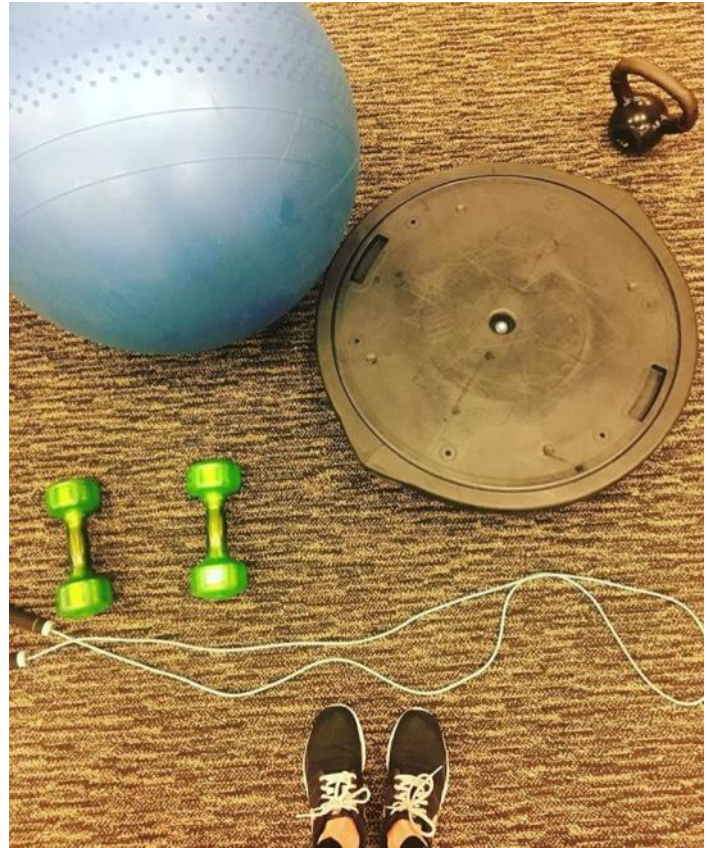
10 back extension

10 push ups

15 v-ups

Traditional Weight Lifting

Defined as lifting weight in a gym with slow, controlled movements. This is the type most people associate with strength training. Multiple studies have shown improvement in running economy (RE), time to exhaustion and neuromuscular coordination (has the most relevance at top speeds) after a program of



traditional weight lifting, including heavy weight lifting.

EXAMPLE WORKOUT:

3x10 each single leg squats

3x12 sitting rows

3x15 calf raises

3x15 leg press

3x15 knee extension

3x12 hamstring curls

Explosive Weight Lifting/Plyometrics

Defined as very fast lifts or movements over a short amount of time. The best example of this would be box jumps and bounding/skipping. This type of strength training has been directly connected to improved race performance at the 5k-distance by increasing running economy and neuromuscular coordination. It is likely that the training stimulus is stronger with plyometric work since exercises more closely mimic the running stride, which itself is a high speed plyometric activity of alternate leg bounding or jumps.

EXAMPLE WORKOUT

3-4 rounds:

10 box jumps



Benefit of Strength Training for Runners



shifts in fuel use (no changes in VO₂ max between the groups), suggesting the main reason for the difference was through enhanced muscular power, increased elastic energy return, and better coordination and timing of ground force application.

For the Science Geeks

A systematic review performed by the Human Performance Laboratory at the University of Connecticut showed that muscular strength and anaerobic power may also be important for increased running performance through neurological and muscular changes. There were no negative changes measured in max oxygen uptake (VO₂ max) from resistance training (RT), and RT can increase running efficiency by attenuating the reduction of type 1 muscle fibers and connective tissue while potentially decreasing injury risk. Improved running efficiency may be the result of improved running mechanics and neuromuscular efficiency to reduce oxygen consumption at a given speed. Bottom line of this review: Improved 3k and 5k times were achieved in trained distance runners who incorporated loaded and unloaded explosive strength training into their normal endurance training.

The Bottom Line

Runners can benefit from strength training to prevent injury and increase running performance. To start a strength program, you should begin with low volume and low intensity before jumping into high intensity explosive strength or plyometric training. Explosive lifting requires strong forces being transmitted through your muscles, tendons and bones that could cause injury by performing too soon. I would advise any runner starting a strength program to keep your running volume stable while adding strength workouts. Ideally, the off-season is a great time to start a strength program when your running volume is lower than usual. There's also no reason you can't perform a mix of different types of strength training, combining traditional lifts or plyometric training during a circuit routine! Happy Running!

If you have any questions regarding a strength program or the articles mentioned, please don't hesitate to contact me at kaitlindonner@gmail.com.

- 30yds bounding
- 30yds single leg hops
- 20 jumping lunges
- 1 m in jump rope
- 30 yds high skipping

Plyometric Training Can Improve Running Economy

In 2006 Saunders et. al worked with 15 highly training distance runners (VO₂ max about 71 ml kg) at the Australian Institute of Sport to determine if plyometric training increased running efficiency (essentially runner performance). Compared to the control group after 9 weeks, the plyometric group had improved running efficiency (RE) at 18 km hr by 4.1%.

Plyometric Exercises used in the study:

- Leg press at 60% 1 rep max
- Hamstring curls
- Straight leg jumps
- Squat jumps
- Fast feet drills
- High skipping
- Single leg hopping
- Double leg jumping over hurdles
- Scissor jumps
- Leg bounding

The science behind the study: The reason for the improved RE after plyometric training appears to be unrelated to changes in cardiovascular variables or

No one really likes fruitcake.

I'm almost convinced no one has actually ever taken a bite of the stuff. Which is probably for the best because nutritionally, it isn't a winner. Sure there are nuts... but the good qualities stop there as the rest of the traditional recipe calls for candied (high fructose corn syrup coated), neon (chemically 'enhanced') colored chopped dried fruit and white flour. Not really the food choice that will have you feeling healthier, stronger, or more energetic.

So I got in the kitchen and played off the fruit cake flavors and put a healthful, more

natural spin on things. This 'fruit cake' is worth trying and will satisfy your body to get through a long endurance activity! I suggest colorfully wrapping the bars and handing them out to your running or cycling group for a fun, friendly gesture. Or you can hoard them all to yourself. Either way. Enjoy + Happy New Year!

**RUNNER
RECIPE OF
THE MONTH**



Ingredients:

- + 2 cups Oats
- + 20 Dates, pitted
- + 2 scoops Vanilla Protein Powder (any variety)
- + 1 tsp Vanilla Extract
- + 2 tbsp Coconut Oil
- + 2 tbsp Maple Syrup
- + Zest of 1 Lemon
- + Zest of 1 Orange
- + 1 tsp Sea Salt
- + ½ cup Unsweetened Coconut, shredded
- + ¼ cup Walnuts
- + ¼ cup dried Pineapple chunks
- + ¼ cup Pistachios
- + ¼ cup Crystallized Ginger
- + ¼ cup Goji Berries
- + ¼ cup Raisins
- + 1 tsp Cinnamon
- + ½ tsp Nutmeg/Clove

Instructions:

Add the dates and ginger to a blender or food processor until a paste forms. Add in the oats, salt, protein, maple syrup, coconut oil and vanilla. Process until the mixture is pretty consistently mixed into a thick paste. Add in the shredded coconut, zests and spices. Pulse a few times. Add in the remaining nuts and fruits. Pulse a couple more times. You want to gently incorporate those items, while still keeping them chunky. Empty the contents into a bowl. Use your hands to knead the 'dough' until it becomes a slightly sticky mass. If it is too sticky, knead in extra oats or protein powder. Press the mixture firmly and evenly into a pan lined with parchment or plastic wrap. Cover and place in the freezer for ~30 minutes to firm up. Slice and eat. Wrap the remaining bars individually and keep in the fridge for ~3 weeks.



Lori Nedescu, MS RDN LD

Fit foodie behind CADENCE KITCHEN
Whole food nutrition for active bodies
DIETITIAN * Wellness Coach



BEST VALUE
5K/8K AROUND
SATURDAY, FEBRUARY 4TH, 2017



KICK OFF THE PUBLIX FLORIDA MARATHON & 1/2 MARATHON WEEKEND!

FOOD | FUN | LIVE MUSIC | PIZZA



ENTRY AND INFO: THEFLORIDAMARATHON.COM

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

FEATURED ROY SERIES RACE

Get ready for **Series Race #7**, which is the 29th Annual Eye of the Dragon 10K & Tail of the Lizard 2 Mile! Runners will have the opportunity again to Slay the Beast by participating in both the 10K and the 2 Mile events. The finishers receive a special medal in addition to their finisher 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 stand, designed to display the three race medals.

Draco the Dragon, our fun and friendly mascot is back this year to meet, greet and cheer the runners on!

WHERE ▶ Eau Gallie Civic Center 1551 Highland Ave, Melbourne

WHEN ▶ Sunday, Feb. 19 — 7:00 AM 10K - 8:30 am 2 Mile

COST ▶ Early registration for SCR members - \$25/\$20 before 2/13

WHAT TO EXPECT ▶ Fun after race party with awesome door prizes and tasty post-race refreshments. Guaranteed tech shirts for the first 600 registrants.

SCR YOUTH SERIES ▶ Starts at 9:15 AM

LAST YEAR'S WINNERS ▶

10K	2 Mile
John Davis 34:45.7	Jonathan Howse – 12:07.9
Sara Trane – 38:39.0	Kristi Choate – 14:14.4

Slay the Beast Challenge

Jonathan Howse – 50:27
Kimberly Gero – 58:27

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

2016—2017 SERIES SCHEDULE

01/28/17	Tooth Trot 5K
02/19/17	Eye of the Dragon 10K & 2 Mile
03/25/17	Downtown Melbourne 5K
04/08/17	Space Walk of Fame 8K
05/07/17	Eat My Crust 5K

2016—2017 ROY Leader Board

OVERALL

- 1 John Davis
- 2 Steve Hedgespeth
- 3 Jonathan Howse



Matt Mahoney

MASTERS

- Joe Lento

GRAND MASTERS

- Keith Snodgrass

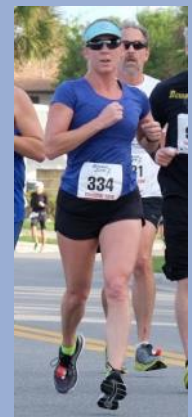
SENIOR GRAND MASTERS

- Tie: Matt Mahoney + Sal Farino

2016—2017 ROY Leader Board

OVERALL

- 1 Annie Caza
- 2 Tricia Rydson
- 3 Mary Hofmeister



Tricia Rydson

MASTERS

- Lori Kruger

GRAND MASTERS

- Ilse Berube

SENIOR GRAND MASTERS

- Roz Freas

CAN YOU DO IT?

33K SPACE COAST CHALLENGE

Run the 3 SCR races & receive the 2016-2017 special medal stand.

Davis continues string of top results while Caza claims first on women's leaderboard



In addition to the Space Coast Marathon & Half Marathon results, the leaderboard also highlights Reindeer Run 5K points.

John Davis recorded his fifth consecutive 1,000 point race at the Reindeer Run giving him the top spot on the Men's leaderboard without question. Steve Hedgespeth solidified second place while Jonathan Howse sneaks his way into third after injury forces Shane Streufert out of the 5K. Joe Lento and Keith Snodgrass keep their Masters and Grand Masters positions. In the Senior Grand Masters race, Sal Farino saw Matt Mahoney join him on the leaderboard for a tie as Mahoney added valuable marathon points to his total.

The leaderboard tipped in Annie Caza's favor for the first time this season. Both Alison Nolan and Kristen Klein who had previously held top three spots were no-shows at the Reindeer Run. Tricia Rydson tackled the Space Coast Marathon which strategically gave her an edge points-wise to jump to second while past series winner, Mary Hofmeister continued her strong and consistent running to land in third. Lori Kruger continues to bounce around the top spots and has now landed in the Masters slot while

Ilse Berube grabs the Grand Masters position. Roz Freas remains in the lead for the Senior Grand Masters.

In the Age Graded division, the men's first and second spots remain unchanged. John Davis, 38 is followed by Robert Pike, 56. Steve Hedgespeth, 38 is now in third. For the women, Annie Caza, 55 stays at first while Lori Kruger, 54 jumps to second. Ilse Berube improves her position to third.

Next up is the Tooth Trot 5K which will feature a brand new Wickham Park course and fierce competition. Let's hope for some cooler temperatures as racers line up for the 8:00 am start.

Please note: the series standings reflect your age on August 27, 2016, the date of the first race of the 2016-2017 ROY series season. If you have any series questions, please email Loran Serwin at lservin@cfl.rr.com.

MARK YOUR
CALENDAR!

SCR Runner of the Year SERIES

2016—2017

Running on Island Time 5K

Saturday, August 27, 2016

Overall Male & Female Winners:
John Davis, Alison Nolan

Turtle Krawl 5K

Saturday, September 10, 2016

Overall Male & Female Winners:
John Davis, Alison Nolan

Space Coast Classic 15K & 2 Mile

Overall Male & Female Winners:
Chris Cacciapaglia, Holly Davis

Space Coast Marathon & Half Marathon

Overall Half Marathon Male & Female Winners:
Brian Atkinson, Kaitlin Donner

Overall Marathon Male & Female Winners:
David Kilgore, Karolina Viquez

Reindeer Run 5K

Overall Male & Female Winners:
John Davis, Holly Davis

Tooth Trot 5K

Saturday, January 28, 2017
at Wickham Park Senior Center
Melbourne

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

Sunday, February 19, 2017
at Eau Gallie Civic Center
Melbourne

Downtown Melbourne 5K

Saturday, March 25, 2017
at Holmes Park
Melbourne

Space Walk of Fame 8K & 2 Mile

Saturday, April 8, 2017
at Space View Park
Titusville

Eat My Crust 5K

Sunday, May 7, 2017
at Viera Pizza/Viera High School
Viera



Santa Spotted at Youth Series Run

Santa Claus himself revved up lots of little runners as he arrived on a fire truck just in time for them to start the youth race at the Reindeer Run, and stayed to greet them as they sped through the finish line. The speedy elves received a SCR youth series button that featured our favorite reindeer; participants can score a total of nine of these custom buttons by participating in all the runs in the 2016-17 SCR Youth Series. Children who run five of the nine SCR series races can also qualify to win a series participation award!

The next youth series race will be at the Tooth Trot 5K on January 28th, where the young participants can flash their pearly whites as they cross the finish line at the Wickham Park Community Center. **Learn more** about the SCR Youth Series and download the waiver needed to participate in each race by clicking [here](#).

Save the dates

FLORIDA TODAY COMMUNICATIONS

PRESENTED BY: **Health First**

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

CORPORATE 5K
THURSDAY, MARCH 9, 2017 MELBOURNE, FLORIDA



CITY OF MELBOURNE 2016 TEAM

REGISTRATION OPEN!



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

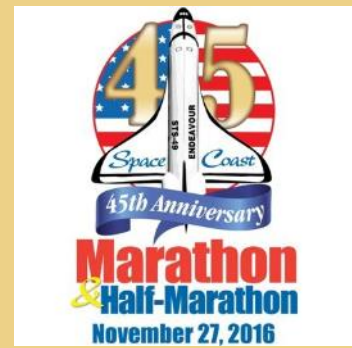
- 1 • 1/18/17**
- 2 • 2/15/17**
- 3 • 3/8/17**
- 4 • 3/9/17**

1	2	3	4
Informational Meeting Wednesday, 1/18/17 6:00pm @ Running Zone	Team Captains' Meeting Wednesday, 2/15/17 6:00pm @ Running Zone	Packet Pick-up Party <i>TEAM CAPTAINS ONLY</i> Wednesday, 3/8/17, 6:00pm @ Running Zone	Race Day! Thursday, 3/9/17 6:15pm @ Wickham Park

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



Top three women half marathon finishers



HALF MARATHON

OVERALL MEN

Brian Atkinson, 1:07:40
 John Davis, 1:15:51
 Greg Reverdieu, 1:16:21

OVERALL WOMEN

Kaitlin Donner, 1:20:57
 Alison Nolan, 1:21:37
 Holly Davis, 1:21:47

MASTERS

Shane Streufert, 1:16:44
 Jolene Abanses, 1:31:41

TOP 3 SCR MEMBERS

John Davis, 1:15:51
 Shane Streufert, 1:16:44
 Steve Hedgespeth, 1:17:02

Kaitlin Donner, 1:20:57
 Alison Nolan, 1:21:37
 Holly Davis, 1:21:47

FULL MARATHON

OVERALL MEN

David Kilgore, 2:28:34
 Kevin Brown, 2:38:23
 Adriano Bastos, 2:40:49

OVERALL WOMEN

Karolina Viquez, 3:10:48
 Lauren Smith, 3:16:31
 Meredith Mikell, 3:17:16

MASTERS

Timo Schmidt, 2:46:17
 Heidi Johansen, 3:21:36

TOP 3 SCR MEMBERS

Bret Haliday, 3:19:07
 Matt Mahoney, 3:33:24
 Michael Mccauslin, 3:54:14

Tricia Rydson, 4:18:23
 Sheila Beerman, 4:19:22
 Lisa Girard, 4:57:51

Perfect Day for Record Setting Marathon

Article by Brittany Streufert

The 45th Anniversary of the Space Coast Marathon & Half Marathon was a grand celebration featuring the Endeavor space shuttle on the race medal which was given to over 3,300 half marathon and 1,949 full marathon finishers. Excitement was in the air for both races as starting temps were in the low-70's.

Palm Bay's David Kilgore was back to take another crack at the full marathon which he won in 2015. This time he wanted the course record. Kilgore crossed the finish in 2:28:34 which was soon thereafter declared the fastest time run so he did indeed get the record and another first place finish to boot. Costa Rican, Karolina Viquez's journey to Florida to run the marathon turned out to be very fruitful. The 37 year-old finished first for the women in 3:10:48.

In the half marathon, the men's field was bested by professional runner, Brian Atkinson, a former Brevard resident who recently

competed in the Olympic trials at the LA Marathon. He ran a smoking fast time of 1:07:40 to come in over eight minutes ahead of second place. For the ladies, only fifty seconds separated the top three competitors. Professional triathlete, Kaitlin Donner prevailed and took top honors in 1:20:57.

The Space Coast Marathon & Half Marathon were designated as the Road Runners Club of America (RRCA) Florida State Championship races for 2016. Space Coast Runners made a strong showing at both races (highlighted in red in below) with repeat titles going to Shane Streufert, Annie Caza and Donna May.



Male Senior Grand Masters winner, Sal Farino

R RCA Florida State Champions Marathon



OVERALL MALE CHAMPION David Kilgore, 25	2:28:34
MALE MASTERS CHAMPION Timo Schmidt, 44	2:46:17
MALE GRANDMASTERS CHAMPION Jeff Lessie, 55	3:05:08
MALE SENIOR GRANDMASTERS CHAMPION Chris Neal, 63	3:14:58
OVERALL FEMALE CHAMPION Karolina Viquez, 37	3:10:48
FEMALE MASTERS CHAMPION Heidi Johansen, 42	3:21:36
FEMALE GRANDMASTERS CHAMPION Sonia Bergh, 53	3:41:41
FEMALE SENIOR GRANDMASTERS CHAMP Nitsa Calas-Andrews, 62	4:29:39

R RCA Florida State Champions Half Marathon

OVERALL MALE CHAMPION Brian Atkinson, 24	1:07:40
MALE MASTERS CHAMPION Shane Streufert, 44	1:16:44
MALE GRANDMASTERS CHAMPION Joel Kinnunen, 50	1:24:35
MALE SENIOR GRANDMASTERS CHAMPION Sal Farino, 60	1:33:49
OVERALL FEMALE CHAMPION Kaitlin Donner, 27	1:20:57
FEMALE MASTERS CHAMPION Jolene Abanses	1:31:41
FEMALE GRANDMASTERS CHAMPION Annie Caza, 55	1:40:23
FEMALE SENIOR GRANDMASTERS CHAMP Donna May, 60	1:48:39

It's a Family Affair!



The Forestreire Family



The Morrison Family

A letter from the Women's Marathon winner...



We are a couple from Costa Rica and Germany, using our spare time and our holidays predominantly for running. On this way, we are able to combine our two big passions – running and travelling to know interesting places and meet people from different cultures. Attracted by Cape Canaveral and the exciting title Space Coast Marathon we decided to give it a try in Florida. And it was some kind of success story from the beginning: Very friendly, open and helpful people everywhere, temperatures that were falling (just in time) for the race and our hotel hosting the Expo of the marathon. The Expo itself was one of the smaller ones we have seen but with a lot of love to the detail – or who would not want to pay for souvenirs to friendly people in Space Uniforms... On Race day, the organization was impeccable – enough buses with little waiting time, well organized bag drop off, sufficient (and well organized) toilets and only a few steps to the starting line passing under beautiful, Christmas decorated trees. The route of the Race itself leads you almost immediately to the beautiful coast, letting you run almost the whole track with an ocean view on the one and beautiful urbanizations on the other side. As a couple, we enjoyed especially that the circular course permitted us twice in the race to cheer us up! Due to the little but continuous ups and down it is not the fastest course we ran so far, but perfect for running a continuous pace. The organizational highlights were the very well organized (and numerous) drinking stations and all kind of beverages, food and even a free space coast towel to settle down happily in the cozy finishing area! In a few words: We certainly will repeat this great experience in the years to come and recommend this race for runners around the world.

Greetings from Costa Rica – and see you soon!!!

Karolina and Sven



Good friends and fellow coaches with Coach Bernie – Barry Birdwell and Michelle Birdwell wanted to honor their good friend and did so by wearing blue leis during the Space Coast Marathon & Half Marathon. They invited others to join in. Some wore the lei while running the race and then dropped it off at Bernie’s house, which is along the course route and some wore it at the post-race party. It was a perfect way to express the love of many.

“The blue lei tribute was a beautiful tribute to the man who loved the entire running community so much. I think the fact that it was implemented by Barry and Michele Birdwell would have also meant so much to Bernie as they were two of his most beloved friends.” – *Patti Sponsler, Bernie’s wife*

“The blue leis were a symbol of love to honor such a great man and coach. The Space Coast campers and Team in Training (TNT) as well as so many others mourn the loss of such an amazing person. It was a way for them to have some closure. Plus, Bernie’s favorite color was blue.”

—*Michele and Barry Birdwell*



Holiday Spirit Runs Rampant at Reindeer Run

With temperatures cooling off, over 500 runners and walkers enjoyed our own version of a winter wonderland at the Reindeer Run on the streets of Cape Canaveral. A steady headwind blew in to greet everyone as they headed on the return stretch to the finish line. This 5K, which benefited the Brevard County Sheriff's Office Police Athletic League (BCSO PAL) included a visit from Sheriff Wayne Ivey (and Santa, too!).

First place finishes on both the men's and women's sides were snagged by the Davises; John Davis sped to the finish in 16:55, and Holly Davis stayed with the top three finishers to score the overall women's spot in 17:48. On the men's side, Steve Hedgespeth and Gary Gates were second and third in 17:01 and 17:59. The ladies race saw Annie Caza take second in 21:45 and Mary Hofmeister come in third at 22:32. Lori Kruger was hot on their heels to take the master's spot in 22:34, and Jonathan Howse scored male master's in 18:21. The out-and-backs of this Cape Canaveral course allowed all of the participants to encourage each other along the way.

As thrilling as it was to watch these speedy top finishers, there's nothing like the excitement that greets the arrival of Santa Claus via firetruck. The big man himself arrived just in time for the start of the kids' races, and was there to congratulate the little elves as they crossed the finish line.

The BCSO PAL, beneficiaries of this race, is a non-profit that makes our community a better place by positively impacting the young people of

Report by Lisa Hamelin

OVERALL MEN

John Davis, 16:55

Steve Hedgespeth, 17:01

Gary Gates, 17:59

OVERALL WOMEN

Holly Davis, 17:48

Annie Caza, 21:45

Mary Hofmeister, 22:32

MASTERS

Jonathan Howse, 18:21

Lori Kruger, 22:34

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



Sheriff Wayne Ivey greets runners and walkers at the start line.



Many runners dressed in their best holiday attire for the 5K event

535
festive
finishers!

our county. Their mission is to offer leadership, team-building, and self-esteem by promoting a drug- and alcohol-free lifestyle through positive interactions with law enforcement.

The Reindeer Run marks the halfway point in the SCR Runner of the Year series; the next race will be the Tooth Trot 5k on January 28th. To register for the Tooth Trot, [click here](#).



Runners of all ages took to the Cape Canaveral roads to race

RESOLUTION RUN

All levels!

Peak When it Counts

January 10th - March 28th

Tuesdays 6pm

Hoover Middle School Indialantic

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*The most FUN and challenging training you will encounter
with the most energetic and supportive athletes you will meet!*

Cardiovascular, Endurance, Speed and Strength

Put the flyer in a loved one's stocking!

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Management Team

Runners Come Out for New Christmas 3K

Rather than hosting a traditional 5K, race organizers wanted to get everyone in the Christmas spirit with an early evening event filled with holiday lights and festivities. The first annual race, which had more than 160 participants, was held to support Viera Suntree Youth Athletics and Hospitality Life.

The race course started and ended at the Viera Regional Community Center while winding on sidewalks through Christmas lights and seasonal décor. A light rain drizzle fell on participants as they began to cross the finish line — it was basically the Florida version of a light snow in other parts of the country.

Julio Castillo took top honors with his fast finishing time of 11:03 which represented a 5:57 pace for the 1.86 mile distance. On the women’s side, 11 year-old Chelsea Paglia ran her fastest to secure first place. Her winning time was 13:57. Many of the night’s participants were dressed in their holiday best as the race featured a Best Santa costume contest. Others chose to wear the Christmas Sweater themed race shirt. Food and drink were plentiful at the post-race party and a good time was had by all.



Report by Brittany Streufert

OVERALL MEN

Julio Castillo 11:03.7
 Michael Girard 12:02.2
 Jack Girard 12:06.6

OVERALL WOMEN

Chelsea Paglia 13:57.1
 Robin Moran 14:27.8
 Felicity Cunningham 14:32.5

MASTERS

Michael Walker 12:34.5
 Leslie Coles 15:44.8

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



Photos courtesy of Tiffany Ford, Matt Mahoney and Mike Acosta.



ENTRY FORM
Saturday, Jan 7, 2017, 8:30 am
 2500 Parkway Dr., Melbourne, FL 32934
 Wickham Park-Youth Camping Area

BE A COP OR BE A ROBBER! See how many robbers you can catch or see if you can keep from being caught! Robbers (orange shirt) will get a 1 minute head start before the Cops (blue shirts) start running after them! *Start times will be adjusted for accurate race results.

FEES:	Thru 12/17/2016	On 12/18/16
Adults:	\$25	\$35
Students (18 & Under)	\$20	\$35
Sign up groups of 5+ and receive \$3 off each! REGISTER ONLINE at uprunningracemanagement.com		
<p align="center">Register Early!</p> <p align="center">Shirts guaranteed if registered by 12/18/16</p> <p align="center">Checks Payable To: Melbourne Police Foundation 800 Poinsetta Drive, Unit 5, Indian Harbour Beach, FL 32937</p>		<p>Circle whether you want to run as a COP or a ROBBER:</p> <p align="center">COP ROBBER</p>

Early Packet Pick-Up: 1/6/2017 4:00-6:30 PM CrossFit Rise Above, 1054 Cypress Ave Melbourne
Race Day: Registration & Packet Pick-up: 7:00 – 8:15 AM

Name:		T-shirt Adult : S M L XL XXL	
		T-shirt Youth: S M L XL	
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 Cops & Robbers 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: (Parent/Guardian if Under 18): _____		DATE: _____	

Jingle Bells, Santa Hats, and Cookies: Two Miles of Festive Fun



Report by Angela Leeds

OVERALL MEN

Conor Fitzgerald, 10:06
Trevor Kattenberg, 10:09
Austin Camps, 10:11

OVERALL WOMEN

Kaitlin Donner, 10:44
Holly Davis, 10:59
Samantha Folio, 11:37

MASTERS

Ed Donner, 10:35
Julie Hannah, 12:29

TEAM DIVISION

Set Goals Not Limits
Viera Pizza Race Team
Running Zone

BLADE RUNNING DIVISION

Kevin Greene, 19:43

Jingle bells and bright lights bring nonrunners as well as early morning runners out to enjoy a festive two-mile run.

Almost 2000 runners met in Satellite Beach on December 17 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](#). All race photos courtesy of Barry Jones TriHokie Images.



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

Right: Conor Fitzgerald crosses the finish line, winning the Jingle Bell 2-Miler.

Fa-la-la-la Fast Times at First Run Run Santa 1 Mile



Report & photos by Krysti Dixon

Additional photos courtesy of Christie Lea Photography.

ELITE INVITATIONAL MILE

David Kilgore 4:46.7
Kaitlin Donner 5:02.5

OVERALL MEN

Julio Castillo 5:23.9
Ron Ritter 5:33.3
Howard Kanner 5:33.4

OVERALL WOMEN

Lisa Petrillo 6:33.0
Narayana Riggs 7:04.6
Lisa Girard 7:09.1

MASTERS

Joe Hultgren 5:45.0
Susan Snodgrass 7:04.3

GRAND MASTERS

Keith Snodgrass 5:54.3
Ilse Berube 7:08.4

SENIOR GRAND MASTERS

Matt Mahoney 6:23.4
Anne Dockery 7:10.6

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

To view the Run Run Santa video, [click here](#).

The only one of its kind and in its inaugural year, Run Run Santa run was held on Christmas Eve morning. With the race capped at 500 runners dressed as Santa, it was a sea of red as they hit the pavement for the one mile distance.

The sold out race started on Stadium Parkway, with a turn onto Judge Fran Jamieson Way, and ended on Breslay Drive behind Calvary Church (the proceeds from the race benefited their teen mission program).

The Run Run Santa mile had an invitational mile division for elite runners and with the elite time of 4:46, David Kilgore won the division and set the course record. Kaitlin Donner was the fastest elite female in 5:02.5.

The winner for the overall run for the men was Julio Castillo of Melbourne with a time of 5:23. The second and third place finishers came in with only a .1 time difference! Second place was Ron Ritter from Viera, 5:33.3 who edged third place, Howard Kanner of Rockledge, 5:33.5.

Overall for the ladies was Lisa Petrillo of Melbourne with a time of 6:33. Second place was Narayana Riggs (7:04.6) from Vero Beach and Lisa Girard (7:09.1) of Rockledge took third.

The race was the perfect distance for all the runners, walkers, and families looking to celebrate the holiday season. Spectators were out in full force too. Being in Viera, there were plenty of decorated golf carts celebrating the event which we're sure will continue to grow and become a favorite tradition in the upcoming holiday seasons.



NEW FOR 2017
Join our VIRTUAL RACE!

CALLING ALL SUPERHEROES

February 4, 2017
JOIN THE RACE AGAINST CHILD ABUSE



Start, Finish & Post Race Party at the Avenue Viera
5K Race & One Mile Fun Run
4.1 M Superhero Challenge
Judged Superhero Costume Contest
Free Kids Run & Mascot Sprint
RACE MANAGED BY RUNNING ZONE



The 5th annual Superhero Run is a family friends running and walking event that benefits local abused and neglected children. The event is hosted by Friends of Children of Brevard, a LOCAL non-profit 501(c)(3). All proceeds benefit the abused, abandoned and neglected children of Brevard County and support their advocates in the Guardian ad Litem Program.

Online Race Registration on the Running Zone Website:
www.secure.runningzone.com/Race/FL/Viera/Superhero



If you can't make it to the physical race, support our children by participating VIRTUALLY!

Dress as your favorite Superhero (optionally) and run or walk whenever and wherever you want to earn this awesome 4-inch Superhero medal (see mockup on the left)! Virtual runners will also receive a custom race bib. Virtual distances include: 1 mile, 5k, or take the 4.1 Mile Superhero Challenge and complete both!

Virtual Race Registration:
<https://www.virtualstrides.com/partner-races/>

Email: superhero5kviera@gmail.com | Phone: (321) 690-6823 | Website: www.FriendsOfChildrenOfBrevard.org | Facebook: www.facebook.com/SuperHeroRun5K



VOLUNTEER WITH SPACE COAST RUNNERS

There are 2 Ways to Win!

VOLUNTEER OF THE YEAR – *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 2016-2017 season. The top two members will receive a \$100 Amazon gift card. Volunteer point standings will be posted at spacecoastrunners.org. Winners to be announced at Awards Night 2017.

RUN&1 PROGRAM – *for those who like to race our events*

- ◆ Complete 8 of 10 Runner of the Year series races during the 2016-2017 season
- ◆ Volunteer at 1 SCR race or designated event during the 2016-2017 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 2017-2018 SCR Runner of the Year series or into

RULES & RESTRICTIONS

- Be an active member of SCR by May 1, 2017.
- Volunteer MUST sign-in with the designated volunteer coordinator at each event.
- Volunteer points can be accumulated from 8/24/16 to 5/31/17.
- 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
- Youth Series assistance



For more information, email info@spacecoastrunners.org.



Charlene Anstett

Floridian Runner, Doesn't Give Up

Name: Charlene Anstett

Family: Hubby Karl Anstett, 5 yr GSD puppy Kratos, 2 cats Timmy & Bentley.

Age: 29

Originally from: Palm Bay, FL

Currently reside: Palm Bay

Number of years running:
Since 2009, consistently since 2012.

Began running because:
To lose weight

I knew I was hooked when:
I kept seeing improvements in my speed and durations the more I kept consistent.

What has been my biggest running accomplishment to date: Definitely completing my first full marathon this past February in Jacksonville.



Race personal records (PRs) :

5k: 12/12/15 26:27

8k: 4/9/16 44:53

10k: 2/28/15 1:03:34

15k: 11/6/16 1:27:39

HM: 10/30/16 2:03:49

Full: 2/14/16 4:52:44 - 1st Full

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

Favorite local race- Space Coast Classic 15k. I'm a sucker for the longer distances. I haven't done many out of town races however, my favorite one would be Lighthouse loop HM in Port Orange, it's been a PR course for me, bridge and all.

Favorite place to train: I meet up with the U&R group for most of my runs but, if I had to pick a favorite it would be O&P on Sunday mornings.

Running goals: To qualify and make it into the Boston Marathon before I'm 35. (That's when the qualifying time gets 'easier'.)

Training philosophy: Consistency is key & stretching isn't negotiable. Follow a schedule, I hardly ever deviate from my schedule. If my pace is off during speed-work, I document it on Garmin Connect so I don't make the same mistakes in the future.

Running partners: Jessica Frank & my hubby on my runs from home.

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

One piece of advice that I would give to a new runner: This one hits home to me because I've seen so many



new runners give up and it breaks my heart since, I've been there with no confidence or self esteem... Don't give up. I can't stress that enough. Your going to have good days and bad days- the bad days make you stronger. I know it sounds like a cliché but, its so true. When I started, I couldn't even run for 10 seconds and with consistency and drive I've completed a full marathon with plans for more. You can do anything you set your mind to.

One of the best things I ever did was join a running group (U&R!) They keep you consistent and accountable, not to mention all the fun you'll have and the extremely amazing friends you'll make. There are so many out there, just pick one!


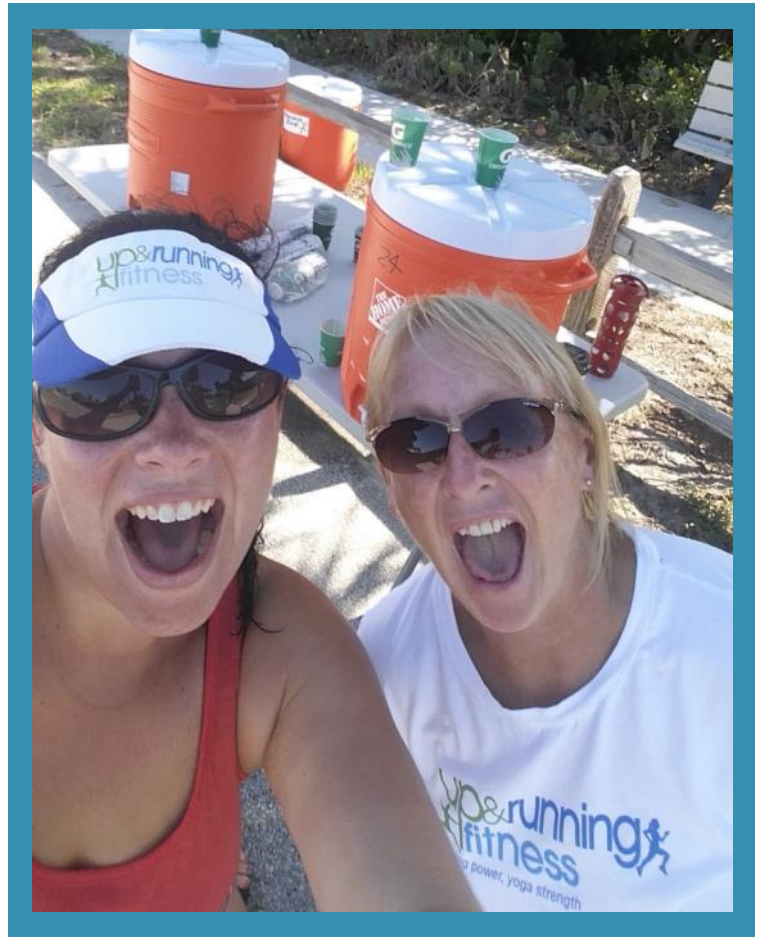
Other interests: There's other thing besides running?... If I had to pick something it would be cooking & reading.

Favorite hero: All the men and women who put their lives on the line for our cities/ states/country day after day. Thank you for your service.

Favorite pre-race meal: While training for my full I tried different things the night before. What I ended up going with was a Chipotle chicken burrito but, it was very boring, none of the fun stuff like guac or dairy. So essentially, rice/beans/chicken.

I can't live without my.... Phone & Garmin watch. Gosh I'm so predictable.

Last time I took a selfie: This past Sunday before my long run. Had to show off my marathon shirt and that it was cold enough to wear it for a little while to my coach.



If you would like to be featured in an upcoming "Run a Mile with" profile, please contact SCR , at socialmedia@spacecoastrunners.org.

STAY CONNECTED WITH SPACE COAST RUNNERS





bring new ENERGY to your SPORT with YOGA

Stretch, strengthen & stay injury-free.

**Our yoga classes are designed to
restore the athlete in you and
to help you feel great.**

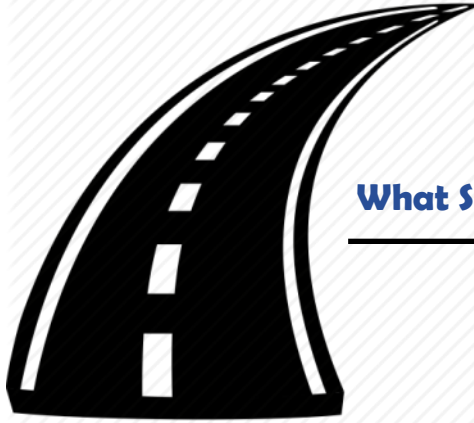
**Sunday @ 9:15 AM
\$10 per class
or \$8/package of 10**

Classes held at Crossfit Rise Above
1054 Cypress Ave., Melbourne



Learn more at www.uprunningfitness.com
321-544-6385 | info@uprunningfitness.com





Long Distance Relationships

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

Rocket City Marathon

For 40 years the Rocket City Marathon, which is put on by the Huntsville Track Club, has been billed as an “event” built around a race. It’s also known as one of the premiere marathons in the South.

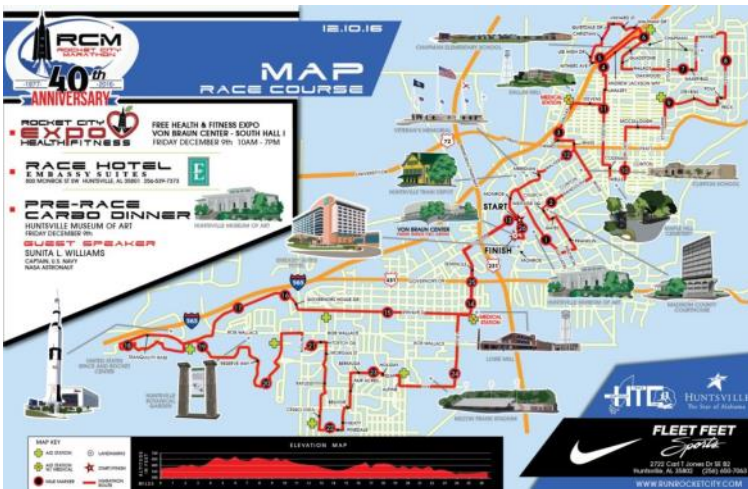
by Bruce Vu

I spent the first 13 years of my NASA career at the Marshall Space Flight Center in Huntsville, Alabama – the small town located in northern Alabama, where Dr. Von Braun and his German colleagues migrated to after World War II and began an ambitious space program in America. Shortly after that, Huntsville was coined with the nickname "Rocket City." This year, the city celebrated its 40th anniversary of the Rocket City Marathon (RCM).

Not only did I choose RCM as my first marathon because I am familiar with the city, but also because it was my only option in 2016. I found it difficult to squeeze a marathon into my race schedule, which includes three half-marathons (Publix Florida in Melbourne, Cocoa Beach, and Space Coast); I decided that running a marathon in December would be ideal, since it would give me enough time for training.

The night before the race, I attended the carbo supper and listened to astronaut Sunita Williams, the first marathoner in space (2007), speak. The meal was alright, but the speaker was fantastic. I was impressed with Sunita’s athletic abilities and technical knowledge when she talked about completing the Iron triathlon in space and answered the audience’s questions regarding the American Space Program. Her sense of humor kept everyone laughing throughout the night and made the dinner more enjoyable. Sunita Williams was definitely the best choice of keynote speaker.

It was cold on race day. The temperature at start time was about



Rocket City Marathon 12.10.16



too long into the race, I realized that there were many parts of the town that were unfamiliar to me. Starting from the Von Braun Civic Center and Big Spring Park, the race took us through downtown Huntsville, scenic residential streets and historic districts of Old Town, Dallas Mill Village, and Five Points. The portion of the race that might have been difficult for some people was at the half point, when we ran through what would have been the FINISH; however, the race continued through the southwest part of town, beneath the rockets at the U.S. Space and Rocket Center and through the Huntsville Botanical Gardens. We then returned to downtown and finished inside the VBC arena. While the brochure had listed the course as being flat, I found that there were many running hills, and the last one leading to the VBC was the toughest to conquer.

Overall, I thought it was a very well organized race; the live music celebration along the course and at the START/FINISH was fantastic. I was thoroughly enjoyed the vibrant atmosphere that the enthusiastic crowd created; bracing the cold weather, residents

and volunteers came out to cheer for us, which was heartwarming. There was a ton of food and fun activities indoors after the race, and the variety of food was phenomenal. I wish I hadn't been so tired so that I could have enjoyed all of it more. In conclusion, I want to commend The Huntsville Track Club on organizing and executing a flawless race. After all, RCM is a Boston Qualifier, and it certainly lives up to its reputable standing. Visit www.runrocketcity.com for more details of the Rocket City Marthon.

25 degrees Fahrenheit; this is an ideal condition for running if you prepare properly. Taking advice from my running buddies up North, I layered my clothing. The plan was to remove them as needed throughout the length of the race. In the end, I only removed one sweater and one shirt. Because it was still cold after the race, I had to keep two shirts on.

Having lived in Huntsville for more than a decade, I thought I knew the city well; however, not



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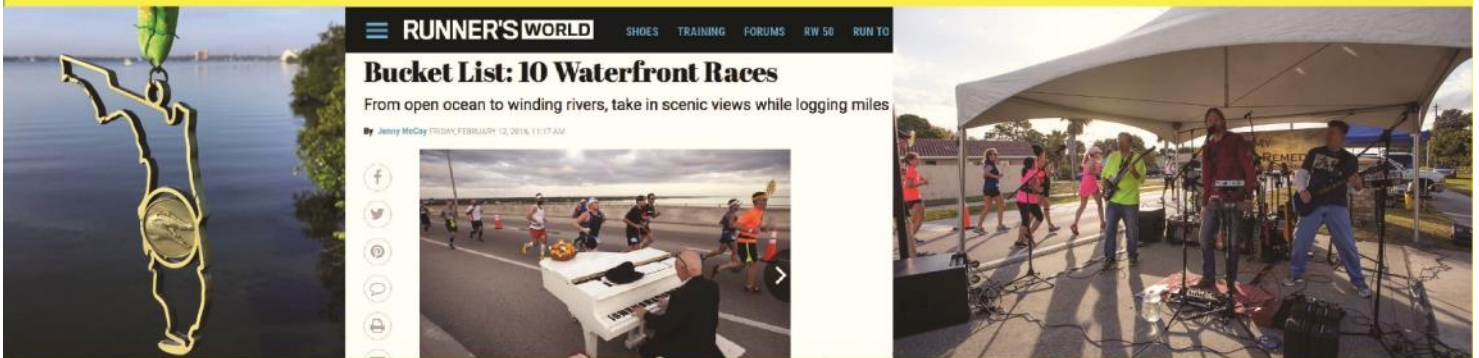
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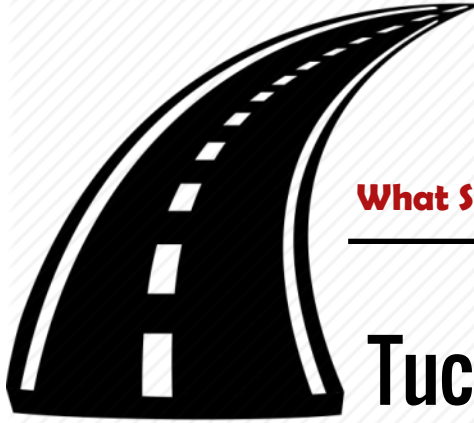
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Long Distance Relationships

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

Tucson Marathon & Half Marathon



Tucson Marathon



Marion and Skip strike a post-race pose.

Downhill in the Desert

by Marion Oswald

If each marathon – full or half – has its own special feature, these Tucson ones are characterized by very significant drops in elevation. The marathon drops you down by 2,200 ft. and the half - guess what - by half that. Arizona’s desert climate makes for a cold start and a rapid warm up; 30F when the gun went off at 7am and into the low 60s when we, average runners, crossed the finish line just over two hours later. We would like to call this a runners’ race. Expect no music and no dressing-up, except for throw-away sweaters and gloves left along the course that were gathered later for charity. The race organizers’ efforts are spent on busing all approximately 2,000 runners to their two different starts in the desert landscape of Oro Valley, outside Tucson.

The half marathon’s start is the midway point for the full. Runners staying at the two partner hotels take a bus from there to their starting lines; runners living in the area or staying elsewhere, like us, get on one of the many buses leaving

from a high school parking lot. After the race everyone is bused back. Two buses bring runners’ gear to the finish area for pick-up afterwards. Sixteen aid stations along the full course provide water and Gatorade, as well as the opportunity for a bathroom break. In true Southwestern fashion, tortillas replaced bagels as the post-race vehicle for



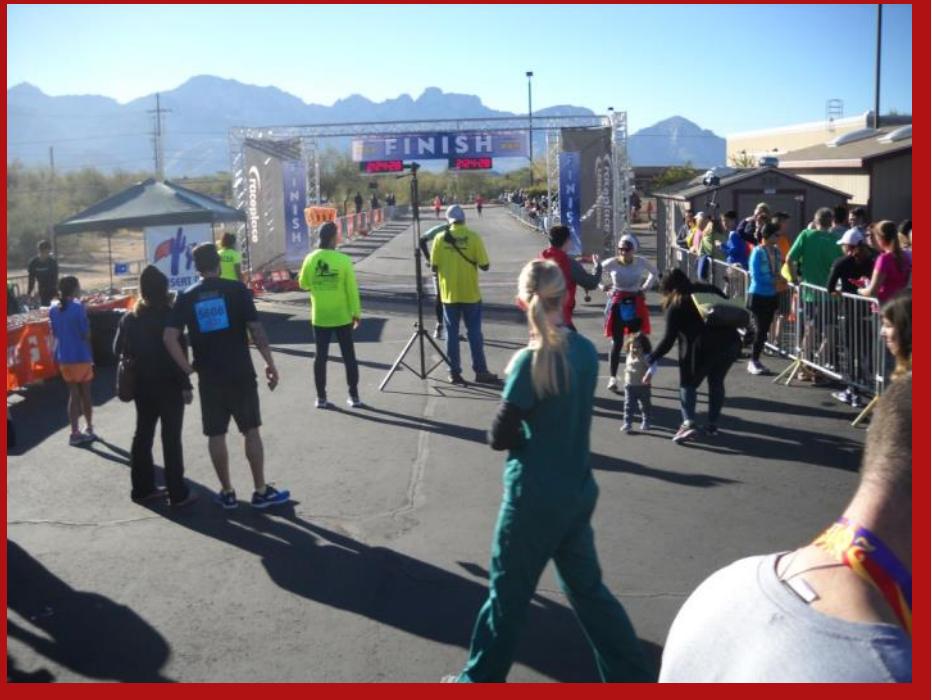
The bling medals, bibs and race shirts from the half marathon.

Tucson Half Marathon 12.10.16

PBJ and/or cream cheese. Awards were only given to the overall winners, with all participants' results and standings shown immediately on an electronic board. Finishers' medals for all. The finish line for both races is kept open for 6 ½ hours.

So why consider going to Tucson to run these races? To watch a spectacular sunrise over the desert mountains, shortly after your wave start, for instance. Except for the last 4 miles, all scenery is tranquil desert ranchland interspersed with yuccas, aloe and cacti. These are two

very well organized races, and sign-up is possible until the day before, at the small expo with a handful of vendors at the Hilton Tucson El Conquistador, one of the two partner hotels. Taking place in early December, it is the season where hotels offer advantageous pre-Christmas rates, particularly if you stay closer to downtown. Add great food, interesting sightseeing, and lots of opportunities to hike too and to enjoy those saguaros!



10K

Slay the Beast Challenge

2 Mile

Use SCR Member discount code listed on the club's website!



SUNDAY, FEBRUARY 19, 2017 — www.eyeofthedragon10k.com

SCR Out-of-Town Race Recap

We love covering our members' out-of-town races! Submit your race name, date, city/state and finishing time to info@spacecoastrunners.org. No race is too big or too small.

LUMIERS CHALLENGE, Lake Buena Vista, FL
11/4-5
Kim Guodace, 10K 1:09:11—Half Marathon
2:48:34

SAVANNAH BRIDGE RUN, Savannah GA,
Dec 3

Double Pump

Cyndi Bergs, 46, Merritt Island, 1:26:47
Marisa Flint, 51, Cocoa, 1:35:49
Julie Hannah, 43, Melbourne, **3rd OA**,
1:04:25
Howard Kanner, 47, Rockledge, **3rd Masters
OA**, 1:02:53

Loran Serwin, 61, Merritt Island, 1:30:56
Micah Vanatta, 49, Titusville, 1:07:50

10K Finishers

Ron Ritter, 44, Viera, **1st 40-44**, 40:42
Jessica Vanatta, 46, Titusville, 1:13:18

OUC HALF MARATHON, Orlando FL, Dec 3

Wade Dauberman, 26, Palm Bay, 1:38:47
Molly Savage Kirk, 52, Viera, 1:51:06
Matt Mahoney, 61, 1:35:49 **2nd 60-64**
Nancy Foresteire, 2:13:46
Kimberly Prosser, 2:13:40

Lake Eola 5K Finishers

Rick Foresteire, Rockledge, 54:46

DIVAS HALF MARATHON, St Augustine FL,
Dec 4

Michele Birdwell 2:41:40
Mary Collins 3:01:47
Heather Felix 3:02:00
Virginia Lamb 3:02:03

ROCK 'N ROLL SAN ANTONIO HALF MARATHON, San Antonio TX, Dec 10

Marion Oswald 2:31:41
Skip Oswald 2:18:39

ROCKET CITY MARATHON, Huntsville, AL,
Dec 10

Bruce Vu 4:00:19

MT DORA HALF MARATHON, Mt Dora, FL,
Dec 12

Nancy Buonanni 1:48:12, **2nd AG**
Kristen Tinker 1:53:51
Christine Kennedy 2:03:29

**ANCIENT OAKS 100-MILE ENDURANCE
RUN**, Titusville, FL Dec 17

Matt Mahoney 9th Male, 30:22:00 – 100.34
miles
Jim Schroeder 13th Male, 29:46:57 – 93.42
miles
Bob Alexander 24th Male, 16:40:37 – 51.90
miles

SCR Membership Information

Head to spacecoastrunners.org to 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 do it online.

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



January 2017

January 7 & 8
Goofy's Race and a Half Challenge
 Lake Buena Vista, FL



Heather Felix

January 15
Shark Bite Half Marathon
 New Smyrna, FL



Molly Kirk, Marie Thomas

Key West Half Marathon
 Key West, FL



Jim Christian, Shelley Christian

January 29
Celebration Marathon & Half Marathon
 Celebration, FL



Mike Acosta,
 Naweed Akram, Cristina Canales,
 Brittany Streufert, Marie Thomas,
 David Thornberry, Micah Vanatta

February 2017

February 2
Daytona Beach Half Marathon
 Daytona Beach, FL



Doug Nichols, Brittany Streufert,
 Shane Streufert

February 25 & 26
Gasparilla Distance Classic
 Tampa, FL



Jim Christian, Shelley Christian,
 Brittany Streufert, Shane Streufert

March 2017

March 11
Biltmore Estates Half Marathon
 Asheville, NC



Hilary Eisenbrenner

March 11
Gate River Run
 Jacksonville, FL



Jim Christian, Shelley Christian,
 Jonathan Howse

March 19
Yuengling Shamrock Marathon, Half Marathon & 8K
 Virginia Beach, VA



Charlene Anstett, Heather Felix,
 Elisha Gould

April 2017

April 14
Boston Marathon
 Boston, MA



Jonathan Howse

April 30
Big Sur International Marathon
 Boston, MA



Molly Kirk, Marie Thomas

May 2017

May 7
Eugene Marathon
 Eugene, OR



Doug Nichols

October 2017

October 8
Chicago Marathon
 Chicago, IL



Mike Acosta, Doug Nichols

Send us an email and we'll add your next race to our calendar.

Click here to tell us where you're running.
socialmedia@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 four locations — Merritt Island, Melbourne, Viera and Palm Bay. It's like having four gyms in one! For more info, visit Health First Pro-Health & Fitness Center.

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



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SAVE \$10 on a zoo membership



SAVE 10% on Hammer products at Nutrition Leaders in Indialantic



ENDURANCE FUELS & SUPPLEMENTS

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twitter



Find us on
Facebook

Race Calendar

DATE · EVENT · TIME · LOCATION · CONTACT

1/1	New Year's Day Solar Bear Fun Run	12:00 pm	Front Street, Melbourne	stz180@msn.com
1/7	Cops and Robbers 5K	7:00 am	Wickham Park, Melbourne	www.uprunningracemanagement.com
1/7	Color Me Healthy 5K	8:00 am	Jack Mahon Park, Melbourne	runsalot@cfl.rr.com
1/7	Hospitality Hustle 3K	4:00 pm	Eau Gallie Square, Melbourne	events@runningzone.com
1/14	Fight Child Hunger 5K	7:30 am	Viera Hospital, Viera	Lindsey.bolduc@health-first.org
1/15	WOB Tap It and Run 5K & 10K	8:30 am	World of Beer, Viera	Chuck.liska@worldofbeerusa.com
1/20	Space Race 2 & 4 Mile	7:30 pm	KSC Visitor Complex, Cape Canaveral	runsalot@cfl.rr.com
1/21	Fly Fish 5K	8:00 am	Knight Enterprises, Titusville	lboisseau@gmail.com
1/22	Bayfront 5K9	8:00 am	Palm Bay Animal Clinic, Palm Bay	info@palmbayanimalclinic.com
1/28	Tooth Trot 5K	8:00 am	Wickham Park, Melbourne	jrbird23@aol.com
2/4	Florida Today 5K & 8K	7:00 am	Front St Park, Melbourne	info@floridamarathon.com
2/4	Coloring the Causeway for a Cure 5K	9:45 am	Front St. Park, Melbourne	www.coloringthecauseway.com
2/5	Florida Today Marathon & Half Marathon	6:00 am	Front St. Park, Melbourne	info@floridamarathon.com

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SpaceCoastRunners.org



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.*

SPACE COAST CHALLENGE 33K



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way!

Complete
all 3 SCR
Races &
Receive the
Challenge
Medal
Stand

Space Coast 33K
Challenge information
available at
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Run 3 Races — 3 Different Distances





January

Happy Birthday

1	Ryan Miller, Zachary Schurndt	17	
2	Blanche Morrison, Abe Oros, Lera Bradford, Alice Schultz, Joe Castner	18	Amanda Shagena, Heather Akram
3	Willy Moolenaar, Dan Martin, Isaac Martin, Ashlyn Long, Ashvika Maddikonda	19	Rob Rains
4	Victoria Bernstein, Hannah Collins	20	Celeste Snodgrass, John Doepp, Denise LaVenture, Mary Murrill
5	Shelley Christian, Max Green, Sara Akram, Tim Hagerty	21	Charis Gaines
6	Kelly Ferrin, Hilary Eisbrenner, Jake Lee, Harry Prosser	22	
7	Jodi Noe, Rochelle Schurndt, Alicia Gleacher	23	Mary Joseph, Michael McCauslin, Kara Hedgespeth, Kate Chapman
8	Ilse Berube, Ana Stark, Alyssa Pignone	24	Loretta Jones, Beth Walker, Marcus Smith
9	Rebecca Sparks, Gwendolynne Noack, Noah Ogburn	25	
10		26	Steve Noe
11	Kristen Tinker, Terry Kepner	27	Donna Scott
12	Angela Staab, Rick Unrue, Kailyn Lake	28	
13	Elizabeth Gmerek	29	Kenneth Winn, David Thornberry, Danyle Gates
14	Pietrina Heavey	30	Jim Christian, Keith Flint, Henry Dennis
15		31	Wayne Van Sickle, Carrie Petzy
16			