

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

JUN/JUL 2017



IN THIS ISSUE

Supporting Our
STRESSFUL Passion

Run a Mile with
Kurt Russell

3 Reasons to
join the
SCR Racing Team



DEPARTMENTS

- 05 [From the Editor](#)**
- 06 [Presidential Ponderings](#)**
- 47 [Local Race Calendar](#)**
- 49 [Birthday Calendar](#)**

RESOURCES

- 03 [SCR Board Members](#)**
- 08 [Local Fun Runs](#)**
- 16 [Member Race Discounts](#)**

FEATURES

- 10 [SCR Central](#)**
- 18 [Run Local](#)**
- 20 [Supporting Our Stressful Passion](#)**
- 24 [Runner of the Year Series](#)**
- 37 [Run A Mile With...](#)**
- 42 [Out-of-Town Race Recap](#)**
- 44 [Where in the World?](#)**

RACE REPORTS

- 31 [Eat My Crust 5K](#)**
- 32 [USA Beach Running Championships](#)**
- 34 [Blueberry 5K](#)**
- 35 [Get Active Brevard 5K](#)**
- 36 [Run for the Gecko 5K](#)**



On Our Cover: Howard Kanner races to the finish line of the Eat My Crust 5K carrying his pizza box. Kanner placed second in the Pizza Delivery Challenge.

Photo credit: TriHokie Images

Above: Overall race winner Troy Smith (right), 16 and Jahn-Na Watts (left), 15, were the top male and female high school finishers at Eat My Crust. For their fast efforts, each received a custom Vermont Teddy Bear.

Photo credit: TriHokie Images

SCR Membership Information

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

www.spacecoastrunners.org

SPACE COAST RUNNERS

Design Director **BRITTANY STREUFERT**

Contributing Editor **MARISA FLINT**
Contributing Editor **ANGELA LEEDS**
Contributing Editor **KRYSTI DIXON**
Race Results **ANNE DOCKERY**
Photography **DOUG CARROLL**
Advertising **LISA HAMELIN**

WEBSITE

Website: SpaceCoastRunners.org

Runner of the Year Series **LORAN SERWIN**
L.Serwin@cfl.rr.com

Results/Calendar **MATT MAHONEY**
MattMahoneyfl@gmail.com

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

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



Where to find Space Coast Runners on Social Media?

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

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

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

HOWARD KANNER
SCR President

OFFICERS

Vice President
Secretary
Treasurer

BOB RALL
LISA HAMELIN
CAROL BALL

BOARD OF DIRECTORS

Member
Member
Member
Member
Member & ROY Chair
Member
Member
Member

CYNDI BERGS
KEITH DUTTER
NANCY FORESTEIRE
KRISTEN KLEIN
HARRY PROSSER
LORAN SERWIN
JUDD SPITZER
SHANE STREUFERT
KIMBERLY TOMLINSON



SPACE COAST RUNNERS

P.O. Box 541837

Merritt Island, FL 32954

MARK YOUR
CALENDAR!

SCR Runner of the Year SERIES

2017—2018

Running on Island Time 5K — 8/26/17

Turtle Krawl 5K — 9/9/17

Space Coast Classic 15K & 2 Mile — 11/5/17

Space Coast Marathon & Half Marathon — 11/26/17

Reindeer Run 5K — 12/9/17

Tooth Trot 5K — 1/27/18

Eye of the Dragon 10K — 2/18/18

& Tail of the Lizard 2 Mile

Downtown Melbourne 5K — 3/24/18

Space Walk of Fame 8K & 2 Mile — 4/7/18

Eat My Crust 5K — 5/6/17



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](#).

Material in this newsletter may not be reprinted or used on a non-SCR website without permission from Space Coast Runners.

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.

Newsletter Positions Available:
SCR Series Writer

Social Media Positions Available:
SCR Social Reporter—capture the excitement of race day

If you have any interest in our open positions please email:
info@spacecoastrunners.org

JULY BOARD MEETING

**July 17, 2017 — 7:00pm,
Pro-Health Merritt Island**

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



LYN DOWLING APPOINTED EDITOR-IN-CHIEF OF SPACE COAST RUNNERS NEWSLETTER

SCR is proud to announce Lyn Dowling as the Editor-in-Chief of the Space Coast Runners newsletter. Lyn will oversee all aspects of the online publication in collaboration with the SCR board. Her first issue will coincide with the launch of the 2017/2018 racing season in August.

Lyn's work is featured daily in the Florida Today. If you've been around the local run scene you're sure to have seen Lyn out on the sidelines covering the action and giving in depth reports of runners of all ages and abilities.

"We're extremely lucky to be passing the reigns of the newsletter to someone as talented as Lyn", says Design Director, Brittany Streufert. "The newsletter has been searching for just the right person since Lisa Hamelin stepped down and we've found a great one." Look for Lyn's special touch this coming August.



PRESIDENTIAL Ponderings

A Monthly Column from SCR President, Howard Kanner

Summertime is here!

The race season is officially over, but how many of us are going to take this time off from our fitness activities? <crickets chirping> I expect none, but we adjust our plans. Kids are out of school, perhaps some vacation time, scorching hot, humid weather, with lots of chances for afternoon showers (typically speaking).

I personally look forward to some trail runs and beach runs. June 17th has low tide at 8am, and July 29th has low tide around 7am which is perfect for sunrise beach runs. :-) (You can check tides here: <http://www.tides.net/florida/559/?year=2017&month=06>)

Do not forget about Moccasin Tract trails in Viera, or Enchanted Forest trails in Titusville - get out there and see some wildlife in great, shaded paths.

And if you travel, what better way to check out your destination is there than with your trusty running shoes (and Garmin)? Heading out of town for a High School Reunion? I bet those old neighborhoods look much different now than you remember! There are new rail trails where I grew up. And travel can be trying on your nerves, cooped up in your car for hours on end

with your kids yelling "are we there yet?", singing theme songs from their favorite kid show the entire ride, or dealing with people on the airlines who just do not behave well. But a few miles is just what the Doctor is prescribing.

On another note, I would like to thank everyone for a great year with SCR. This past year, your Board of Directors has worked hard to plan for the present and the future of this club, with a lot of effort with Strategic Planning, looking at our longer term goals as a club, and how to be more than just your source of water and Gatorade on your long runs.

Over the next year, we would like you, our members, to speak up and help us continue to grow and shape our club, to help you and future generations of SCR members gain further enjoyment from our sport and our events. I look forward to seeing everyone at the upcoming Awards Night on June 4th, and out on the roads, beaches and trails. Be safe, and stay healthy.

See you on the road.

-Howard

Howard Kanner, SCR President
president@spacecoastrunners.org



RUNNING ON ISLAND TIME 5K

SATURDAY AUGUST 26

DIVINE MERCY CATHOLIC ACADEMY MERRITT ISLAND

SCR Runner of the Year SERIES

ISLAND TIME

RUN. SWEAT. SMILE!

Voted One of the Top 50 Running Stores in America

RUNNING ZONE



All Your Favorite Brands

Shoes • Apparel • Accessories
Runners • Walkers • Triathletes

Free gait analysis for proper shoe fit.

321-751-8890

www.running-zone.com

We want you to feel good when you exercise!

10% DISCOUNT
TO ALL SPACE COAST RUNNER MEMBERS

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

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

LOCAL FUN RUNS

It's always better to run and walk with friends! The Brevard fitness community offers tons of free fun runs and opportunities to find a group to train with.



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	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	Florida Beer Company Taproom Fun Run Club, Cape Canaveral	6:30 pm	Madeline Marx, Maddym1984@gmail.com
Mon	Running for Brews Melbourne, Charlie & Jake's Brewery	7:00 pm	http://www.meetup.com/Running-for-Brews-Melbourne/ - Marcus Smith
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	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

Email socialmedia@spacecoastrunners.org to add or update your fun run information.

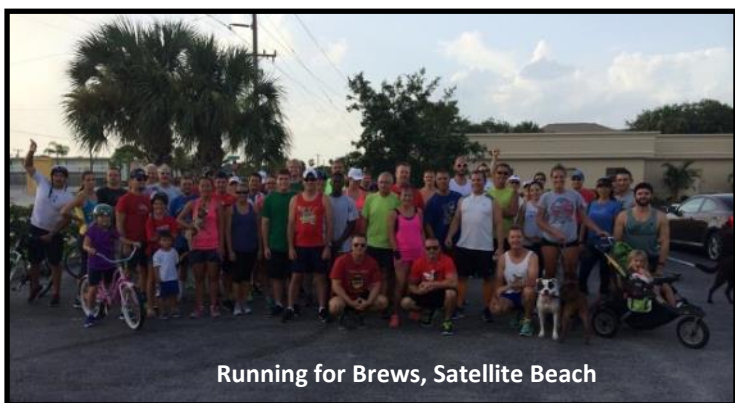
LOCAL FUN RUNS & WALKS



Running for Brews, Viera



Intracoastal Run Club, Melbourne



Running for Brews, Satellite Beach



Village Idiot Pub, Cocoa Village



Long Doggers, Indialantic



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



Karen Alexeev
Lennie Cloud
Gavin Dimond
Lyn Dowling
Nate Dwenger
Jennifer Elrod
Betsy Fisher
Steven Hebert
Tyler Heminger
Victoria Heminger
Tom Meadows
Anne Mitchell
C.J. Mitchell
John Mitchell

Patricia Renish
Corinne Rios
Alex Roberts
Kristina Roberts
Allison Spratt
Brady Spratt
Richard Spratt
Richard Spratt III
Weston Spratt
Amelia Talbott
Michelle Talbott
Rodney Walker
Thomas Weinman

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 2018 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 prestigious Boston Marathon.

The list of SCR qualifiers continues to grow.

Shane Streufert 2:47:55
Grandma's Marathon — 3rd AG

Doug Nichols 3:15:10
Eugene Marathon

Ilse Berube 3:49:57
Fargo Marathon

If you've recently qualified for the 2018 Boston Marathon we would love to include your time. Email the club at info@spacecoastrunners.org.

A BIG Thanks to our SCR Sponsors!



THANK YOU FOR YOUR GENEROUS SUPPORT

SCR Central

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

SCR SCHOLARSHIP WINNER



Miss Hannah Fleming from Astronaut High School was one of the recipient's of this year's \$1500 Space Coast Runner scholarship. Hannah was chosen for the award based upon her essay which addressed the prompt "how running has impacted my relationships with family, friends, and/or community." SCR member, Marisa Flint who heads up the Scholarship committee was on hand at Astronaut's Academic Awards to present the scholarship.

Board member, Bob Rall was on hand to present graduating Cocoa Beach High School Minuteman, Kevin Tezel his award.

Pizza with a Purpose Check Presentation

The Pizza with a Purpose fundraiser before Boston: An American Running Story was a super success. SCR received **\$403.24** which was presented to board member, Nancy Foresteire along with basket donation for the upcoming SCR Awards Night. (Pictured left to right: Pizza Gallery & Grill staff members, Michael P., Jason C., Nancy and Chris Conneen)



THE 13TH

ANNUAL



FIRECRACKER 5K
INDEPENDENCE DAY
JULY 4, 2017

new location



RUNNING ZONE FOUNDATION
RACE SERIES
2017-2018

August 20, 2017



TAILGATE 2 MILER

Kicking Off the Football Season

new amenities



Ghostly Gecko 5k
OCTOBER 28, 2017

DECEMBER 16, 2017



JINGLE BELL 2 Miler

expanded race site



BAT BOOGIE 3K
FEBRUARY 10, 2018



Pirate Plunder 2 Miler
APRIL 7, 2018



Run for the Gecko 5k
Celebrating 15 Years!
MAY 12, 2018

Join us for all 7 events!

Save \$45 & Earn a Series Finisher Medal

Registration 5/13-7/2 RunningZone.com/series



SCR Central

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



Utah's Spring Run Off

Tony and Lorna Mazza headed west for a little vacation that started with a little running. They both toed the line on May 20th at the Zions Bank Ogden Marathon know as Utah's Spring Run Off. It's considered one of the Nation's most scenic marathons and race morning weather didn't disappoint.

Lorna (pictured left) was happy to report that they both finished their second Ogden race. This was Tony's 15th half marathon and Lorna's 14th full marathon. More than 6,000 runners participated in the day's event which includes the marathon, half marathon and a 5K. 46 states were represented as well as 10 countries.

"The 26.2 mile race started high up at 5200 ft elevation, slightly descending through picturesque hills, valleys, rivers, creeks, reservoirs and breathtaking canyons. This relatively small race, in my opinion, has the most enthusiastic volunteers, the most friendly cops and most organized", said Mazza.

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

Wednesday ~ August 2 ~ 7:00pm SCR Prediction Fun Run



Join Space Coast Runners at Wickham Park for the 2nd annual guess-fest known as the **Prediction Fun Run!**

You don't have to be the FASTEST to win this one!

Surprise course distance - you'll find out when you get there! The course will be between 2.5 - 4 miles.

The Prediction

Participants will sign up at the SCR registration tent and write down next to their name how long it will take them to complete the fun run course.

The Rules

No one is allowed to wear, carry, or have in their possession watches, Garmin's, Fit-Bits, timing devices, sun dials, measuring devices, phones, headphones, etc.

Last year's winner was Greg Griffin.

6 Down...1 To Go!

Congratulations goes out to Cindy Bishop who is one of our most well-traveled marathon runners. Cindy completed the Madagascar Marathon in Africa on June 18, 2017. Her finishing time was 6:16:59. This was Cindy's sixth continent which means she only has one to go — Antarctica!

Wikipedia reports that as of February 2017, there are only 206 members of the 7 Continents Marathon Club. Their list only includes runners who have completed the Antarctica Ice Marathon. We are betting we will see Cindy's name on that list soon!



SCR Central

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

Health First



You're Invited

Thursday, August 10 at 7:00pm

Holmes Regional Medical Center
Auditorium A

1350 South Hickory Street, Melbourne

Want to learn about runner's nutrition and how you can make better choices when it comes to eating healthy? Join SCR for this completely **FREE** event!

April Kashdan, a Health First dietitian will speak to Space Coast Runners about nutrition and leading a healthy lifestyle. Health First has provided a space at Holmes Regional for the free event so there's room for up to 50 members to attend.

If you plan to attend, please RSVP so we get a good count. RSVP online at: https://thedriven.net/event.race_reg/eid/8486456789

FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

JUNE/JULY 2017

SCR/15

SPACECOASTRUNNERS.ORG



100 Mile Win

May 20, 2017 — Florida Keys

This Key Largo to Key West course is a Brevard County favorite so it was no surprise to see local runners secure yet another overall victory at the ultra-running event.

Serenity Now! was led by SCR members, John and Holly Davis who teamed up with former club members, Scott Larson and Chris Reesh along with Sara Trane and Tom Bruno to win the Keys 100 by a whopping twelve minutes. They completed the race in 10:08:31.

The flat but always fast course offers runners a full day of epic Atlantic Ocean views with refreshing drinks and burgers waiting at mile marker 0.

Congratulations to Chasing Zero. The team of Timothy McGee, Jeff Hizer, Maria Dishaw, Carrie Petzy, Jen Tyler and Jason Dieterle finished in 18:43:11.



Photo credit: Kristy Reesh

SCR Member Race Discounts

SPECIAL DISCOUNTS EXCLUSIVELY FOR CLUB MEMBERS

FEATURED RACES



- ◆ **NEW!** Let Freedom Ring Virtual Run presented by Virtual Strides. Receive a 20% discount on all [Virtual Strides](#) events by entering the club discount code **SCRmember20** during registration. Choose 5k/10k/ Half Marathon distances all of which benefits Keep America Beautiful.
- ◆ **NEW!** This summer the Auburn Ski Club is putting on two great back-to-back weekend running events, the 37th Annual [Squaw Mountain Run](#) on July 29th, and the **Sierra Crest 30k/50k Ultra Run** on August 5th. We want to offer your group the chance to try some amazing runs in the Tahoe area. We are offering 10% off to your members with the code: **run-club10** Squaw Mountain Run: More info at: squawmountainrun.com
- ◆ **NEW!** Run the inaugural [Sunrise Half Marathon & 5K](#) on 3/25/18 in South Florida. This first time event will take place in the centrally located Markham Park and Sawgrass Industrial Park in Sunrise, Florida. Come and see why over a million people visit Markham Park each year. Save 20% on the half by using code **SCR20**.
- ◆ **NEW!** SCR members save \$2 on this fun, all-Santa race. Race the [Run Run Santa 1 Mile](#) in Viera (Dec 23) or Vero Beach (Dec 24) or both! Use code: **RRS2SCR** to receive the discount.
- ◆ **NEW!** [Wausau Marathon](#) on 8/26/17 in Wausau, WI is extending a special discount to SCR members. Still want to run Boston in 2018? This is one of the last northern Boston Qualifiers prior to Boston Registration for 2018 opening in September. They send final results to the BAA office. Get \$20 off the full & half using code: **SPACECOASTRUNNER**. Get \$60 off the marathon relay using code **SPACECOASTRELAY**.
- ◆ **NEW!** The 5th Annual [Tomoka Marathon](#), a Boston Marathon Qualifier, will take place in Ormond Beach, FL on Saturday, March 24th, 2018. Save 10% when you enter code **SCR10** for any of the 3 distances.
- ◆ **EXTENDED!** SCR Members can now save \$10 on any and all of the [Rock 'n' Roll Marathon Series](#) events. Use code **SCROCKS** on marathon, half marathon and relay races. Please note that discounts do not tend to apply during early bird pricing, series sales or in conjunction with another code. Valid until 07/15/17.
- ◆ **EXTENDED!** [Vacation Races](#) is extending a 15% discount to all SCR members. Save on upcoming 2017 races like the Rocky Mountain Half Marathon (08/17) or the Grand Canyon Half Marathon (10/17) use code **16RC84784**.
- ◆ **EXTENDED!** Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPACEMOAT**. Events are on 7/16 (Marathon), 10/22 (Half Marathon)..
- ◆ **EXTENDED!** [MultiRace](#) will extend a 10% discount to all its events! Use code: **SCR17**. (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor).
- ◆ 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**.
- ◆ Receive a 10% discount to the [Pumpkinhead Trail Relay](#) at Pineland Farms (128 mile, 8 person relay teams) on 9/8 & 9/2017, in New Gloucester, Maine. Unique trail relay race in the woods of Maine! Grab your tent, running shoes, and 7 friends to complete

SCR Member Race Discounts

SPECIAL DISCOUNTS EXCLUSIVELY FOR CLUB MEMBERS



- ◆ this fun two day relay race. Each person on the team must complete three independent loops during the race. Use code: **SpaceCoastRunners**
- ◆ [Atlas Trail Series](#) is extending a 10% discount to SCR. With miles of amazing trails, incredible food and camp life at every main hub, and 3 days of racing, you and your friends will form memories to last a lifetime. Do this trail event in St. George UT, 10/27-29/2017. Use Code: **space4atlas10**
- ◆ MultiRace will extend a 10% discount to all its events! Save on the [Key Biscayne Half Marathon & 10K](#) on 10/01/17. Use code: **SCR17**
- ◆ [St. Pete Run Fest 2017](#) is offering SCR members a 5% discount to either the half marathon, half marathon relay or 5K race. It's two full days of festival fun, including running events, a health & fitness expo, local food, music and craft beer. The fun begins on November 19, 2017. Use Code: **TIAPET5**

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.



Fee-Only Investment Management and Financial Planning Services

Contact Us:

Online: www.RallCapital.com

Phone: (321) 452-1251

Email: Bob@RallCapital.com

Fax: (888) 452-8851



Fee **FO** Only



The Rall Capital Management Team



PLATT HOPWOOD

ATTORNEYS AT LAW PLLC

Personal Injury • Family Law • Criminal Defense

321-72-LEGAL

PLATTHOPWOODATTORNEYS.COM

CALL TODAY TO SCHEDULE YOUR FREE CONSULTATION



Supporting Our Stressful Passion

Dr. Richard Clarke, DC
Clarke Chiropractic & Wellness

We all have our passions; our hobbies; the things we love to do. For the most part, these are the things that make life enjoyable. Hopefully, these things are also going to carry the added bonus of enhancing our quantity and quality of life. This would be the ultimate win-win.

Running is a prime example of the aforementioned hobby, dare I say passion for some, maybe most of us. There is the social aspect, the sense of community which draws many and drives awesome organizations like Space Coast Runners and the assortment of fun runs throughout the week. There is the healthy competition, whether that be to place in your age group, or the battle against our biggest personal rival, the clock. There is also the sense of accomplishment, achievement and reward, driven by that endogenous dopamine release that provides a well-deserved natural high.

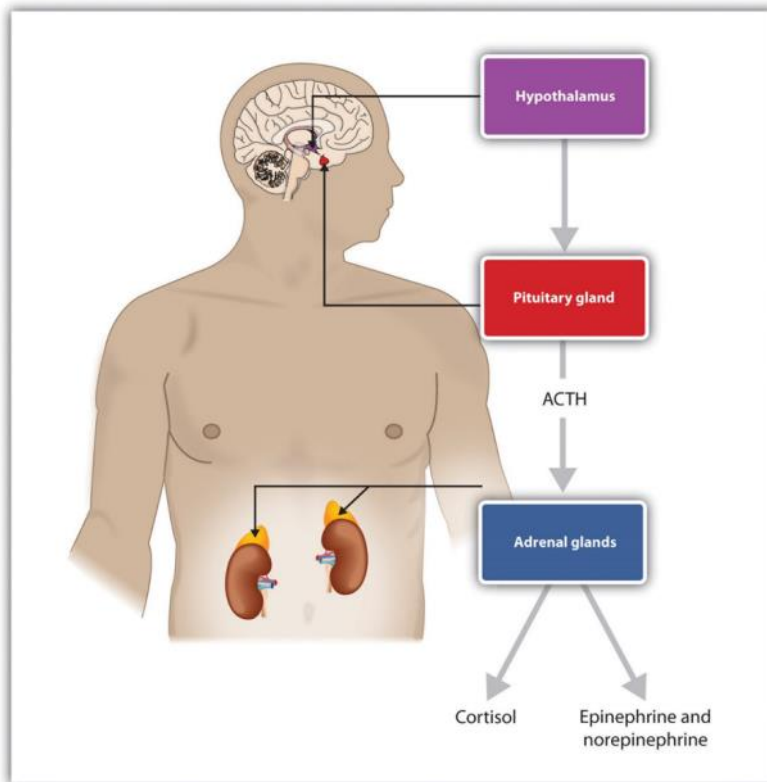
However, it cannot be ignored that despite of all the positive aspects running may add to one's life, it has the potential to be a detrimental physiological stressor. Now don't tune me out just yet. It bears repeating that I too run. I too do not just run, but I can honestly say that I love to do it (sometimes more than others), and attribute physical and mental benefits alike to it. The point is that we should not allow ourselves to be blinded by love. Just because we ignore something, doesn't negate its existence or potential effects. It's true, ignorance can be bliss; that is until you are injured, suffering burn out or worse.

When it comes to running, studies have shown that the longer the duration, the more stress hormone output takes place. We have briefly touched on these puppies before, but we are referring to the adrenal glands and the release of cortisol. Whenever we are presented with a stressor in our life, be it chemical, mental or emotional, or physical, a similar cascade takes place within.

An area in your brain called the hypothalamus perceives this message and sends a signal down to the master endocrine (hormone) gland, the pituitary gland. The anterior pituitary then releases ACTH, which stimulates your adrenal glands (walnut sized glands mounted on top of your kidneys) to release cortisol to prepare for and combat a stressful event.

That is a basic overview of the stress response. This doesn't matter whether it is perceived or real, chemical or emotional, or, in our case, a physical. You see when we run, we are creating a stress reaction in our body. Short term this is good. This is one reason why HIIT (high intensity interval training) has become so popular. There is science behind it. It creates a short term, beneficial hermetic response in which, all sorts of goodness is enhanced like increased growth hormone, brain derived neurotrophic factor (repairs, regenerates and even grows to brain cells), the ability to burn fat for fuel, etc. It does all this while limiting the potential detriments that come with a prolonged stress response.

Supporting Our Stressful Passion



First off, this isn't simply theory. The science is there. As the steady state, consecutive miles add up, the release of cortisol is not only sustained, but increased. Think of how you build a muscle with frequency of repetitions. It goes the same for other pathways in our body, including this neuroendocrine one. The more it fires, the stronger it gets. In this case we have unintentionally utilized the potentially positive concept of plasticity and hyper-facilitated our stress response. Meaning it stays on longer and is harder to shut off. Depending on your other stressors and how you cope, this can be a quite a harmful addition.

Many things can occur when the adrenals are over-active, including potential progression to fatigue and exhaustion. For the sake of this discussion we will keep the list relatively shorter, but hopefully substantial enough to drive the point home. First off sustained cortisol release increases our perception of pain. And while it also has an initial anti-inflammatory effect (think about its downstream metabolite cortisone or its needle injected cousin hydrocortisone), it also dramatically dampens your immune system, making you prone to get sick.

Anti-inflammatory is generally thought of as a good thing. And for the most part it is, but we also need mild inflammation as a healthy response to repair immanent damage from activities like exercises. This is obviously a delicate balance with many factors playing a role, maybe none no greater than diet, but constant cortisol, means constant immune system suppression, means attenuated necessary immune mediated inflammatory response to help you heal, equaling delayed healing.

Your adrenal response and cortisol release is also highly time contingent and a regulator of your sleep wake cycle, or circadian rhythm. Ideally, cortisol should peak in the morning about 30 minutes after waking up. This has you up and ready to go. It then should diminish throughout the day, concurrent with a slow inverse rise of melatonin, facilitating eventu-

Our bodies were designed to handle stress, but in the short term. The cascade we spoke of above is wired as a negative feedback loop so that when things are working properly, the downstream release of cortisol from the adrenal glands, signals back to the brain and the hypothalamus that the job was done, all is well, and we can shut it down. However, in the presence of a prolonged stressor, again real as in running a marathon, or perceived as in inner worry and angst about our job, money, relationships, etc., the stressor remains and the cascade of cortisol release is put into overdrive, negating the negative feedback loop.

So when you couple the stress we deal with on a day to day, from emotional to chemical (including and especially suboptimal diets), with a sustained physical stressor, we take a seemingly positive physical and perceived mental stress reliever like running and set the table for all that comes with this sustained activation of the afore described HPA (hypothalamus-pituitary-adrenal) and prolonged cortisol release.

So why is this bad? It's an interesting explanation and another fascinating example of how the holistic nature of the body works, but why should we care or even devote any space in our already occupied headspace to this?

Supporting Our Stressful Passion



al sleep. Constantly stressing throughout the day and causing a cortisol release can disrupt this rhythm. Similarly that sustained release of cortisol mid or later day can also throw this delicate cortisol-melatonin dance off and is a main reason why many people have trouble sleeping when they work out later in the day.

(Another one also being the adrenal glands release of the central nervous system stimulator, nor-epinephrine. This is why monitoring things like blood pressure and heart rate can be valuable indicators of whether or not you are in adrenal overdrive and need to tone down the fight or flight, sympathetic nervous system response with some intelligent, responsible rest and recovery.)

Once this hypothalamus - pituitary - adrenal (HPA) axis is hyper-facilitated for long enough, the balance necessary for optimal function is disrupted and other associated pathways start to suffer, and suffer dearly. Increased intestinal permeability and disruption to gut micro biome as we spoke about two months ago, is a core issue. We can see an initial increase in gastric acid secretion leading to heartburn. Transport of glucose into the muscles is down regulated, leaving blood sugar levels elevated and a shift towards insulin resistance and damage from glycation. The body senses it needs more energy in the form of glucose to deal with this stress, and begins to break down skeletal muscle.

There is also the thyroid gland. Hypothyroidism is extremely common in this country, and a contributing factor can be this HPA axis dampening its neighbor, the HPT (T=thyroid) axis. This can create symptoms of or further exacerbate already existing hypothyroidism, regardless of the underlying cause of the thyroid dysfunction.

How about sex? When the adrenals are constantly working to fire cortisol, a downstream hormone called DHEA can become dramatically inhibited. DHEA is the precursor to our sex hormones, like testosterone and estrogen. Less DHEA means less estrogen and testosterone. Diminished DHEA, and subsequent DHEA supplementation has been associated with improvements in bone density in women, cognition and

depression, and even lupus.

Couple this low DHEA with the aforementioned overly up-regulated HPA axis now inhibiting the HPG (G=gonadal) axis (ovarian or testicular) and we even further androgen suppression. This is pertinent information for those trying to conceive, approaching or going through menopause, and even the large population of men on testosterone based on one marker on one test (highly incomplete evaluation). Before hopping on a potentially harmful synthetic or even biosynthetic hormone replacement, paths like these should be dutifully explored and addressed.

So how do you know if you are potentially overworking your adrenals, potentially at the expense of other seemingly unrelated, undeniably connected systems in the body? You can start with an adrenal stress index (ASI). This is far superior to the serum cortisol level you may have done. Number one, cortisol is released at different levels throughout the day, which means an observation of the rhythm is far superior and insightful than a one-time snap shot of a level, which as you can imagine can vary greatly depending on the time of day that the sample was collected. Second, we need to look at free, unbound cortisol levels. This is tested by saliva, whereas the serum level includes bound and unbound cortisol, which further clouds the interpretation of results. Lastly, we need to look up and downstream at precursors and metabolites (pregnenolone, DHEA, insulin, sig-A, etc.) to get the whole picture. This is provided and then some by the ASI test.

As you can imagine, in today's stress filled world, we run this quite commonly in our office, along with complete male and female hormone panels; both of which can be done at home, with the patient providing timed saliva samples.

Feel free to reach out by phone (321)848-0987 or by email at Dr.RClarke@gmail.com if interested in exploring options with these or any other functional testing.

Some common signs and symptoms associated with hyper or hypo adrenal function include, but is not restricted to:

- Cannot stay asleep
- Crave salt
- Slow starter in the morning
- Afternoon Fatigue
- Dizziness when standing up too quickly
- Afternoon headaches
- Headaches with exertion or stress
- Weak nails
- Cannot fall asleep
- Perspire easily
- Under a high amount of stress
- Gain weight when under high amounts of stress
- Wake up tired even after 6 hours of sleep

This is nowhere near conclusive because, as we've stated, recognized and respect, the body does not exist in isolated systems, adrenals included. Thyroid symptoms, digestive symptoms, sleep and hormonal issues, blood sugar dysregulation, and mental issues like depression and anxiety can all be linked to our caused by sustained prolonged stress and constant triggering of our HPA axis.

Treatment plans and approaches are always based upon test findings and personal history. However, there are some basics we can apply in order to attenuate some of the potentially ill-effects of steady-state, high mileage cardio. For reasons expressed earlier, we want to support the adrenal glands, upstream and downstream.

We can start with taking HPA modulatory adaptogens. These are simply powerful herbs that have an effect on proper communication from brain down to the adrenals and back. Common players here include ashwaganda, holy basil, bacopa, cordyceps, rhodiola, Siberian ginseng, etc. You can usually find these in isolation or in adrenal formulas. Find one that works for you and take regularly, especially in times of increased stress; whether the stress is the kids, the bank account, the boss or peak in marathon training.

Supporting Our Stressful Passion



Test	Description	Result	Ref Values
------	-------------	--------	------------

ASI	Adrenal Stress Index (Original) - Saliva		
TAP	Cortisol rhythm (saliva)		Adults (M/F): 13-24 nM
	06:00 - 08:00 AM	3 Depressed	5-10 nM
	11:00 - 1:00 PM	4 Depressed	3-8 nM
	04:00 - 05:00 PM	3 Normal	1-4 nM
	10:00 - Midnight	3 Normal	
	Total Cortisol Output:	13	22 - 46 nM

The Total Cortisol Output is the sum of the four cortisol values. Elevated values may indicate hypercortisolism or exogenous exposure, and low values suggest adrenal hypofunction.

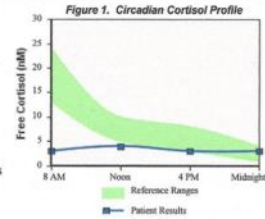
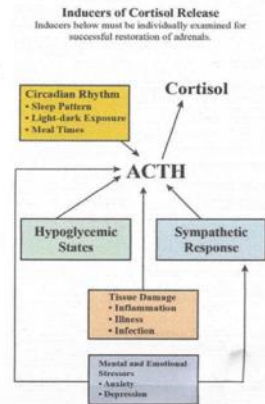


Figure 2. The cortisol inducers fall into five broad categories shown in the adjacent flowchart. For optimization of the hypothalamic-pituitary-adrenal (HPA) axis, all cortisol inducers should be examined and addressed.
Remarks: Depressed morning cortisol, < 13 nM, is suggestive of marginal HPA (Hypothalamic-Pituitary-Adrenal) performance. Normal rhythms exhibit highest cortisol value for the day at 7 - 8 AM.



DHEA	Dehydroepiandrosterone [DHEA + DHEA-S] (saliva)
Single Collection	<1 Depressed Adults (M/F): 3-10 ng/ml

According to the general adaptation syndrome theory originally described by endocrinologist Hans Selye, there are three primary phases to the stress response: 1) alarm reaction, 2) resistance, and 3) exhaustion. Alternately, the stress response may be assessed as a series of stages (or "zones") according to the relative production of cortisol and DHEA. To assess this cortisol-DHEA correlation, the DHEA value is graphed against the average of the noon and afternoon cortisol values, allowing the patient to be characterized according to the zone into which he or she falls.

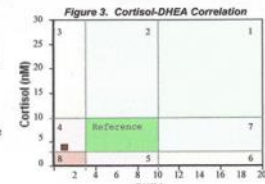


Figure 3 shows your cortisol-DHEA correlation was in:

Zone 4: Depressed DHEA

Zone 4 reflects normal cortisol values with depressed DHEA values. In some cases, reduced DHEA production results from prolonged exposure to stressors. In these cases, the steroid precursor pregnenolone may be limited due to ongoing demand for adrenal hormone production. With continued exposure to stressors, adrenal hormone output may continue to decrease.

CORTISOL-DHEA CORRELATION SPECTRUM

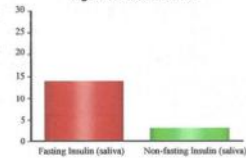
1. Acute stress response: high cort, DHEA
2. Cortisol elevation
3. High cortisol, low DHEA
4. Depressed DHEA
5. Depressed cortisol
6. Low cortisol, high DHEA
7. DHEA elevation
8. Adrenal hypofunction: low cort, DHEA

ISN	Insulin (saliva)	Result	Ref Values
	Fasting	14	Borderline Elevated: 3-11 uIU/mL Elevated: > 11 uIU/mL
	Non-fasting	<3	Borderline Elevated: 6-25 uIU/mL Elevated: > 25 uIU/mL

Note: As of June 9, 2015 reference ranges have been updated to reflect ongoing research and analysis.

Insulin activity is affected by the stress response. Chronic stress with cortisol elevation may counteract the effects of insulin, and may lead to functional insulin resistance.

Figure 4a. Insulin Levels



Clarke Chiropractic and Wellness, LLC

* Chiropractic * Neurology * Nutrition * Wellness *

Dr. Richard C Clarke, DC

www.clarkechiropracticwellness.com

dr.rclarke@gmail.com

1019 Harvin Way, Suite 100

Rockledge, FL 32955

(321) 848 - 0987



SCR Runner of the Year SERIES

FINAL RESULTS 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

Sunday, November 6, 2016

Overall 15K Male & Female Winners:
Chris Cacciapaglia, Holly Davis

Overall 2 Mile Male & Female Winners:
Christopher Daniele, Melissa Taylor

Space Coast Marathon & Half Marathon

Sunday, November 27, 2016

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

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

Reindeer Run 5K

Saturday, December 10, 2016

Overall Male & Female Winners:
John Davis, Holly Davis

Tooth Trot 5K

Saturday, January 28, 2017

Overall Male & Female Winners:
John Davis, Holly Davis

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

Sunday, February 19, 2017

Overall 10K Male & Female Winners:
John Davis, Holly Davis

Overall 2 Mile Male & Female Winners:
Derek Beckett, Alison Nolan

Downtown Melbourne 5K

Saturday, March 25, 2017

Overall Male & Female Winners:
John Davis, Holly Davis

Space Walk of Fame 8K & 2 Mile

Saturday, April 8, 2017

Overall 8K Male & Female Winners:
Derek Beckett, Holly Davis

Overall 2 Mile Male & Female Winners:
Michael Girard, Kara Hedgespeth

Eat My Crust 5K

Sunday, May 7, 2017

Overall Male & Female Winners:
Troy Smith, Alison Nolan



Runner of the Year Series

GRAND FINALE TAKES PLACE AT EAT MY CRUST 5K

2016—2017 SERIES

2016—2017 ROY Women

OVERALL

- 1 Alison Nolan
- 2 Annie Caza
- 3 Kristen Klein

MASTERS

- Mary Hofmeister

GRAND MASTERS

- Ilse Berube

SENIOR GRAND MASTERS

- Debra Stokes

2016—2017 ROY Men

OVERALL

- 1 John Davis
- 2 Steve Hedgespeth
- 3 Shane Streufert

MASTERS

- Gary Gates

GRAND MASTERS

- Keith Snodgrass

SENIOR GRAND MASTERS

- Sal Farino

2016—2017 AGE GRADED

2016—2017 Women

OVERALL

- 1 Annie Caza
- 2 Alison Nolan
- 3 Carol Ball

2016—2017 ROY Men

OVERALL

- 1 Gary Gates
- 2 Shane Streufert
- 3 John Davis

2017/2018 ROY UPDATE

Space Coast Marathon Relay

Runner of the Year (ROY) points will **NOT** be awarded to participants running in the Marathon Relay which will debut at the 2017 event. The relay is not an eligible ROY race.



Runners Crowned Champions after Series Finale

As runners lined up at the start of May's Eat My Crust 5K many had ROY series standings on their mind. Whether it was for an overall or age group position, dozens of SCR members were in contention for an award.

First time series participant, Alison Nolan wouldn't face Holly Davis, her 5K rival who was on vacation but that didn't stop her from pushing to a 17:34 overall women's win which was over 11 seconds faster than her Downtown Melbourne 5K time. Her impressive run clinched the overall ROY title.

The men's top three ROY positions were not going to change so Eat My Crust saw John Davis on vacation, Steve Hedgespeth pacing his daughter, Kara to a girl's 9-11 course record, and Shane Streufert winning the Masters division.

At the concluding series event, many members showed their personal best and were smiling as they enjoyed the upbeat atmosphere at the EMC post-race party.

It was a great year for the Runner of the Year series. For the 35th ROY series runners will meet new challenges, set high expectations and race against some of the best talent in Brevard County.

Is there anyone who can challenge John Davis for the men's overall title? Will he go on to become the most winning ROY champion in history? Can the likes of Alison Nolan, Holly Davis and second place specialist, Annie Caza secure top three positions in the new season? Only time will tell and that's why the club invites you to be a part of it!

In our August issue, we'll have an entire recap from Awards Night. Look for it!

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 lserwin@cfl.rr.com.

Runner of the Year Series



Pictured l to r: RC Koontz, Keith Flint, Marisa Flint, Christy Zieres, Loran Serwin.



Gina & Bob Rall



Rob & Michelle Longstreet



Yasmin Jarman



Runner of the Year Series

CONGRATULATIONS WINNERS!

2016—2017 RUNNER OF THE YEAR SERIES

**Overall Male
Winners**

John Davis
Steve Hedgespeth
Shane Streufert

**Overall Female
Winners**

Alison Nolan
Annie Caza
Kristen Klein

Masters

Gary Gates
Mary Hofmeister

Grand Masters

Keith Snodgrass
Ilse Berube

**Senior Grand
Masters**

Debra Stokes
Sal Farino

Male 9 & under

Michael Girard
Jack Girard
Colin Hedgespeth

Male 10 to 14

Maxwell Walker
Cameron Shagena
Gabriel Good

Male 15 to 19

Nikolas Garten

Male 30 to 34

Timothy McGee
Joshua Williams
Daniel Hart

Male 35 to 39

Mike Acosta

Male 40 to 44

Jonathan Howse
James Girard
Ron Ritter
Max Green

Male 45 to 49

Joe Lento
Aidan Montague
Mark Trautman
Micah Vanatta
David Bills

Male 50 to 54

Kenny Broderick
Stephen Bernstein
Michael Walker
Daniel Heidt
Chuck Mathews
James Chiravalle

Male 55 to 59

Joe Hultgren
Art Anderson
Robert Pike
Keith Kowalske
Jeff Cook
Paul Woodbury
David Thornberry

Male 60 to 64

Matt Mahoney
Michael McNeas
Michael Pagoria
Ralph Miller
Steve Jasen

Male 65 to 69

Bud Timmons
Wolfgang Jensen
David Grant
Teen Sum

Male 70 to 74

Gary Castner

Male 75—79

Tom Ward
Morris Johnson

Male 80+

Bob Pecor

Female 9 & under

Kara Hedgespeth
Kaelyn Murrill

Female 10 to 14

Lillian Robertson
Paige Murrill
Lelia Holmquist

Female 25 to 29

Krysti Dixon
Charlene Anstett
Anna Montes

Female 30 to 34

Alysson Lyons
Tracy Geiger
Elisha Gould

Male 35 to 39

Charlotte Walters
Lisa Girard
Amy Aldridge
Amanda Shagena
Julia Mrdjenovich

Female 40 to 44

Michelle Longstreet
Tricia Rydson
Brittany Streufert
Hazel McNeas

Female 45 to 49

Cristina Canales
Kristen Tinker
Marjorie Nelson
Elaine Ferriola
Kimberly Prosser
Gina Rall
Kimberly Budnick
Rhonda Creek

Female 50 to 54

Lori Kruger
Debbie Wells
Kristen Faust
Robin Fratto
Susan Snodgrass
Marie Thomas

Female 55 to 59

Carol Ball
Janet Canfield
Jessica Barone
Elizabeth Ring
Joan Meadows
Brenda Nelson
Tena Hochard

Female 60 to 64

Yasmin Jarman
Roz Freas
Nancy Foresteire
Melodie Esposito

Female 65 to 69

Patricia Kiesselbach
Mary Ramba
Anne Dockery
Jacquelyn Kellner

Female 70 to 74

Susie Koontz

Male 75—79

Dodie Johnson

Female 80+

Roberta Osterling



Kids Tear Up the Track with Fast Running!



The final fun run in the SCR Youth Series took place at the **Eat My Crust 5K** where the little participants were treated to racing part of the Viera High school track. After they crossed the finish line, each received the #10 series button and a pizza necklace. You can see all the pics from the fun run [here](#).

The limited edition button series has been a huge success this year. The kids love collecting the buttons at each race. Overall it's been a great season of fun running.

Learn more about the SCR Youth Series and how your child can participate next season by clicking [here](#).



ENTER SOON AS RACE
HAS SOLD OUT THE
PAST TWO YEARS



2017 Evil Twin Sister Jeannie
Bottle Finishers Medal

THIRD ANNUAL RON JOY

COCOA BEACH HALF MARATHON

SUNDAY, OCTOBER 29, 2017 | 7:30AM START TIME



SUNDAY, OCTOBER 29, 2017

CENTRAL FLORIDA'S ONLY ALL COASTAL HALF MARATHON

START TIME 7:30AM

FINISH ON I DREAM OF JEANNIE LANE AT LORI WILSON PARK

- VOTED BREVARD'S BEST RUNNING EVENT BY READERS OF FLORIDA TODAY NEWSPAPER
- NAMED AS CENTRAL FLORIDA'S BEST HALF MARATHON BY SPACE COAST LIVING MAGAZINE

COCOABEACHHALFMARATHON.COM



RACE DAY AMENITIES



TECH SHIRTS
TO ALL REGISTERED
RUNNERS

◀ AWESOME
EVIL TWIN SISTER JEANNIE
BOTTLE FINISHERS MEDAL



CUSTOM
EMBROIDERED EVENT
RUNNING CAP TO ALL
REGISTERED RUNNERS



LIVE MUSIC
ON THE COURSE AND
GREAT AFTER PARTY!

PIZZA
AND FLORIDA BEER AT
THE FINISH LINE



Report by Krysti Dixon

OVERALL MALE 5K

Troy Smith, 16:09.5
Derek Beckett, 16:29.8
Jonathan Campbell, 16:48.8

OVERALL FEMALE 5K

Alison Nolan, 17:34.5
Erica Weitz, 17:57.5
Amy Ertel, 19:57.6

MASTERS

Shane Streufert, 17:06.
Tracy Dutra, 20:43.3

GRAND MASTERS

Gary Gates 17:44.7
Annie Caza, 22:08.2

SR GRAND MASTERS

Matt Mahoney, 21:18.8
Robin Moran, 23:36.3

FAST TRACK OVERALL

Troy Smith, 0:48.2
Narayana Riggs, 0:53.7

PIZZA DELIVERY CHALLENGE

Joshua Williams, 18:58.6
Howard Kanner, 19:45.9
Dalton Hongell, 20:21.4

Kara Turey, 24:51.2
Emily King, 28:09.5
Shona Price, 28:55.8

TEAM—MALE DIVISION

Viera Pizza Race Team

TEAM—FEMALE DIVISION

Miss Viera Pizza Race Team

TEAM—CO-ED DIVISION

Running Zone

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



VHS Principal Alba accepts the "big check" from Viera Pizza's Mike Acosta prior to the race awards ceremony.

Chilly Morning Race Ends with **HOT** Pizza!

The sixth annual Eat My Crust 5k was held on May 7, 2017. This race was the grand finale of the Space Coast Runners "Runner of the Year" series.

It was the second year of the point-to-point course that started at Viera Pizza and ended on the track at the Viera High School. Buses were available to shuttle participants from the school to the start line, but many chose to do a mile warm up run because of the chilly temperature that morning. The perfect weather conditions seemed to be a perfect way for runners to hit the pavement at a fast pace, both the overall men and women's [course records](#) were broken. In total for overall and age group, records- 28 new ones were set on the 3.1 mile course.

This 5K continues to become more popular every year. Eat My Crust had over 1,000 registrants this year and there is something for everybody as the race offers lots of ways to participate. The Pizza Delivery Challenge continues to be a popular way to run and the 3 team divisions had a combined total of 32 teams, which is amazing. According to race direc-

Eat My Crust 5K - continued Race Report

tor, Brittany Streufert, her and Mike Acosta “try to make Eat My Crust bigger and better than the year before, so everyone walks away having had a great time.”

And they do not disappoint. This race really is the grand finale of the running series. There’s tons of food, great music, and lots of freebies given out including the grand prize golf cart giveaway....but most of all Fun! Fun for the runners, the walkers, the volunteers, and the sideline cheerleaders!

We hope to see this 5K as the finale of the SCR Roy Series in the upcoming year!





Report by Brittany Streufert

HALF MARATHON MEN

David Kilgore, 1:17:30

BAREFOOT

Mark Eidman, 1:40:06

HALF MARATHON WOMEN

Sydney Devore, 1:26:01

BAREFOOT

Carol McCauslin, 1:45:46

10K MEN

Paul Nielsen, 37:21

BAREFOOT

Brian Masters, 43:57

10K WOMEN

Ceal Muldoon Walker, 45:15

BAREFOOT

Kristen Klein, 48:08

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

Photos provided by Doug Carroll.



BEACH CHAMPIONSHIPS OFFERS A TIDAL WAVE OF GOOD RUNNING

David Kilgore, Sydney Devone, Paul Nielsen and SCR member, Ceal Muldoon Walker were the first place overall winners in the USA Beach Running Championships Half Marathon and 10K on Sunday, April 30th in Cocoa Beach.

Former local standout, David Kilgore captured first overall in the men’s half marathon category with a time of 1:17:30. Lakeland’s Sydney Devore was first overall in the women’s half and second overall in the 13.1 mile race with her 1:26:01 run.

The race was staged at Shepherd’s Park and ran down the famous Cocoa Beach. The morning sunrise was superb as the half marathoners began their beach journey on the out and back course. Unfortunately, the SpaceX launch scheduled to go up while the race was underway was scrubbed. Needless to say the participants still enjoyed their scenic, by-the-ocean run.

Awards were also distributed to the top finishers in the “barefoot” division. 1628 runners competed in the beach championships with 348 participating in the half and 1280 in the 10K.

Chalmers, Blueberries Combine for Great Time



These festive ladies are off to a “berry” good start at the Blueberry 5K.

Author Jacquelyn Mitchard said, “You’ll never regret eating blueberries or working up a sweat,” and this was certainly true at the seventh Blueberry 5K, held in Mims at Holland Family Blueberry Farm. For the second year, the event benefitted the Jess Parrish Medical Foundation. This year the event had over 350 participants and raised \$8,000 for the Children’s Center, which is a service of Parrish Healthcare and provides health, education, and human services. The center is home to many nonprofit agencies that offer a variety of programs for children and their families. (For more information, visit www.parrishchildrenscenter.com).

The Blueberry 5K is a unique event in that the course begins on the road in the neighborhood before moving onto a trail and then a loop around the farm before heading to the finish line. Another unique perk is that each participant gets to pick a FREE pint of blueberries!

Amy Lord of Parrish Medical says, “We would like to thank Holland Family Blueberry Farms for allowing The Children’s Center to be the beneficiary event partner. The community supported this event through sponsoring, running, and walking which helped us exceed our goal so more children can be successful in school.”

The blueberry farm is for sale, and Lord hopes to build a strong relationship with the new owner and continue the event.



Report by Marisa Flint

5K OVERALL MEN

Seamus Chalmers, 19:11

Kaesen Foltyn, 20:06

Alexander Gutman, 20:56

OVERALL WOMEN

Ceal Muldoon, 20:22

Mary Kay Steflik, 21:26

Stacey Ferrner, 21:58

MASTERS

Bud Timmons, 22:25

Nancy Buonnani, 22:17

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



Photos courtesy of Jess Parrish Medical Foundation.

BREVARD TURNS OUT FOR FREE 5K

Health
First



Health First hosted their inaugural Get Active Brevard 5K on May 6, 2017. This free 5K, with over 600 registrants, was designed for families to raise awareness about the importance of proper nutrition and physical activity and to end the Mayors' Fitness Challenge that started back in February.

It was a chilly morning at only 57 degrees at the start of the race, but that didn't slow the runners down. David Dierstein finished first overall with a time of 18:35.4. Second place went to Alessandro Zuniga 20:37.1 and third place went to Sarah Simonetti with a time of 20:51.6.

All finishers received technical t-shirts and a breakfast catered by the Avenue Viera's Pizza Gallery & Grill. After the race, there were stations set up so you could learn CPR and learn how to stop excessive bleeding. This 5K was a great end to a great initiative to get Brevard active as a community.

Hopefully we will see more of these races in the future.

Report by Krysti Dixon

5K OVERALL MEN

David Dierstein, 18:35

5K OVERALL WOMEN

Sarah Simonetti, 20:51.6

MASTERS

Bret Halliday, 20:51.8

Pamela Wursham, 24:11.6

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



About 600 people took part in the Get Active Brevard 5k

Photo credit: Florida Today



Camps wins 5K + Running Zone Race Series title for first time

At the Run for the Gecko 5K, the last race of the seven races comprising the Running Zone Race Series, Austin Camps of Melbourne Beach finished first in 16:26.5. The Running Zone series men's title was up for grabs as the runners lined up at the start. The battle was on between Camps and John Davis. Whoever crossed the finish line first, regardless of place, would be declared the series victor.

Camps and Davis ran strong and consistent splits the first two miles of the 3.1 mile course which took runners out and around a new race route in Wickham Park. Only one second separated them in time. As they raced back towards the finish stationed in front of the Community Center, Camps surged to put a gap on Davis who did not have the energy to respond even though the series title was on the line.

Camps took the win with 39-year old Davis finishing in second place in 16:31.3, five seconds behind the 18-year old. Tyler Roberts rounded out the top three in the men's race.

Holly Davis, a 21-year-old graduating senior at UCF won the women's race and was seventh overall in a time of 17:39.9. She was followed in by Alison Nolan (18:42.7) and Melissa Taylor (19:17.9). Masters awards went to Shane Streufert and Julie Hannah. The 5K saw 915 finishers.



Report by Brittany Streufert

OVERALL MEN

Austin Camps, 16:26.5
John Davis, 16:31.3
Tyler Roberts, 17:13.5

OVERALL WOMEN

Holly Davis, 17:39.9
Alison Nolan, 18:42.7
Melissa Taylor, 19:17.9

MASTERS

Shane Streufert, 17:24.4
Julie Hannah, 20:16.2

TEAM COMPETITION

Viera Pizza Race Team
Running Zone
The Has Beens

SCHOOL PARTICIPATION

Indian Harbour Montessori
Westside Elementary
Manatee Elementary

For complete race results and free pictures [click here](#).

Runners of all ages lined up at the start of the 14th running of this beloved RZ race.



Photo credits: TriHokie Images



Kurt Russell

Lifetime runner with that famous name

Name: Kurt A. Russell

Family: Wife: Christina Russell

Age: 39

Originally from: Tipton, Indiana

Currently reside: Suntree

Number of years running: On and off my whole life, but consistently since 2011.

Began running because: My pants were getting a little tight.

I knew I was hooked when: I ran my first race.

Race personal records (PRs):

5K: 20:35 (Ghostly Gecko 2012)

Half-Marathon: 1:43:48 (Rock n' Roll, St. Petersburg 2013)

What has been my biggest running accomplishment to date: Keys 100 relay was the first time I visited the Florida Keys, and it's the most miles I ever ran in one day.



Favorite local and/or out-of-town race: Run Thru the Ranch 5K

Favorite place to train: Around my house in Suntree

Running goals: To still be able to run as I age.

Training philosophy: Just keep my base and do long runs every now and then so I can still run half-marathons.

Running partners: Mainly just my wife.

If I could run a mile with any other person(s), dead or alive: I would probably just run alone.

Funniest or oddest thing I've seen while running: While running the Gasparilla half-marathon, a guy with the runner's trots ran into the median and squatted down in bushes that were not concealing enough. He made eye-contact with me as I ran by him.

One piece of advice that I would give to a new runner: The first mile is the hardest; if you just stay focused, it gets easier after that.

Other interests: Music, playing guitar, brewing beer, cooking



Last movie I saw:

Rogue One, A Star Wars Story

Favorite hero:

Captain America

Favorite pre-race meal:

Peanut Butter on whole wheat and a banana.

I can't live without my....

music.

Last time I took a selfie:

At the Orlando City Soccer match 4/29/17.



We would love to feature YOU in an upcoming issue!
To share your "Run a Mile with" story, please contact
SCR at socialmedia@spacecoastrunners.org.

STAY CONNECTED SCR



SCR Out-of-Town Race Recap

Thanks a ton to Anne Dockery, who is researching and writing up these results! If you have any results and would like to be featured in the newsletter, send your email to info@spacecoastrunners.org.
No race is too big or too small.

FARGO MARATHON

Fargo, ND on 5/20/17

Micah Vanatta, 3:38:12
Ilse Berube, 3:49:57

RACE INTO SUMMER 5K,

Orlando, FL on 6/3/17

Shane Streufert, 17:34 **1st OA**
Brittany Streufert, 24:06

ECHO HALF MARATHON

Osteen, FL on 6/4/17

Shane Streufert, 1:22:05 **3rd OA**
Joe Lento, 1:31:33
Bret Halliday, 1:34:13 **1st AG**
Steven Shenbaum, 1:38:17
Keith Snodgrass, 1:39:27
Paulina Shenbaum, 1:45:07 **1st AG**
Corinne Rios, 1:46:13 **2nd AG**
Harry Prosser, 1:48:34
Tony Bills, 1:49:54
Mike Acosta, 1:50:54
Jennifer Anselmo, 1:54:13
Marie Thomas, 1:59:22 **1st AG**
Brittany Streufert, 1:59:28
Kimberly Prosser, 2:07:24
Alicia Semonski, 2:09:57
Christine Kennedy, 2:10:17 **3rd AG**
Julia Mrdjenovich, 2:17:50
Shannon O'Boyle, 2:17:50
Marisa Flint, 2:19:16
Nancy Foresteire, 2:29:15
Sonya Merritt, 2:32:07
Tracy Cox, 2:41:56
Linda Schultz, 2:45:36
Heather Felix, 3:06:00
Heather Mitchell, 3:13:06

2017 Echo Half Marathon
Shane Streufert



Arlene Allen-Buono, 3:13:24 **2nd AG**
Shannon Leathlean, 3:18:02
Jeanee Shrader, 3:19:38
Mary Collins, 4:17:23

ROCK 'N ROLL MARATHON & HALF MARATHON SAN DIEGO,

San Diego, CA on 6/4/17

Bruce Vu, 4:08:24 (marathon)
Diane Vu, 2:08:26 (half)

RUN FOR THE SEA,

Juno Beach, FL on 6/17/17

Becky Oguete, 43:24
Kate Vandiver, 47:57

GRANDMA'S MARATHON,

Duluth, MN on 6/18/17

William A. Irvin 5K

John Davis, 16:45 **1st AG**

Marathon

Shane Streufert, 2:47:55 **3rd AG**
Tony Bills, 3:58:06

Half Marathon

John Davis, 1:15:39 **2nd AG**
Holly Davis, 1:18:56
Ron Ritter, 1:29:46
Joe Hultgren, 1:33:22
Brittany Streufert, 1:51:32
Cheryl Ritter, 1:53:34
Kathy Bills, 1:59:07
Kelley Lake, 2:50:13
Barry Birdwell, 8:30:19

RUNNING WITH THE DEVIL HALF MARATHON,

Las Vegas, NV on 6/24/17

Alison Nolan, 1:47:12 **1st OA**

SCR Out-of-Town Race Recap

GLACIER HALF MARATHON,
East Glacier Park Village, MT on 6/24/17

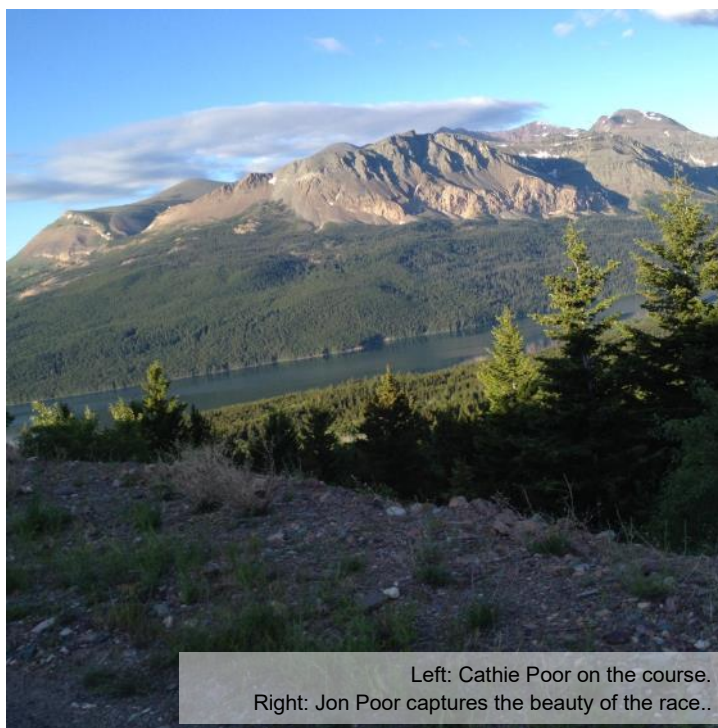
Jeff Poor, 2:07:39

Cathie Poor, 2:11:30

Ron Roff, 2:19:40



Ron Roff posing with his medal after finishing the half marathon.



Left: Cathie Poor on the course.
Right: Jon Poor captures the beauty of the race..

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



July 2017

July 9
Boilermaker 15K Road Race
 Utica, NY

Marion Oswald, Skip Oswald

July 9
The Brandon Bay Half Marathon

Kerry, Ireland

Kristen Klein, Mike Walker



September 2017

September 24
Berlin Marathon
 Berlin, Germany

Micah Vanatta



October 2017

October 8
Chicago Marathon
 Chicago, IL

Doug Nichols



October 15
Detroit Free Press Marathon & Half Marathon
 Detroit, MI

Mike Acosta,
 Carol Ball, Cristina Canales, Molly Kirk, Corinne Rios, Brittany Streufert, Shane Streufert, Marie Thomas



November 2017

November 5
New York City Marathon
 New York, NY

Lori Kruger



Get your next race on the list!

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

socialmedia@spacecoastrunners.org



GRANDMA'S MARATHON WEEKEND

SCR members take to the Duluth, MN waterfront to enjoy a night of celebration after the day's races.



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](http://HealthFirstPro-Health.com).

3 Reasons to Join the Space Coast Runners Team

By Angela Leeds



If you are one of the **five** people who regularly read this column, you know that I still have trouble saying: **I'M A RUNNER**. Cheetah speed has not been gifted to me; I prefer the run/walk method of reaching the finish line, and I was in my mid-40s before I even discovered running or the running community.

With this as my confessional, you might be surprised to learn that I was a member of the Space Coast Runners Racing Team this year. *It's ok to think positive thoughts for me here. My mom's response was "Really?" when I told her that I was accepted to be a member of the team.

As I look back on the year, I'm grateful for the people I met, the challenges I pursued, and the fun I experienced. Here are **3 reasons** I think you should consider being part of the SCR team at some point.

1. **Meeting Team Members** — I have a lot of new Facebook friends who run all over Brevard County as well as some of the other places where I like to run. Meeting these runners has helped personalize the experience for me. I like seeing their successes and celebrating when they have overcome an obstacle.

2. **Pursuing Challenges** — This year I ran 7 of the 10 Space Coast Runners races and 5 half marathons. Being part of the team helped me to recognize my excuses and push myself to my limits. I never felt pressured to match anyone else's PR, but I felt encouraged to try my best.

3. **Experiencing the Fun** — Honestly, there is a lot of fun to be had! I loved the group team chants before a run, and the way everyone cheered everyone else when they saw members run by in the SCR shirt. Although getting together for practice runs was difficult with my schedule, I'm glad I had the opportunity to run on courses with the team early.



SCR MEMBER DISCOUNTS!

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

SAVE 10% at these local businesses



GET MOVING!
Group Fitness & Personal Training



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

SAVE 10% off one item per member



SAVE \$10 on a zoo membership



SAVE 10% on Hammer products at Nutrition Leaders in Indialantic



ENDURANCE FUELS & SUPPLEMENTS

STAY CONNECTED WITH SPACE COAST RUNNERS



FOLLOW US ON
Instagram



follow us on
twitter



Find us on
Facebook

Race Calendar

DATE · EVENT · TIME · LOCATION · CONTACT

7/4	Firecracker 5K <i>(New Location)</i>	7:00 am	Front Street Civic Center, Melbourne	events@runningzone.com
7/15	Run the Tide Beach 5K	7:30 am	Indialantic Shopping Center, Indialantic	elizabeth.ring@yahoo.com
7/16	Ahoy for Pinoy 5K	7:00 am	Paradise Beach Park, Indialantic	ahoy4pinoy@gmail.com
8/2	SCR Prediction Fun Run	7:00 pm	Wickham Park, Melbourne	info@spacecoastrunners.org
8/20	Tailgate 2 Miler <i>(New RZ Series Race)</i>	7:00 am	Avenue Viera, Viera	events@runningzone.com
8/26	Running on Island Time 5K	7:30 am	Divine Mercy Academy, Merritt Island	debwells@cfl.rr.com
9/9	Turtle Krawl 5K	7:30 am	Nance Park, Indialantic	turtlekrawl@seaturtlespacecoast.org
9/9	Cocoa FD 9/11 110 Floor Climb	6:00 pm	Cocoa High School Tiger Stadium, Cocoa	aclark@cocoaf1.org
9/16	Eagle Pride 5K & 1 Mile	7:30 am	Ascension Catholic School, Melbourne	ascensioneaglepride@gmail.com
9/16	Cats on the Prowl 5K	7:30 am	Cocoa YMCA, Cocoa	https://goo.gl/3rwCkC
9/23	Rainbow Run 5K	7:30 am	Eau Gallie Civic Center, Melbourne	Up & Running (321) 426-8112
9/23	Run with Hope 5K	7:30 am	Church at Viera, Viera	runwithhope5k@gmail.com
9/30	For the Girls 5K	5:00 pm	Wickham Park, Melbourne	brittanystreifert@gmail.com



Space Coast Runners Membership Application



Benefits of Belonging

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

Your Membership Supports

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



Join now at Active.com, on our web site or fill out the following form and return it with a check to:
Space Coast Runners, P.O. Box 541837, Merritt Island, FL 32954-1837

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

Name: _____ Phone: _____

Address: _____ Age: _____ Sex: _____

City: _____ State: _____ Zip: _____ Date of Birth: _____

Email: _____

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

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

Membership Amount: \$ _____

*Tax Deductible Contribution: \$ _____

Total: \$ _____

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

Signature _____ Date _____

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



July

Happy Birthday

1	Danielle Joseph, Suzie Philbeck, John Wall	16	Robert Gabordi, Barbara Holst, Keith Snodgrass
2	Richard Levine, Ryan Murphy	17	LeAnn Castner, Bill Laws
3	Jay Claybaugh, Michael Dolan	18	Lynn Donnelly, Ed Engel, Sarah Lowe-Schroeder
4	Miriam Akram, Kim Anselmo, Nicole Caraballo, Drea Hanan, Juliet Underill	19	Shannon Connolly, Shannon Leathlean, Shannon Parks, Logan Prevost, Shelley Rodden, Terry Ryan
5	Terese Alexander, Maryory Calixto, Marty Winkel	20	Anita Travis
6	Stephen Bernstein, Daniel Hart, Robert Meadows, Barrett Mrdjeno-vich	21	Joseph Faletra
7	Shawn Burns, Braden Krupp, Anne Mitchell, Chris Slusher	22	Rich Chapman, James Memmott, Kaelyn Murrill, Sheila Walker
8	Christina Clarke, Kalino Subido-Person, Tammy Reasoner, Erica Stellmon, Clay Tezel, Christy Zieres	23	Greg Griffin, Michael Zeitfuss
9	Stephanie Miller, Cris Zecman	24	Hilary Francine, Toby Hannel, Eric Lenck, Jeff Martin, Lauren Price, Robyn Pringle, Diane Vu
10	Candy Fontenot, Stefanie Jansson, Tracey-Ann McGee, Megan Paxton	25	Lauri McGee, Susan Smith, Bruce Snyder, Dennis Testa
11	Weston Spratt	26	Kirk Baird, Jessica Boudreaux-Milligan, Felicity Cunningham, Sonya Timmerman
12	Vincent Allotta, Rosanne Besse-naire, Kevin Harris, Michelle Lamb, Jennifer Schneider, Roger Travis	27	Chris Campbell, Annie Caza, Breanna Hausman, Tina Theobald
13	Andrea Bastien, Jonathan Howse, Justin Kuperberg, Amelia Talbott, Robert Traven	28	Art Anderson, Thomas Chapman, Jessica McDaniel, Deborah Skinner, Kevin Switzer, Kia Tavares, Alison Vogelbacher, Mia Widmeyer
14	Rachel Akram, Cathy Bishop, Wilma Fisk, Danielle Gardner, Peter McBride, John Ouweleen	29	Tom Marren, Maureen Morley, Noah Oguete, Teresa Ragan, Ashley Raymond
15	Michele Duester, Jacqueline Knott, Jennifer Ogburn	30	Craig Bishop, Priscilla Dolan, Kara Kennedy, Shelby Kirk, Brittany Prevost, Gary Tumlinson
		31	Jerry Bird, Suzie Martin, Tony Mazza