

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

JUNE/JULY 2016



IN THIS ISSUE

**Mental Tips &
Strategies for
Training**

**Run a Mile with
Joan Crawford
& MORE!**



SPACE COAST RUNNERS

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

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



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

DICK WHITE
SCR President

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SPACE COAST RUNNERS
P.O. Box 541837
Merritt Island, FL 32954

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(Photo credit cover & below: Pat Rice, JPRIImages.com)

On Our Cover: John Wall (654) pours it on in the last-mile dash to the finish of the Eat My Crust 5K as Erica Weisz, the top overall female tries to close the distance between the two runners.

Above: Pretty pizza participants pose with Joey Pepperoni before the start of the Eat My Crust 5K.

Advertise in this newsletter.

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

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

JUNE BOARD MEETING

June 20, 2016 at 7:00pm Pro-Health Viera

All members are welcome to attend.

**REGISTER
NOW!**
UpRunningRaceManagement.com



Saturday, June 18, 2016 – 7:30 a.m.

Bayside High School

Come get *Lost in the Bay* and train for your next triathlon using this one-of-a-kind duathlon event!

You begin by running a marked 5k course, followed by a scenic 10-mile bike, followed by a 2-mile run. Event-friendly for the beginner and seasoned duathlete.

- Awards ceremony and custom awards for top finishers
- Brag-worthy T-shirt guaranteed if registered by May 31st
- Timing and results provided by Up & Running Race Management
- Raffle prizes

Beneficiary: Children's Home Society of Florida



Registration

Individual Early Fee: \$55
2-Person Relay Early Fee: \$100
3-Person Relay Early Fee: \$135

—THANK YOU—

SCR RETIRING BOARD MEMBERS

A special thanks to our outgoing board members who have served the past year. These individuals shared a passion and commitment to the club. Your dedication was very much appreciated!



Kaitlin Donner



Mary Ramba



Ron Ritter



Dick White

School is out for summer! Even though we here at the SCR newsletter office are not teachers, we like to take advantage of our own summer break. So, we have our June/July combined issue and will be back in August just in time for the new season to start.

I love this time, as the end of year banquet happens, summer social, summer fun runs, a new series will be starting. All new beginnings, starting fresh. We hope to see a lot of faces at the events—tell your friends about them. More details are being sent out and on the Facebook page. Stay connected so you can be in the know.

In the meantime, stay safe this summer—keep well hydrated and cool during your runs. See you in August!

Keep moving forward!

Lisa Hamelin
Editor-in-Chief

lisahamelin@gmail.com



Our mailbox is always open to our readers.

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



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

Local Fun Runs & Walks



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

Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (mbergs@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://www.meetup.com/Murrell-Road-Running-Group/
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Kim Badgett (kbadisrunning@gmail.com)
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	LongDoggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon	Running for Brews Cocoa Beach, Hogan's Irish Bar	7:00 pm	Bo Trapnell (phogan330@gmail.com)
Mon	Florida Beer Company, Cape Canaveral	7:00 pm	https://www.facebook.com/events/1718765595050250/
Tues	Iron Oak Post Run Club, Melbourne	5:45 pm	321-327-8479
Tues	LongDoggers, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Tues (1st/3rd of each month)	Playalinda Fun Club Runs, Playalinda Brewing Company	6:30 pm	Donna Scott (225-8978)
Tues	Running for Brews Satellite Beach, Long Doggers	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Intracoastal Run Club, Eau Gallie	5:30 pm	Amy Ustjanowski (amy@theyogiperogi.com)
Wed	Cocoa Beach Fun Runs LongDoggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:30 pm	Judd Spitzer (juddls@gmail.com) and Craig Piepmeier (cpiepmeier@gmail.com)
Wed	Village Idiot Pub, Cocoa Village	6:00 pm	321-301-4487
Wed	Running for Brews Melbourne, Fia's Ristorante & Pizzeria	7:00 pm	http://www.meetup.com/Running-for-Brews-Melbourne/ - Marcus Smith
Thurs	Running Zone, Melbourne	6:00 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)

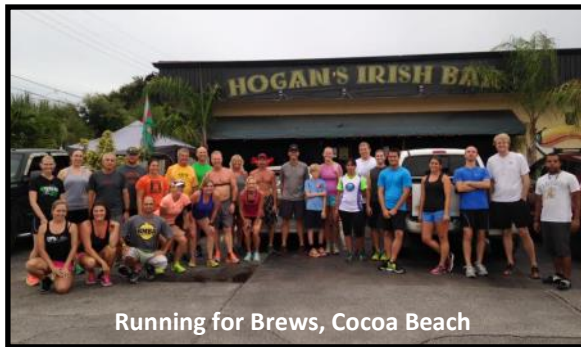
Local Fun Runs & Walks



Running for Brews, Viera



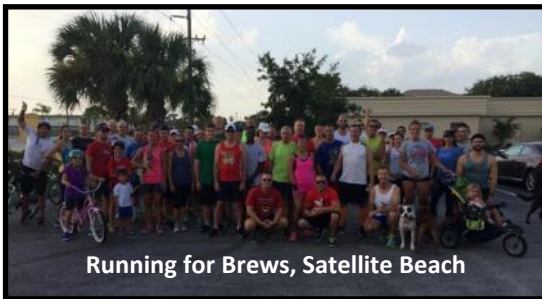
Intracoastal Run Club, Melbourne



Running for Brews, Cocoa Beach



Long Doggers, Indialantic



Running for Brews, Satellite Beach



Village Idiot Pub, Cocoa Village



Running for Brews, 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

welcome!
NEW MEMBERS!
We look forward to running with you!

- Amy Hart
- Kairi Hart
- Daniel Hart
- Timothy McGee
- Jacob Nelson
- Alan Nelson
- Alyssa Pignone
- Nathan Pignone
- Marty Pignone
- Terri Pignone
- Ditte Thomas

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

**Space Coast Runners
New Member Welcome Packet**

they're available at Running Zone in Melbourne.



NEWSLETTER STAFF

Is looking for an individual to look up out-of-town race results of SCR members each month to publish in the newsletter.

Apply here

Rank	Bib	Name	Age	Sex	City	Time	Time	Time	Time				
1	100	M1519	436	John Dean	M	15	Viera FL	17:19.1	17:19.1	5:35	5:23.2	11:16.1	
2	33	MMAST	1504	Steve Monks	M	15	South Palm Beach FL	17:19.1	17:23.0	5:36	5:23.6	11:19.6	1.01
3	105	M504	455	Gary Gates	M	17	Titusville FL	17:21.1	17:21.1	5:37	5:24.1	11:22.7	0.55
4	300	M339	862	John Davis	M	17	Titusville FL	17:21.1	17:21.1	5:37	5:24.1	11:22.7	0.55
5	100	M1214	5	Nathaniel Barber	M	17	Titusville FL	17:21.1	17:21.1	5:37	5:24.1	11:22.7	0.55
6	203	M1519	507	Alexander Kriedner	M	16	Viera FL	18:02.8	18:02.8	5:49	5:23.3	11:30.7	0.53
7	303	M1519	885	Collin Gagliardi	M	17	Melbourne FL	18:05.8	18:05.8	5:50	5:29.5	11:53.0	0.53
8	108	M239	173	Andy Luce	M	28	Winter Garden FL	18:34.0	18:34.0	5:59	5:36.8	12:19.6	0.50
9	117	M204	290	Derek Beckwith	M	23	Melbourne FL	18:40.3	18:40.3	6:01	5:59.9	12:25.5	1.00
10	208	BA549	519	Joe Lento	M	48	Cocoa Beach FL	18:41.1	18:41.1	6:01	5:49.2	12:26.6	0.59
11	503	M1519	884	Andy Martinez	M	15	Roselande FL	18:56.7	18:56.7	6:06	5:47.6	12:19.2	0.54
12	442	BA549	851	Julio Castillo	M	15	Melbourne FL	19:07.9	19:07.9	6:17	5:59.9	12:43.8	1.03
13	106	M539	486	Joe Hultgen	M	56	Melbourne FL	19:25.3	19:25.3	6:16	6:11.6	12:53.7	1.02
14	242	BA549	777	Ron Ritter	M	42	Viera FL	19:34.1	19:34.1	6:19	6:12.6	12:57.3	1.02
15	308	BA549	1572	Steve Chin	M	47	Sunshine Beach FL	19:35.0	19:35.0	6:19	6:16.4	13:17.2	0.56
16	603	M1519	265	Kevin Monahan	M	41	Melbourne FL	19:48.5	19:48.5	6:23	6:14.4	12:59.6	1.08
17	500	M339	851	Rod Hyle	M	45	Melbourne FL	19:56.9	19:54.8	6:25	6:41.6	13:29.6	1.00
18	703	M1519	184	Gabe Conroy	M	15	Melbourne FL	20:12.5	20:12.5	6:31	5:56.5	13:07.7	1.00
19	217	M204	8	Jordan Episcopo	M	20	Melbourne FL	20:14.9	20:14.9	6:32	6:11.1	13:12.6	1.06
20	438	BA549	266	Peter Monahan	M	41	Melbourne FL	20:17.6	20:17.6	6:32	6:16.3	13:22.5	1.02
21	157	F239	886	Angi Drew	F	25	Altamonte Springs FL	20:22.9	20:22.9	6:34	6:25.2	13:31.4	1.04
22	226	M539	374	Art Anderson	M	58	Melbourne FL						

JOIN US

SUNDAY
SPACE COAST RUNNERS
FUN RUN

6:30 AM
COCOA VILLAGE - RIVERFRONT PARK

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

COMING SOON!



SCOURNERS

 Lost your Password?

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- CALENDAR
- CLUB COMMUNITY
- ABOUT US
- MEMBERSHIP
- ROY SERIES
- MORE...



NEW SCR WEBSITE

www.spacecoastrunners.org

SCR Central

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



NEW JERSEY
MARATHON & HALF MARATHON

May 1, 2016 — Long Branch, NJ
SCR's Cindy Bishop, Lea Anne Richard and Carol Ball traveled up north to meetup with Colorado-based member, Charlotte McClure to run the 20th Annual Novo Nordisk New Jersey Marathon & Half Marathon in Monmouth

Beach, New Jersey. Bishop, McClure and Richard would tackle the 26.2 mile race which ran through the diverse Jersey shore neighborhoods and business districts of Oceanport, Monmouth Beach, Long Branch, Deal, Allenhurst, Loch Arbour, Asbury Park and Ocean Grove. The course was described as a fast, flat point-to-point course. Ball would represent SCR by running the half marathon.

The Sunday morning forecast was bleak and the ladies awoke to chilly temperatures, wind and rain on race day. Despite the inclement weather, they were ready to give it their all along with the 7,000 other marathon and half marathon participants.

In the 13.1 mile race, Carol Ball continued her streak in placing at out-of-town half marathons. She ran a 1:51:34 which secured her second in the women's 55-59 division. Carol is vying to complete 50 half marathons in all 50 states. This was state number thirty for her.

Charlotte McClure led the ladies to the finish line by running 3:59:50. She was followed by Lea Anne in 4:09:51 and Cindy in 4:30:14. After the race, Lea Anne said the race was "awesome". Even though they experienced not-the-norm weather, she said, "The course was beautiful, scenic and took you through so many different "looks" of New Jersey. The shore and boardwalk were part of the last half of the marathon and the course was really incredible. Very flat and fast on a good weather day. I would definitely recommend this race."





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SCR Central

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

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>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

SCR Scholarship Recipients Announced

Space Coast Runners awards two scholarships, one to a male and one to a female high school senior; applicants must run for their school cross country or track team, and/or be a member of SCR.

The Space Coast Runners' scholarships award was given in the amount is \$1,500 to each winner. The students wrote essays addressing the prompt, "how running has impacted my relationships with family, friends, and/or community." A team of board members read the essays, and after careful consideration awarded the 2016 scholarships to Emily Miller of Rockledge High School and Johnathon Carboni of Edgewood Jr./Sr. High.

As well as being an athlete, Emily is an excellent student who is in the top 10% of her class; she is a member of the National Honor Society, Spanish Honor Society, and Student Government Association. She plans to attend the University of Florida to study biomedical engineering and hopes to one day work in the field of prosthetics.

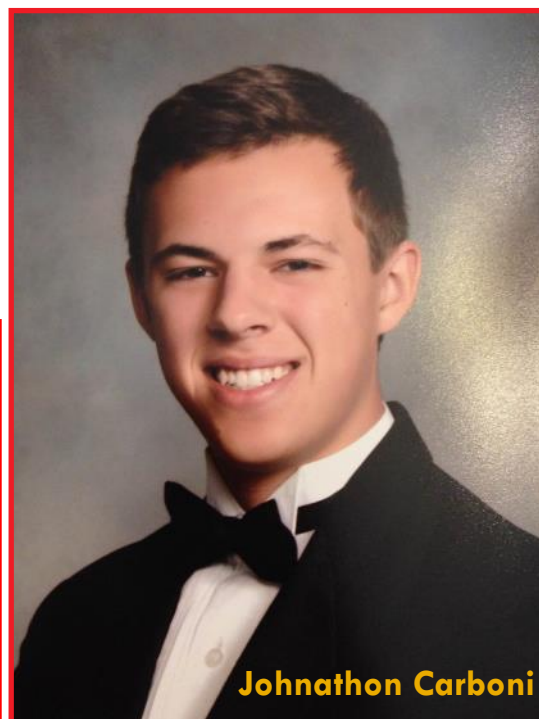
Johnathon attended school in New York until his family moved to Florida in his junior year. An excellent student with an unweighted 4.0, he is also a member of the honor society and academic teams. In addition to running, he also played varsity soccer, and for his senior project he trained a team to run Tough Mudder while raising funds for Wounded Warrior. Johnathon has been accepted to Cornell University where he plans to major in biological sciences to prepare for medical school.

These students will attend our annual awards dinner on June 4th and share their winning essays with us.

(Pictured right: Marisa Flint presents Johnathon Carboni with his scholarship at Senior Night.)



Emily Miller



Johnathon Carboni



Congratulations!

SCR Central

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



Beverly proudly displays her hard-earned medal.



Conquering the Grand Canyon Half

Tusayan, AZ — Beverly Glenn picked a great calendar year to run the Grand Canyon Half Marathon as the National Parks Service is celebrating its 100th Anniversary. However, Mother Nature didn't get the memo on providing ideal running weather for the bicentennial celebration.

On Saturday, May 7, Glenn ran what she described as "a beautiful course" but the weather was brutal. She experienced a rotation that went from rain to sleet to snow. The weather conditions turned the trail course into clay mud. Finishing in 3:15:41, Beverly admits, "There was no way to prepare for this weather. It was the most difficult course I have done. But I finished and I'm glad I did it." The big bonus for Glenn was getting to meet Smokey the Bear and of course, seeing the full glory of the Grand Canyon.

Have you ever wanted to be a race director?



Space Coast Runners is looking to interview serious applicants for the position of race director of the Eye of the Dragon 10K and Tail of the Lizard 2 Mile.

We're looking for a person with a strong passion for running and event management. The position is volunteer and is an integral part of the SCR race series. To inquire, please contact [Barbara Linton](#).



THE BATTLE of Brevard fun run

Wednesday, July 20 at 6:00pm

Hosted at Viera Regional Community Center. FREE post race pizza & pasta cups at 6:45pm. Battle of Brevard Award announced at 7:15pm.

IT'S BACK! Come join Space Coast Runners for the 2nd Annual Battle of Brevard fun run on Wednesday, July 20th.

What's this battle all about? **PARTICIPATION!** It's simple. Awards will be given to the town/city with the most participants.

For all the details, RSVP to our Facebook event at <https://goo.gl/ZjFDK7>

SCR Central

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

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>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

A Sea of Shoes: Contest Winner

29
pairs



Last month's newsletter contest challenged our readers to count their shoes in the closet, garage and maybe even the car trunk. The member with the most pairs of running shoes would be declared the winner.

With 29 pairs, Dave Farrall takes top honors!

Congratulations Dave! You've won yourself a gift card to the Running Zone compliments of the newsletter staff. Our runner up, Nancy Wingo sent in a pic of her 9 pairs and for that she gets nothing.

"Beat the Heat" is the theme of our August contest. [Email](#) us a photo showing what you do to beat the Florida summertime heat while training. The best entry will receive a free registration to a Virtual Strides race of their choice.



July 9, 2016

SCR Summer Social

Saturday, 7/9
from
1:00 pm — 5:00 pm

Cocoa Beach
Pool Pavilion
4800 Tom Warriner Blvd

Join us for a little fun in the sun at the annual Summer Social.

Pizza, wings, pasta and salad by A NY Pizza will be provided.

Save \$5 when you re-new your membership.





WORKMAN WARRIORS-5K

Supporting the Transitioning Patriots of Brevard



**\$5 RACE!
EACH RUNNER
RECEIVES A
TECHNICAL
TEE!**

**WHAT: WORKMAN WARRIORS 5-K RACE BENEFITTING THE
TRANSITIONING PATRIOTS OF BREVARD, INC.**

DATE: AUGUST 6TH

**TIME: REGISTRATION AT 6:30,
RACE BEGINS AT 7:30**

**COST: \$5.00 PER RUNNER
(PRE-REGISTERED)
\$10 DAY OF**

LOCATION: WICKHAM PARK- FAR EAST PAVILION BY THE LAKE

Entry Form

SEND APPLICATION TO: Ritch Workman, 6450 Anderson Way, Melbourne, FL 32940

Make Checks Payable to The Transitioning Patriots of Brevard, \$5 for Pre-registration, \$10 Day-of. No refunds; part of your fee may be tax deductible.

Name _____ Birthdate _____ Age on Race day _____

Includes donation of \$ _____ Transitioning Patriots of Brevard. Total Payment enclosed \$ _____

Address _____ City _____ State _____ Zip _____

Telephone _____ E-mail _____ Gender _____

Shirt Size: (circle one) YL S M L XL Team Name (If Applicable) _____

WAIVER: I know that running in a road race is a potentially hazardous activity. 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 weather, including heat and/or humidity, traffic and the conditions of the road, all 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, waiver and release the Transitioning Patriots of Brevard and sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (Parent if under 18 years old) _____

The Transitioning Patriots of Brevard is a non-profit 501(c)3 organization – www.SentinelsOfFreedomFL.org – TIN 26-2041849 – phone: (321) 266-8810
A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 800-435-7352 WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE. REGISTRATION NUMBER CH28903

SCR Central

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

SPECIAL SCR MEMBER RACE DISCOUNTS

- ◆ Receive a 20% discount on all [Virtual Strides](#) events by entering the club discount code **SCRmember20** during registration. The June event is the Feet on the Street Virtual Run— 5k/10k/Half Marathon distances which will benefit Back on My Feet, a charity that combats homelessness through the power of running. Remember to check out their website to see July's virtual event at www.virtualstrides.com.
- ◆ Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPACEMOAT**. Events are on 6/11—Marathon (Seminole State Forest), 9/10—Half Marathon and 1/7/17 — Ultra.
- ◆ Receive a 10% discount on any [MultiRace](#) event. Coming up is the Riviera Beach / Singer Island Triathlon & Duathlon on 6/11 and the 2016 Independence Day Triathlon/Duathlon in Coconut Creek on 7/4. Use discount code **SpaceCoast** to save! (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor).
- ◆ Special savings for all the ladies! The [Zooma Women's Race Series](#) is offering members a 10% discount on any of their upcoming races including: ZOOMA Annapolis Half Marathon + 10K (6/4/16) Annapolis, MD; ZOOMA Cape Cod Half Marathon + 10K (9/24/16) North Falmouth, MA and ZOOMA Florida Half Marathon, 12K + 5K (10/22/16) Amelia Island, FL. Enter code: **SPACECOAST** to receive the discount.
- ◆ [Vacation Races](#) is extending a 15% discount to all SCR members. To save 15% on upcoming 2016 races like the Grand Canyon Half Marathon (5/7/16) and the Great Smoky Mountains Half (9/10/16), use code **16VACRC145**.
- ◆ Receive a 20% discount on the [3rd Annual Honeymoon Half Marathon](#) and 10K in Dunedin on 11/5/16. Simply email xanaduracemanagement@gmail.com to request the Space Coast Runners discount code.
- ◆ 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.



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.

STAY CONNECTED WITH SPACE COAST RUNNERS



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Instagram



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Facebook



RUNNING ZONE FOUNDATION 2016-2017 RACE SERIES EVENTS

**REGISTER
TODAY!**

FIRECRACKER 5K • JULY 4, 2016



FIRECRACKER 5K • July 4th, 2016 at 7:00 am, Liberty Bell Museum, Melbourne - This is the first race of the series that starts with the ringing of a replica of America's Liberty Bell. After the race, celebrate the 4th of July by watching the Honor America Parade. Best Patriotic costume contest and delicious patriotic popsicles!

I RUN FOR PIZZA FOOTBALL KICKOFF 5K • AUGUST 13, 2016



I RUN FOR PIZZA FOOTBALL KICKOFF 5K • August 13, 2016 at 7:00 am, The Avenue Viera - This year's football themed race will kick off at the Avenue Viera! Pizza Gallery & Grill post-race party in the courtyard behind their deck at the Avenue Viera. Show your support of your favorite team! Most supported team participants get prizes!

GHOSTLY GECKO 5K • OCTOBER 29, 2016



GHOSTLY GECKO 5K • October 29, 2016 at 6:30 pm, Eau Gallie Civic Center, Melbourne - This is a Halloween themed evening race at the Eau Gallie Civic Center. Come join us for a Spooktacular good time! All finishers receive goodie bags! Best costume contest! Post-race party with beer on the Squid Lips beach.

JINGLE BELL 2 MILER • DECEMBER 17, 2016



JINGLE BELL 2 MILER • December 17, 2016 at 5:45 pm, Satellite Beach Library, Satellite Beach - Santa & Zippy the Gecko invite you to the Jingle Bell 2 Miler! LED TV giveaway after the race! Best Holiday Costume contest, jingle bells for everyone's shoes & Santa hats for the first 500 registrants!

BREVARD ZOO'S KOMODO KRAWL 3K • FEBRUARY 11, 2017



BREVARD ZOO'S KOMODO KRAWL 3K • February 11, 2017, Brevard Zoo, Melbourne, 2 start times: 7:00 am Not Krawl Like = less than 20 minutes to finish or 7:35 am More Krawl Like = more than 20 minutes to finish. This 1.86 mile course offers plenty of animal viewing opportunities & the chance to spend a fun day at the Zoo for 50% off the entry fee!

PIRATE PLUNDER 2 MILER • APRIL 8, 2017



PIRATE PLUNDER 2 MILER – April 8, 2017 at 6:30 pm, Meg O'Malley's, Melbourne - Join us for a fun pirate themed run/walk in Downtown Melbourne! Best Pirate Costume contest. Pirate Party at Meg O'Malley's! "I thought they said Rum!"

RUN FOR THE GECKO 5K • MAY 13, 2017



RUN FOR THE GECKO 5K – May 13, 2017 at 7:00 am, Wickham Park Community Center, Melbourne - This is the race that started it all! Join us for this year's 14th Anniversary Celebration Party with exciting awards, pancakes & eggs and birthday cake for all finishers, strawberries & champagne for finishers 21 & older. Free kids' run with Zippy the Gecko!

OTHER RUNNING ZONE FOUNDATION EVENTS INCLUDE:

- LONG DOGGERS KIDS' MARATHON (2.62 MILES) & 1/2 MARATHON (1.31 MILES) ON OCTOBER 1, 2016
- FLORIDA TODAY CORPORATE 5K ON MARCH 9, 2017
- EXCALIBUR 10 MILER & RELAY & DRAGON SLAYER 2 MILER ON MARCH 19, 2017



Mental Tips and Strategies for Training

By Randy Accetta, RRCA Director of Coaching Education

In running, as in the rest of life, you need to regularly put yourself in a position to succeed. The following strategies can help you position yourself for enjoyable training and peak performance.

Run Negative Splits. Whether on a daily training jog, on a fast effort session, or in a race, a negative split will make you smile. A *negative split* is achieved by running the second half of a workout or race faster than the first half (*even splits* is running the same time for both halves of the workout or race, while *positive splits* means running the second half slower than the first).

Although running negative splits is more a training trick than a mental trick, negative split workouts are the best motivational training tool for three reasons. (1) By running your fastest at the end of a workout, you end on a positive note, which keeps you excited and ready to do another workout next week. (2) By teaching your body to run fastest at the end of the effort, you teach yourself to succeed at the end of a race. (3) By running fast at the end of the workout, you are not failing.

Practicing to run faster at the end of your session is the key

to success, whether on a normal daily training run, an interval workout, a tempo run, or a race.

Avoid Negativity and Complaining. Think positive thoughts, and stay away from the negativity of others. Don't dwell on your failures, don't dwell on your failures, don't dwell on the negative circumstances of a given day, and don't hang out with complainers. Success in our sport is hard enough without having to deal with all the baggage that comes with complaining and negativity.

Run with Friends. Having a group to train with keeps you honest. There's nothing like knowing a friend is waiting for you on a street corner to get you out the door at six in the morning. Join the club's running groups, or start your own.



(Even a four-legged, tail-waving running buddy will motivate you to get out the door, though dogs are better than cats for training.)

Vary Your Routes. Many of us get stuck on the same ol' boring routes. I half-jokingly say that I get out of shape when I moved to the center of Tucson: How many times can I run through the University of Arizona before wanting to curl up in a ball and sleep? Get off the treadmill and run outside. Run from a friend's house. Do anything to vary the scenery.

Vary the Terrain. If you run on streets all the time, head out on the trails sometimes. There's something raw and elemental about running amid nature. Plus, trail running is a great way to sightsee.

Learn to Love Adversity. A woman in my Portland class last year reminded us to thank the hills in our life: They provide a challenge and add variety. Bad weather or tough courses can be fun. The more you see something difficult as a chal-



lunge to overcome rather than an impediment, the more you will succeed in your training journey.

Cross Train. Although some folks (umm, like me) live by the adage Runners Run, adding activities to a training regimen keeps injuries at bay. Include activities like rowing, cycling, swimming, running in the pool, or using indoor fitness machines such as the stairmaster, the x-c skiing machine, or the elliptical trainer. Running-specific cross training not only keeps you fresh, but helps you improve your cardiovascular system and train running-related muscles without the stresses of running.

Write Down Your Goals. Putting your ambitions on paper is a great way to keep you on task. Once you make a commitment to yourself, you're more likely to get out the door for the training session.

Tell People. Public declarations are difficult to ignore, so tell your friends, coworkers, and loved ones what you intend to accomplish. They can help you stay energetic, even when you don't feel like training. Of course, the blogosphere has expanded this concept. Participants in our coaching courses report that keeping a public blog helps force them off the couch and out the door.

Keep a Training Log. In the midst of a busy life, it's easy to

lose track of what we've done for training, so consider keeping a training log. Whether kept online or on old-fashioned paper, empty entries in a log are no fun to look at. Remember, you don't need to do this online: A simple daily calendar is a great place to keep track of your workouts, including where you ran and how far, the people you ran with, and what you thought or talked about during your run.

Periodize Your Emotional Preparation. In the RRCA coaching course, we advocate a periodized training cycle in which the athlete moves along, building blocks of training leading to a major effort. Just as we build a program of physical performance, we need to do something similar with our mind. Here's a quick, four-phase plan for periodizing your mental attitude.

1. **Base Training:** As you begin a base phase of conversation pace running and easy workouts, focus on understanding the long-term goal, adjusting daily efforts to the rigors of low-level but consistent stress. Learn your patterns of self-doubt and build your will. Learn to manage daily discomfort for the sake of commitment to a long-term goal and to manage the rigors of training with rest-of-life responsibilities and joys.

2. **Competition Phase:** As you undertake harder workouts and begin a racing phase, ad-

just your mindset. Become competitive not only with the clock and other runners, but with yourself. This phase is a great place to practice pushing limits. Consequently, you must learn to manage the anxiety that comes from racing, deal with the pressure, and learn from your mistakes and the inevitable failures to achieve short-term goals.

3. **Peak Performance:** This is an application phase, where you apply the prior lessons of regulating anxiety and failure. Peak performance requires managing expectations and overcoming self-doubt to push past former limits.

4. **Recovery:** Many athletes forget to focus on the recovery phase, but it's important to reflect on the past training and competition cycle, to consider such topics as what emotions came to the fore during the previous cycle, what gaps occurred in training, and what habits you need to modify. Finally, it's important to remember that the recovery period is meant to be a relaxed, enjoyable time away from the stresses of goal setting.

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RON JON SURF SHOP

Cocoa Beach

Half Marathon

DON'T WAIT TO
HEAR THE WORDS
SOLD OUT



COCOA BEACH HALF MARATHON

Sunday, October 23, 2016 | Start Time 7:00am

- Central Florida's Only All Coastal Half Marathon
- Half Marathon Relay -- Run As A Team
- Expo At Ron Jon Surf Shop
- Awesome Jeannie Bottle Medals To All Finishers (including relay)
- I Dream of Jeannie Theme
- Jeannie & Major Nelson Running Division Get those costumes ready!
- Finish on "I Dream of Jeannie Lane"
- Bands & Music On The Course
- Great Post-Race Party
- Live Music Celebration



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Runner of the Year Series

ROY RACE #10 — EAT MY CRUST IS ON POINT WITH NEW COURSE

2015—2016 ROY Men's Leaderboard

OVERALL

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

AGE GRADED

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

MASTERS

- Gary Gates

GRAND MASTERS

- Keith Snodgrass

SENIOR GRAND MASTERS

- Michael Miller



Michael Miller

See You at Awards Night!

Awards Night is this Saturday, June 4th. It's a night to reflect upon another successful "Runner of the Year" series and to celebrate the outstanding individual performances by our fellow members. ROY awards are given in 16 different age categories ranging from 9 to 80+ years old.

Additionally, the special people's choice awards will be announced. The five categories cover Best Finish Line Photo, Most Improved Runner, Best Local Race, Most Inspiring Athlete and the Best Weekly Fun Run. These awards are voted on by the membership. The winners will be revealed when the envelope is opened.

The Run+1 Volunteer Program winners will be drawn at Awards Night. Members who completed 8 of the 10 series races and volunteered at 1 SCR race are eligible for the drawing for an entry into the 2017 Space Coast Marathon & Half Marathon.

There will also be the presentation of the prestigious Golden Shoe Award and we will find out if the Hall of Fame will see any members inducted into its legendary ranks.

Admission to the Awards Night dinner is \$15 for adults and \$5 for children 12 & under. The dinner is from the culinary efforts of Jersey Girl Catering. Tickets can be purchased online while still available at <https://goo.gl/0ePYF8>.

Congratulations to all our series winners, nominees and athletes. It's been a heck of a season!

2015—2016 ROY Women's Leaderboard

OVERALL

- 1 Kristen Klein
- 2 Annie Caza
- 3 Lori Kruger

AGE GRADED

- 1 Anne Dockery
- 2 Annie Caza
- 3 Lori Kruger

MASTERS

- Cheryl Ritter

GRAND MASTERS

- Anne Dockery

SENIOR GRAND MASTERS

- Mary Ramba



Anne Dockery

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

SPACE COAST RUNNERS

Youth Series

Final Stretch at Eat My Crust

The kids had a blast racing around the Viera High School track at the Eat My Crust 5K on May 1st. You can tell by the happiness and excitement on each of their faces. The little ones were rewarded with a medal and a high five from mascot extraordinaire, Joey Pepperoni.

Thank you to Rachel White for serving the club as Youth Series director the past two years. Rachel is now headed off to college in the fall. We wish her well.



— SPONSOR SPOTLIGHT —

CORA[®] Rehabilitation & Sports Medicine

CORA is an outpatient rehabilitation company providing a full range of services for clients with orthopedic, sports injuries, work related injuries and various neuromuscular and neurological conditions. **CORA** has five locations throughout Brevard County in Palm Bay, Melbourne, Satellite Beach, Rockledge and Titusville.

A unique service offered at the Titusville location includes the **AlterG antigravity treadmill** where clients can walk/run with as low as 20% body weight! This is a great tool for runners rehabbing from injury, post joint replacements, or used for injury prevention. It can also be used for gait training and strengthening for neurological clients, as part of a weight loss program or conditioning older clients in a fall-safe environment. **CORA** currently offers free trials to everyone interested!

A few other services offered throughout the county include a **rotating ladderwall** and rotating **rock climbing wall** in Titusville; an Aquaciser in Rockledge; and PEMF (pulsed electromagnetic field) therapy in Melbourne.

Visit our website at www.corahealth.com or stop in one of convenient locations! **Happy Running!**

SCR Runner of the Year SERIES

2016—2017

Running on Island Time 5K

Saturday, August 27, 2016
at Divine Mercy Catholic Academy
Merritt Island

Turtle Krawl 5K

Saturday, September 10, 2016
at James H. Nance Park
Indialantic

**Space Coast Classic 15K
& 2 Mile**

Sunday, November 6, 2016
at Gleason Park
Indian Harbour Beach

**Space Coast Marathon
& Half Marathon**

Sunday, November 27, 2016
at Cocoa Village Riverfront Park
Cocoa

Reindeer Run 5K

Saturday, December 10, 2016
at Cherie Down Park
Cape Canaveral

Tooth Trot 5K

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

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

Saturday, February 25, 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



Eat My Crust 5K Celebrates Its 5th Anniversary

Race report by Marisa Flint



OVERALL MEN

Jonathon Campbell, 16:44
Shane Streufert, 16:47
Christian Lake, 17:05

OVERALL WOMEN

Erica Weitz, 18:17
Heather Schulz, 18:51
Amy Ertel, 19:00

MASTERS

Steve Monks, 17:22
Charlene L, 21:01

GRAND MASTERS

Gary Gates, 17:27
Mary Sarah Monks, 21:48

SENIOR GRAND MASTERS

Mike Dahan, 21:47
Anne Dockery, 23:07

TEAM DIVISION: FEMALE

Sandbaggers
Space Coast Runners
Team Black Sheep

TEAM DIVISION: MALE

Sandbaggers
Team Black Sheep
Space Coast Runners

TEAM DIVISION: COED

Sandbaggers
Team Omega
Up & Running Fitness

PIZZA DELIVERY: FEMALE

Mary Rychlik, 21:00
Kristy Taro, 24:37
Debra Scougall, 31:02

PIZZA DELIVERY: MALE

Andy Luce, 18:34
Steve Chin, 19:54
Howard Kanner, 21:04

FAST TRACK AWARD

Victor Hung, 0:48.1
Narayana Riggs, 0:54.3

Complete race results, [click here](#).

True to last year's vote as Space Coast Runner members' favorite 5K, the 5th annual Eat My Crust proved to be a stellar, sold-out event! With a new point-to-point course, very unique medals, and epic door prizes, EMC proved that the best can get even better.

This year, the race began at Viera Pizza on Stadium Parkway and ended on the track at Viera High School. Participants could park at the high school and run the one mile to the start line as their warm-up, or they could take advantage of the shuttle buses. The course included part of the original race course before continuing on to Viera High, and with the early start, the sun was low in the sky for the early part of the race. After racing through the tunnel near the high school and onto the track, runners could see what they had left



RACE REPORT

Eat My Crust 5K — continued



Jonathan Campbell races to a first place finish.

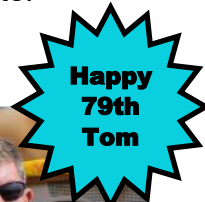
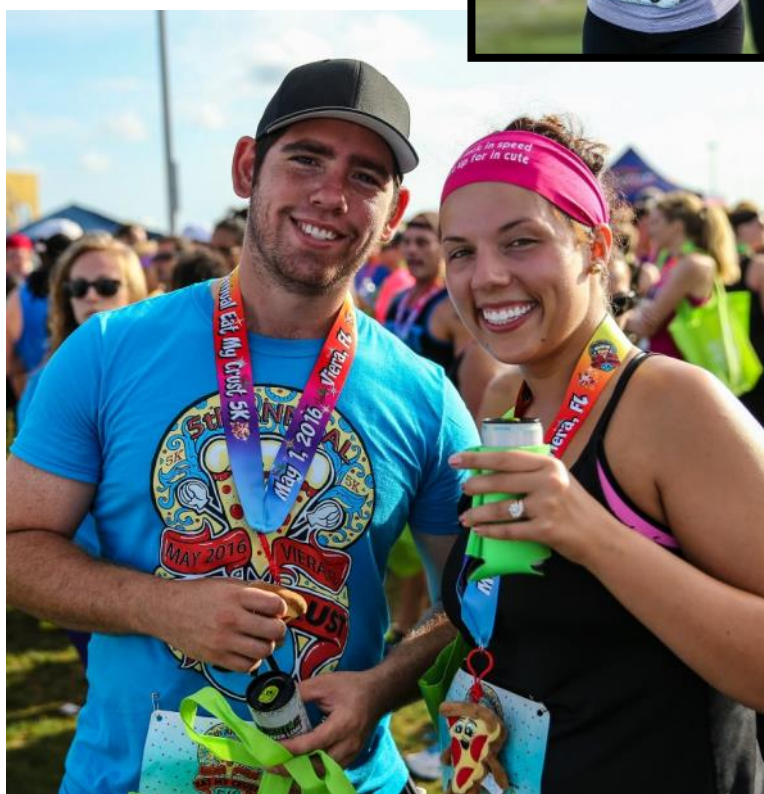


in the tank as they sprinted for the Fast Track Award, which was a special split time given for about 300 yards of the track.

Once runners completed that victory lap, they were in for a treat as they enjoyed a terrific post-race spread, especially the continuous supply of delicious Viera Pizza. Some lucky participants would also walk away with one of the many fantastic door prizes, including a \$500 gift certificate to Wesche Jewelers and a golf cart, courtesy of Golf Carts Unlimited.

Under the expert race direction of Brittany Streufert, EMC had plenty of enthusiastic volunteers and sponsors. Mike Acosta and Brittany presented the Viera High School athletic program with a generous check of \$20,000 after the race, and additional donations will be made to Brevard County's Special Olympics and Early Steps programs. In the five years of Eat My Crust, they have donated over \$100,000 to local organizations. Brittany says, "It was our dream to have 1,000 participants registered one day for our race and it happened this year. The strong support from Space Coast Runners and the local community has been overwhelming. Mike and I are so thankful. It's what keeps us going and challenges us to make this race bigger and better than the previous year's."

Photographs provided by JPR Images.



For Runners, Race is a Beach Party



Photos courtesy of Mitch Varnes and Kristen Klein.

At low tide on Sunday, May 1, 2016 over 1520 entrants from 21 states and 4 countries prepared themselves (shoes optional!) for the USA Beach Running Championships 10K and Half Marathon at Shepard Park in Cocoa Beach. This race, in its 7th year was the biggest yet with



more than 500 entrants from Orlando and Winter Park areas. Many, I had heard, made the journey and was willing "to go the distance" for the mermaid finishers medal. The pre-race vibe was upbeat and buzzing with nautical themed costume and sunrise group selfies on the beach.

Race Organizer, Mitch Varnes greeted the runners with a warm welcome in the wind then the half marathoners tore down the beach. Racers wearing shoes reminded me of sand pipers as they swerved in masses and unison to avoid the onshore waves. 10K runners followed in their footprints shortly after. Racers headed south on the obvious there-and-back course and beach conditions were stellar! Hard packed sand was plentiful with minimal shells and beached jellyfish.

Pink flamingoes and conch shells guided racers into the finishing chute, which was in the soft sand and required every ounce of energy remaining and turned even the best runner's form into an awkward scramble. Florida runners dominated the half marathon and 10K overall results with many of them being Space Coast locals! Live, smooth jazz music was provided by Don Soledad Trio during the after party and 137 bottles of champagne were popped open for celebratory post-race mimosas!

The 2017 USA Beach Running Championships will take place on April 30, 2017. Mark your calendars now and see you on the beach!

Full results [click here](#).



Race report by Kristen Klein

OVERALL MALE— HALF

Jason Kolasinski, 1:26:53
Joseph Deher, 1:27:28
Joseph Cappola, 1:31:17

OVERALL MALE— BAREFOOT

Edward Hanson, 1:38:56

MALE MASTERS

Torry Brennan, 1:34:11

OVERALL FEMALE — HALF

Constance Perry, 1:39:28
Karen Lampert, 1:49:32
Nancy Buonanni, 1:50:00

OVERALL FEMALE— BAREFOOT

Carol Arnold, 1:51:51

FEMALE MASTERS

Shannon Houle, 1:53:13

OVERALL MALE— 10K

Matthew Cummings, 38:57
David Li, 39:02
Cameron Klug, 39:55

OVERALL MALE— BAREFOOT

Paul Nielsen, 38:30

MALE MASTERS

Alex Colon, 40:43

OVERALL FEMALE — 10K

Keely Corlew, 44:19
Alicia Weber, 45:33
Sandra Griffin, 46:06

OVERALL FEMALE— BAREFOOT

Kristen Klein, 46:09

FEMALE MASTERS

Barbara Sepulveda, 47:15

Pancakes, Champagne, Cake, & a Gecko:

Run for the Gecko was a race celebration



The starting weather for the Run for the Gecko 5k was a perfect 57 degrees with just the right amount of breeze and sunshine.

Celebrating its 13th anniversary, Zippy greeted over 800 runners who came out to race at the Melbourne campus of Eastern Florida State College. The race began at 7:00 a.m. at the college, moved around the campus, down the street into the park, and then looped back to the starting line. Once runners crossed the finish line, they were treated to a Birthday Party with cake, champagne, and a hot breakfast that was sponsored by Pizza Gallery & Grill.

This was the final race of the Running Zone Race Series. All runners who finished seven runs in the series were presented with a special medal.

Run for the Gecko 5K benefits Leukemia and Lymphoma Society's Team in Training.



Race report by Angela Leeds

OVERALL MEN

Austin Camps, 16:45
Steve Hedgespeth, 16:57
Michael Fisher, 17:25

OVERALL WOMEN

Alison Nolan, 18:36
Beth Mihlebach, 18:49
Melissa Taylor, 19:11

MASTERS

Shane Streufert, 17:27
Julie Hannah, 19:48

TEAM DIVISION

Running Zone
Long Doggers Club
The has beens

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



Photographs provided by Barry Jones at TriHokie Images at Smugmug.com. Images can be seen here: [click here](#).

4th Annual
Indialantic
BOARDWALK
Triathlon



PRESENTED BY
**SPORTS MEDICINE
& ORTHOPAEDIC CENTER**

Beneficiaries: Candlelighters & Space Coast Motor Officers



REGISTER TODAY!

SUNDAY, JUNE 26, 2016
START 7:00 AM

NANCE PARK, INDIALANTIC, FL

**Swim 1/3 mile,
Bike 13 miles, Run 3.1 miles**

- ★ Pre Party Beach Bash at Long Doggers Indialantic
- ★ Great awards for all finishers
- ★ 7-11am Post Race Beach Bash
- ★ 10:15am Awards
- ★ Awesome race shirts



FOR MORE INFORMATION VISIT US ONLINE AT
www.boardwalktri.com



4th Annual
Indialantic
BOARDWALK
Triathlon

REGISTER TODAY!

SUNDAY, JUNE 26, 2016
START 7:00 AM

NANCE PARK, INDIALANTIC



- ★ Packet Pickup:
Friday - Running Zone, 12-6pm
Saturday - Long Doggers, 4-8pm
- ★ No Paddleboard Division
- ★ Free First Timers Training Clinic:
Saturday, June 25, 2-4pm

Contact Race Director Trish
with any questions:
Tfacciobene@gmail.com

FOR MORE INFORMATION VISIT US ONLINE AT
www.boardwalktri.com



Jones Wins Berry Good Race

Over 350 runners participated in what is becoming a hallmark of spring in Brevard County, the Blueberry 5K. This run features a unique course and special perk—a free pint of u-pick blueberries!

The Blueberry 5K takes place at Holland Family Blueberry Farm, which is tucked away in a neighborhood in Mims. The run starts right outside the farm and winds about 1.75 miles on the paved roads before

picking up a short but challenging section of sandy trail (which is set to be paved as part of rails-to-trails). The course then enters the property and finishes with a loop around the farm.



SCR member Ed Springer begins the loop of the farm with Carol Ball hot on his heels.

Participants received soft, white t-shirts and enjoyed post-race blueberry bagels; they were also able to pick a free pint of blueberries after the run. After filling their pint box, many participants continued picking in the cool, dewy bushes as it was a great way to cool off after the run. Age group winners scored medals.

The proceeds from this year's run will benefit Parish Early Care and Education (PECE) program, which provides high quality early childhood development and support for parents. This model begins in infancy and moves to kindergarten and beyond, with the goal of preparing children for school readiness.

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



Race report by Marisa Flint

OVERALL MEN

Mason Jones, 16:06

Joe Lento, 19:07

Nick Sexton, 19:16

OVERALL WOMEN

Angela Wells, 21:51

Stacey Ferner, 23:36

Billie Ann Castillo, 23:45

MASTERS

Sean Black, 20:36

Tricia Tezel, 24:02





For the Girls 5K

Race report by Lisa Hamelin

For the Girls 5K

The first annual 5K was held at Wickham Park with a total of 181 finishers, many clad in pink.

Kevin Bond came in first for the men, followed by Art Anderson and Bret Halliday. Dean Worm snagged the Masters win. Cancer survivor Julie Hannah brought it home for the ladies, followed by Staci Wavering and Mackenzie Wills with Carol Ball winning the Masters division.

Race Director Jennifer Hickman, let us know that it was their first time organizing a 5K and that “all our therapists worked really hard along with many others, including some of our past and present patients donating time and/or money to make it all happen.”

The race received sponsorships and donations, “so every person who registered was giving directly to our “For the Girls” scholarship fund. We raised over \$5000! All of it goes back to the patients to provide the treatment they need if they are unable to afford it. We are really excited and grateful that it was so successful!”. The fund is for treatment and compression garments that help prevent lymphedema.

Photos courtesy of Ruby Gray.



Left—Participants all dressed in pink
Right—Kathleen Brackett enjoyed receiving her 1st place AG award

OVERALL MEN

Kevin Bond, 20:29
Art Anderson, 20:35
Bret Halliday, 20:43

OVERALL WOMEN

Julie Hannah, 21:01
Staci Wavering, 22:14
Mackenzie Wills, 22:56

MASTERS

Dean Worm, 22:20
Carol Ball, 24:40

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





SCR Summer Social

SAVE \$5 when you renew your membership!

Saturday, July 9, 2017

1:00 pm — 5:00 pm

Cocoa Beach Pool Pavilion 4800 Tom Warriner Blvd

Pizza, wings, pasta and salad provided by A NY Pizza. Bring a friend!

The 2016-2017 SCR Racing Team will be announced at the summer social.



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The Rall Capital Management Team



RUN A MILE WITH JOAN MEADOWS

Name: Joan Meadows

Family: Husband — Bob, Fur Baby — Curry

Age: 57 in April

Originally from: Lake Ronkonkoma, NY

Currently reside: Malabar, FL

Number of years running: 18

Began running because: I needed to do something

I knew I was hooked when: I signed up with Team In Training and ran my first marathon 3 months later.

Race personal records (PRs) :

5K: 24:48

10K: 53:23

Half Marathon: 1:55:22

Marathon Collegiate: 4:12

What has been my biggest running accomplishment to date: Being able to run 50 miles.

Favorite local and/or out of town race: Downtown Melbourne 5K (I like how the men and women run at different times). For out-of-town races there are several that I like in Vero Beach.

Favorite places to train: I really don't have one. I like to train where I have access to fluid and bathrooms though.

Running Goals: Stay injury free, have fun. This year I would like to have a marathon PR.

Training Philosophy: Listen to your body and have fun.

Running Partners: Currently, Bob Meadows, Tom Ward, SCR Race Team and my newest running partner, Curry.

RUN A MILE WITH JOAN MEADOWS

If I could run a mile with any other person(s), dead or alive: Katherine Switzer — I have met her several times and love her story. One day I will see her at a marathon and invite myself to run with her.

One piece of advice that I would give to a new runner: Have fun. Never give up.

Funniest or oddest thing I've seen while running: I saw a Zebra in my neighborhood when I was training for a 50 mile run. Everyone thought I was hallucinating.

Other interests: Cycling, Duathlons. I really have a LOT of interests but no time to do them.

Last movie I saw: I can't remember.

Favorite hero: I always liked Superman.

Favorite pre-race meal: Pasta, salad and wine or beer

I can't live without my.... Friends and family

Last time I took a selfie: A long time....really not into it.



Bob hanging out with Curry on the trails in Malabar



Having some post-run fun



Joan's neighborhood zebra



If you would like to be featured in a future "Run a Mile with" profile, please contact SCR newsletter editor, [Lisa](#)

Long Distance Relationships

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

Oswalds Run Across The Border

Running in the warm Florida weather may make a trip up north to cool down all the more enticing. How about crossing the border to participate in a race or two with several hundred of our Canadian running friends?

by MARION OSWALD

The current exchange rate of the Canadian dollar makes a stay in Canada surprisingly affordable. Don't forget your passport! As always, the Kingston Road Runners Association held its annual Limestone Race Weekend in late April with a choice of races: a 10K and a kids' 3K on Saturday afternoon, and a 5K and a half marathon on Sunday morning. All of these are held at or very near the historical downtown of Kingston, a college town with a distinctly British vibe (think pubs) on Lake Ontario, which draws many boaters during the summer months. Race weather may be anything between 45 and 75F.

Clearly marked in kilometers, with one water stop at the turnaround, the 10K follows mostly the lakefront along several marinas and includes several sneaky hills. Challenging perhaps for Florida runners – after all our hills are mostly causeways – but the real challenge at a lakefront race this time of the year may be the mayflies! They don't bite, but they "spectate" in large numbers, especially at a run later in the day. Be prepared and wear (sun) glasses. There is no chip timing at this race and awards are given to the top 3 male and female runners only. Food after the race consists of bars, bagels and fruit. Packet pick-up begins two hours before race time with a colorful technical shirt.

Packet pick-up for the 5K and the half marathon starts on Saturday at the Kingston Brewing Company downtown, as these are the biggest races. Another technical shirt and a personalized bib number are given out and on race day all runners pick up a chip to be worn around the ankle. The city of Kingston still employs a town crier who adds old world ambiance to the start of the two races. The 5K course, which is also the first 5K of the half marathon, is flat and scenic, and starts in front of Kingston's historical town hall. Runners get to see the campus of the military college with its antique cannons and also get a peek of colonial Fort Henry. The half marathon then follows more or less the course of the 10K race. Post-race sustenance includes excellent chili to warm up, as well as bread, fruit and yogurt. Awards are given by top 3 overall and 10-year age groups.

There are next to no walkers in any of the races. Canadian runners are a fast crowd who like to really compete. The top 3 runners in the 5K were all under 16 minutes! Check out their results on www.sportstats.ca.



KINGSTON ONTARIO
Skip and Marion at
the finish.



Where in the World?

ARE SPACE COAST RUNNERS RUNNING



JUNE 2016

June 4
**Pelee Island Winery
Half Marathon**
Pelee Island, ON,
Canada



Lori Kruger

June 5
Echo Half Marathon
Osteen to Debary, FL



Molly
Kirk,
Brittany
& Shane
Streufert, Marie Thomas

June 18
**Grandma's
Marathon**
Duluth, MN



Joe Hultgren,
Micah Vanatta

June 25
Life's a Beach Triathlon
New Smyrna Beach, FL



Cris & Kirt Zecman

July 2016

July 10
Utica Boilermaker 10K
Utica, NY



Skip &
Marion
Oswald

July 17
**Chicago Rock 'n' Roll Half
Marathon**
Chicago, IL



Valerie Eastman,
Angela Leeds

September 2016

September 3
**Pocatello
Marathon &
Half Marathon**
Pocatello, ID



Brittany Streufert, Shane Streufert

September 10
**Great Smoky Mountains
Half Marathon**
Townsend, TN



Beverly Glenn

September 10
**REVEL Big Cottonwood
Half Marathon**
Salt Lake City, UT



Heather Felix

September 17
**Bar Harbor Bank & Trust Half
Marathon & Fall
5K**



Acadia National
Park, ME

Rhonda Creek

November 2016

November 5 & 6
**Disney's Lumiere's Two Course
Challenge**
Lake Buena
Vista, FL



Heather Felix

December 2016

December 4
Divas Half Marathon
St. Augustine, FL



Heather Felix

January 2017

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



Heather Felix

March 2017

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



Heather Felix

*See your next
out-of-town
race listed.*

**Click on the link and tell us
where you're running.**

[Click here](#)



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Instagram



Find us on
Facebook



Follow Us on
twitter



\$10 OFF 1/2 Marathon, 1/2 Relay and Marathon Entry for SCR Members! Enter Code: SCRISTHEBEST (Not valid on 5k & 8k)

February 4 & 5, 2017

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

OUR CHARMING FINISHER MEDAL GOES TO ALL 1/2 MARATHON, MARATHON, AND 1/2 RELAY FINISHERS!



1/2 MARATHON * FULL * 5K * 8K * 1/2 MARATHON RELAY



FLORIDATODAY
PART OF THE USA TODAY NETWORK

RUNNER'S

*** Runner's World: Bucket List Top 10 Waterfront Race ***

Florida Theme Collectible medals
Tech tees

Embroidered Florida Marathon & 1/2 Marathon logo hats

Post-race concerts both race days

Pizza and fruit to runners on Saturday

Kids Race and Mascot Race

Pollo Tropical, Pizza Gallery Pizza, Publix nutrition and brews courtesy of

Florida Beer to runners Sunday

Gatorade, water and Clif Shots at each stop Sunday

Pacers (for BOTH the 1/2 Marathon and full marathon)

One of Florida's Top Boston Marathon qualifying rate – four 5-mile straightaways in the marathon

Fun, Fun, Fun in Florida in February

*** Run Both Days and Earn the Floridiot Challenge Medal! ***



www.TheFloridaMarathon.com

THANK YOU

HEALTH FIRST PRO-HEALTH & FITNESS CENTERS!

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

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

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



SCR MEMBER DISCOUNTS!

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



SAVE 10%
at these local
businesses



SAVE 10%
off one item per
member

GET MOVING!
Group Fitness & Personal Training



SAVE \$10
on a zoo
membership



**RUNNING
ZONE**



SAVE 10%
on Hammer
products at
Nutrition Leaders
in Indialantic

3 WAYS TO

Stay Motivated to Run in the Summer Heat

By Angela Leeds

Summertime is finally here. You have finished your racing series and found new places to hang your medals. It's time for cookouts and lazy days at the beach. How do you convince yourself to go out and run in the heat?



- 1. Fun Runs**— Share your love for running with new people. Fun runs let you walk, run, walk/run, or race for free. Space Coast Runners sponsors a fun run every Sunday morning in Cocoa Village at 6:30, and volunteers even set out water for you! No reservations required: you're part of the club, so come meet some new people. At some fun runs, you can enjoy beverages other than water after. You can find other fun runs located throughout the county by checking this link: [Fun Runs](#).

Another option is to take a race vacation. I have always wanted to go to Chicago (never been, even though I grew up two hours south). The Rock and Roll Half Marathon

has given me an excuse to visit. I've convinced myself that I'm ready for the heat since I live in Florida, and even if I am not, I'm hoping for a good time with new runner friends.



- 2. Race Training**—

Actually, your goal has probably already been set. Remember when you spent quality time with friends at Running Zone, so you could run the Space Coast Marathon, full or half? Think of your goal for November and keep building speed and mileage over the summer. You can find other races here: [Race Calendar](#).

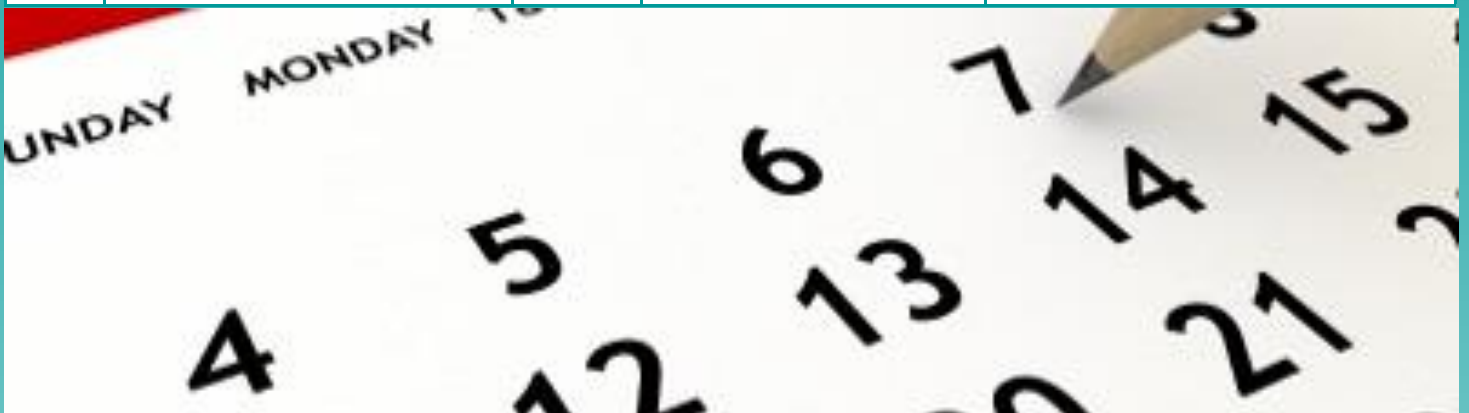
Use this time to work on other muscle groups at the gym or pop in a DVD and do some strength training. You know the four-letter work everyone says while running: CORE.

- 3. Buy Cool Gear**—If all else fails, buy yourself something running related. Those new shoes that you have been wanting just might be the key to your motivation. Just remember to be strong when your significant other points out that you have three other pairs of shoes in the closet.

Maybe you just need that state-of-the-art hydration belt or that self-cooling runner's cap to get you out the door at sunrise. Treat yourself. It's hot out there!



6/4	Health First CPR 5K	7:00 am	Space Coast Stadium, Melbourne	Dana.KelleyAshley@health-first.org
6/5	Pineappleman Triathlon	7:00 am	Ryckman Park, Melbourne Beach	www.pineapplemantri.com
6/11	Bottoms Up Beer Run	3:00 pm	Wickham Park, Melbourne	annecgregg@earthlink.net
6/18	Lost in the Bay Duathlon	7:30 am	Bayside High School, Palm Bay	info@uprunningfitness.com
6/25	Shark in the Park 5K	7:30 am	Gleason Park, Indian Harbour Beach	kcusimano@indianharbour.org
6/26	Boardwalk Triathlon	7:00 am	Nance Park, Indialantic	tfacciobene@gmail.com
7/4	Firecracker 5K	7:00 am	Liberty Bell Museum, Melbourne	events@runningzone.com
7/9	Run the Tide 5K	7:00 am	Long Doggers (across street on the beach), Indialantic	info@uprunningfitness.com
8/6	Workman Warriors 5K	7:30 am	Wickham Park, Melbourne	Bethany.iliff@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.*

HAPPY BIRTHDAY

June

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

1	Alyssa Anderson, Edward Armitage, Tae Schroeder, Benjamin Hausman , Kimberly Flynn, Nathaniel Jaksetic, Kari Hart	16	Steven Shenbaum, Karen Richardson, Ashley Lum
2	Nancy Buonanni , Ricky McDonald, Rodney Walker, James Mankowski, Lisa Rose, Roz Freas	17	Lynn Starr, Doug Carroll
3	Sabrina Smith, Debbie Hixenbaugh, Tammy Annis	18	John Buchanan, Barbara Chapman
4	Finn Sinclair , Deborah Herman, Gayna Hansen, Kanani McDowell	19	Rory Rowan, Pascalle Colquhoun, Cristie Sinclair, Douglas Wendel , A Perez
5	Jo Shim , Dean Worm, Stephanie Lopez	20	Cathy Norris , Ed Harrison, Tadzia Harvey, Vachara Landry
6	Maggie Starr, Wayne Wilkerson, Robin Fratto	21	Victoria Heminger , Sandy Green
7	Kathy Ojeda, Wendy Armbruster, Mario Ronda	22	Rebecca Skillen, Erica Schneider, Ian Karla
8	Susan Goodchild, Julie Michel, Marty Pig none	23	Jeff Gleacher, Mark Petrillo, Steve Trigwell
9	Jeffrey Hathaway, Mary Carney , Marko Hakamaa	24	Moe Desrosiers, Debbie Knight, Erin Miller
10	Gavin Thomas, Taylor Kuperberg	25	James Girard
11	Danielle D'Ostroph	26	Amanda Reynolds
12	Beth Hagerty, Paul Edwards	27	
13	Lois Mrdjenovich, Lisa Girard	28	Brandon Holst
14	Roger Ogburn, Ruben Darancou , Melodie Esposito, Max Schneider, Savannah Lee	29	Kathy Gay, George Then, Leslie Faletra, Pa- tricia Savage, Dave Conley, Laura Darancou, Satra Darancou, Jennifer Van Den
15	Frank Hosey, Shannon O'Boyle	30	Lori Kruger, Lexi Deese, Cami Waldon, Chris Bennet, Javier Orantes, James Elmer , Robert Bruckart

HAPPY BIRTHDAY

July

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

1	Suzie Philbeck, Danielle Joseph, John Wall	16	Barbara Holst, Keith Snodgrass, Robert Gabordi
2	Richard Lvine, Ryan Murphy	17	LeAnn Castner
3	Jay Claybaugh, Michael Dolan	18	Sarah Lowe, Ed Engel, Lynn Donnelly
4	Kim Anselmo, Drea Hanan, Juliet Underill, Nicole Caraballo	19	Joshua Kraver, Logan Prevost, Shannon Leathlean, Shannon Parks
5	Marty Winkel	20	Anita Travis
6	Robert Meadows, Stephen Bernstein, Barrett Mrdjenovich, Daniel Hart	21	Joseph Faletra
7	Braden Krupp, Chris Slusher, Anne Mitchell	22	Shelia Walker, James Memmott, Rich Chapman
8	Christy Zieres, Clay Tezel, Erica Stellmon, Kalina Subido-Person, Tammy Reasoner	23	Michael Zeitfuss, Greg Griffin
9	Stephanie Miller, Cris Zecman	24	Jeff Martin, Robyn Pringle, Diane Vu, Tobie Hannel, Lauren Price
10	Megan Paxton, Tracey-Ann McGee	25	Dennis Testa, Lauri McGee
11		26	Felicity Cunningham, Kirk Baird
12	Roger Travis, Michelle Lamb, Jennifer Schneider, Kevin Harris, Vincent Allotta	27	Annie Caza, Breanna Hausman, Tina Theobold
13	Andrea Bastien, Jonathan Howse, Robert Traven, Justin Kuperberg, Amelia Talbott	28	Art Anderson, Thomas Chapman, Alison Vogelbacher, Jessica McDaniel
14	Peter McBride, Wilma Fisk, John Ouweleen, Danielle Gardner, Cathy Bishop	29	Maureen Morley, Ashley Raymond, Tom Marren, Teresa Ragan
15	Jennifer Ogburn, Michele Duester, Jacqueline Knott	30	Shelby Kirk, Priscilla Dolan, Gary Tumlinson, Kara Kennedy, Brittany Prevost, Craig Bishop
		31	Jerry Bird, Suzie Martin, Tony Mazza