

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

MAY 2015



In this issue...

- BOSTON and what it meant this year. page 35
- Run a Mile with Micah Vanatta
- Race Reports!



DEPARTMENTS

- 04** [From the Editor](#)
- 06** [Springer's Spiel](#)
- 50** [Local Race Calendar](#)
- 53** [Birthday Calendar](#)

RESOURCES

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

FEATURES

- 11** [SCR Central](#)
- 20** [Runner of the Year Series](#)
- 35** [Long Distance Relationships](#)
- 38** [When Injury Strikes](#)
- 54** [Run a Mile with...](#)
- 45** [New Running Club On Tap](#)
- 48** [Where in the World?](#)
- 51** [3 Ways People Know You Are A Runner](#)



Above: Tina and Richard Kraver spent the morning cheering for their two children, Josh and Kaylee, at the Long Doggers Kids' Marathon & Half Marathon in Melbourne Beach on April 11th. (Photo credit: Doug Carroll)

On Our Cover: Valerie Eastman and Angela Leeds celebrate their 8K finishing times at the Space Walk of Fame 8K. (Photo credit: Robert Kania)

RACE REPORTS

- 23** [Pirates Plunder 2-Miler](#)
- 25** [Space Walk of Fame 8K & 2 Mile](#)
- 27** [Long Doggers Kids' Marathon & Half](#)
- 30** [TWLOHA Run For It 5K](#)
- 33** [Melbourne Art Fest Flamingo 5K](#)



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, LinkedIn and Twitter. 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!

ED SPRINGER
SCR President

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**SPACE COAST
RUNNERS**

P.O. Box 541837
Merritt Island, FL 32954

Road Runners Club of America. What is that, you may ask. Well, it is the oldest running organization in our country, founded in 1958. It is the largest, boasting over 250,000 members. Space Coast Runners is one of over 2400 running clubs that are associated with the RRCA.

Our club had the honor of receiving the Outstanding eNewsletter of the Year (2014) award from the RRCA this month. Former Editor-in-Chief, Bob Rall, did an outstanding job in getting our team on track, as we set out to win this award. It just goes to show (just as in running), that one can accomplish anything they set their mind to.

Brittany and I had the honor of accepting the award in Des Moines, Iowa for Bob and had a great time doing it! We were hoping he could be there to do the honor himself, but he is also actively involved in Special Olympics, so was unable to attend. He was there with us in spirit, however.

Our goal going forward is to continue to make the newsletter the best it can be. We always are open to suggestions and realize that it can't happen without our group of motivated volunteers!

Stay tuned next month for a full article about this year's RRCA Convention and the activities surrounding it.

In the meantime, check out this month's goodies in our 'Award Winning' newsletter :)

Keep Moving Forward!

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



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.

MAY BOARD MEETING

The next SCR Board Meeting will be held at 7:00 pm, May 18th at the Pro-Health in Merritt Island.

All members are welcome to attend.

EDITOR'S CORRECTION

In last month's When Injury Strikes article the link to the deep water running report did not link correctly.

To view the article, visit <http://kemibe.com/distancecoach/labreports/water.shtml>.



Letter to the Editor

Our mailbox is always open. If you have an opinion, compliment or complaint feel free to communicate it to the highly underpaid newsletter staff. Tell us what running topics matter to you most.

Speaking of no pay...If you would like to be a part of this award-winning team, we have openings for an investigative race reporter, an action photographer and a story journalist.

Email us by [clicking here](#).

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ACROSS FROM BREVARD COMMUNITY COLLEGE

Springer's Spiel

A Monthly Column from SCR President, Ed Springer

Space Coast Runners,

Another Patriots' Day has come and gone and another running of the Boston Marathon is in the books. So what is the allure to this most prestigious marathon? Is it the race's history as the oldest continuously running marathon? Is it the gnarly course from Hopkinton up and down the Newton Hills to Copley Square? Is it the qualification standards required to register? Or maybe it's the overpriced event jackets for sale at the expo. Personally, I think it is the popularized symbol of the Boston Athletic Association (BAA), the unicorn.

In 2008 I became mesmerized with the idea of running the great race after repetitively hearing "it's a must do race." It was like I was a bug flying towards a bug light zapper on my quest to toe the start line of the 2009 Boston Marathon. After qualifying and waiting feverishly to register the second online registration opened, I was on my way.

Race morning was cold, I was overhydrated and I endured an hour on an old school bus to get to the Athlete's Village (staging area before the start). Once I stepped off the bus I could not find the porta potties quick enough, and when I did, all of the lines were about 25 people deep. I honestly did not think this situation was going to end well for me or my presently dry running shorts, but miraculously I ended up making it without embarrassment.

So moving on to the start of the race there was undoubtedly an aura of enthusiasm. I was surrounded by over 25,000 accomplished marathoners and each one has a story and hundreds if not thousands of training miles under their belt. I felt honored to be just another runner in the crowd and I felt jazzed as the race was underway. Just as I start settling into a pace, the dry cold air triggered a bloody nose. I was thinking to myself, "I mustn't stop... this is after all the Boston Marathon." So with my head tilted back, modified breathing and still some blood dripping on my shirt and race number, I continued the race. Since at this point I proba-

bly looked fresh out of a gore scene, I did the yelling and flirtatious women of Wellesley College a favor and ran on the far side of the road. The bloody nose subsided just in time before the Newton Hills ravaged my quads. I grimaced with every stride and watched my pace slow every mile after 20. I was waiting for the euphoria to kick in but could not repel feeling as though I had been deceived. I crossed the finish line feeling wretched.

It wasn't until sometime later that I could look back at the experience and feel it was meaningful. I realized everyone who I thought deceived me into thinking the event was a "must do" may actually have been sincere. Marathoners are a strange breed and in a convoluted way purposefully subject themselves to challenges and physical limits. What's on the other side of every finished marathon is proof that adversity and pain can be overcome and marathoner mental illness says it can be done better and faster next time.

In life everyone has pursuits and in some cases those pursuits do not exist. Unicorns represent the things men and women think they see and pursue although they know they will never catch them. Why else would almost all winners of the Boston Marathon rerun the race time and again?

Happy Running,

Ed Springer

SCR President

springer993@gmail.com



DUKE'S SMOKEHOUSE BBQ RESCUE WARRIOR 5K



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Local Fun Runs



Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (triathlontrainingstore@gmail.com)
Sun	Oars & Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars & Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
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/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Christy Tagye (christytagye@yahoo.com)
Tues	Long Doggers Running for Brews, Satellite Beach	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Cocoa Beach Fun Runs Long Doggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:00 pm	Michael Higgins/Christine Ellegood (michaeldhiggins@gmail.com) (cellegood@gmail.com)
Wed	Daddy Ultra Runs, Cocoa Village	6:00 pm	Hernan Garcia (info@daddyultraruns.com)
Thurs	Running Zone, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	Hoover Middle School, Indialantic	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	Long Doggers Running for Brews, Viera	7:00 pm	Sean & Sandra Christian (IDLifeteamChristian@gmail.com)

It's always better to run and walk with friends! Our fitness community offers several opportunities to find a group to train with. Below are the details on the groups that meet regularly. If you are aware of any other groups that aren't listed, please contact lisahamelin@gmail.com and we will add them!



Cocoa Beach Runners, Cocoa Beach



Running Zone, Melbourne



Up & Running Fitness, Indian Harbour Beach



Palm Bay Rec Runners, Palm Bay



Running for Brews, Satellite Beach



Running for Brews, Viera



Long Doggers, Indialantic

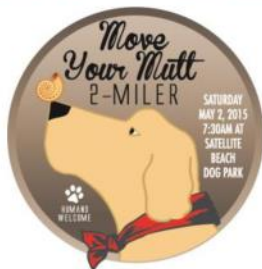


Daddy Ultra Runs, Cocoa Village

Join us for the inaugural year of this unique race series! Striving for the betterment of the community, the Up & Running Race Series partners with local non-profit organizations to make everyone's life...a little better.



Move Your Mutt 2-Miler



Saturday, May 2, 2015 7:30 a.m.
Satellite Beach Dog Park

Join other dog-lovers to run or walk 2 miles in the surrounding neighborhood. Begins and ends at our own Satellite Beach Dog Park. The Paw-fect start to your day! Water bowls and treats provided at the finish line. *You and your four-legged friend will be supporting [Brevard ASAP](#) (Aiding Shelter Animals Project) - Humans must eat to survive and so must our pets. A portion of funds will go towards food resources for dogs and cats abandoned or surrendered due to financial crisis.*

Lost in the Bay Duathlon



Sunday, May 24, 2015 7:30 a.m.
Bayside High School

Train for your next triathlon! Event-friendly for the beginner and seasoned duathlete alike. You begin by running a marked 5k course, followed by a 10-mile bike, followed by a 2-mile course. *You'll be running and biking for [Children's Home Society](#) who protect and heal children & strengthen families. Their services have impacted more than 2500 children and families in Brevard.*

Up & Running's Adult Track Meet



Saturday, June 6, 2015 7:00 a.m.
Merritt Island High School

Relive your glory days of track meets with this one of a kind local event...A track meet for adults! Come and run a 200, 400 and 800 meter event and participate in a 1600 meter relay! We'll even have a ball toss and a standing long jump for the field athletes. *Proceeds benefit [Serene Harbor](#) which provides safe refuge and life changing services to more than 25,000 women and children who were victims of domestic violence in Brevard.*

Run the Tide Beach 5k



Saturday, July 25, 2015 8:00 a.m.
Paradise Beach, Indialantic, FL

Run, walk or stroll as you appreciate and support our unique coastline at low tide. *Proceeds benefit [Hubbs Sea World Research Institute](#) (Melbourne Beach facility). In addition to being the first responders to stranded whales and dolphins on the East Central Florida beaches, the Institute has wide-ranging studies that include global research on bioacoustics, animal physiology and aquaculture.*

For more info about the race series visit:
UpRunningRaceManagement.com

SCR Central

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

welcome!

NEW MEMBERS!

Nathaniel Jaksetic	Jennifer Schneider
Gary Jones	Max Schneider
Kris Kinnear	Robert Schneider
Kristen Klein	Gary Tomlinson
Debbie Knight	Kimberly Tomlinson
Erica Schneider	

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 two locations:

Running Zone in Melbourne &
Daddy Ultra Runs in Cocoa Village



We look forward to running with you!

SPECIAL SCR RACE DISCOUNTS

- ◆ Save \$10 on the [Echo Half Marathon](#). The 2nd annual point-to-point race will be held on June 7th. Runners race along 13.1 oak canopied miles on the beautiful paved trail from Osteen to DeBary, FL. The code to use for online registration is **Brittany10**.
- ◆ Receive a 20% discount on all [Virtual Strides](#) events by entering discount code **SCR** during registration. Up next is May's "Remember the Fallen" virtual 5k/10k/Half Marathon.



Pictured: Marie Thomas accepts her first place age group award.

Carmel Sweet PR

4/18/15—Carmel, IN Traveling to Indiana to run her fifteenth marathon, Marie Thomas, 50, of Rockledge, was hoping for cool temperatures and a personal best. She got a sunny day with temps reaching into the mid-70's but that didn't deter her from securing her fastest marathon time to date.

Thomas finished the Carmel Marathon course in a time of 3:38:04 which was good enough for her to sweep her age group. Not only did she place first in the 50-54 age group, she was 19th out of 297 women racing that day.

Other SCR members running in Carmel included: Ilse Berube, 4:06:19; Lesley Collingsworth, 4:49:34; LeaAnne Richard (half) 1:51:55; Brittany Streufert, 3:58:03.

SCR Central

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



CONGRATULATIONS SCR BOSTON 2016 QUALIFIERS!

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

Ron Abel — 3:03:06 — Boston Marathon

Doug Nichols — 3:28:48—Pro Football Hall of Fame Marathon

Abe Oros — 3:54:49 — Boston Marathon

Johnny Ouweleen — 3:37:59 — Boston Marathon

Harry Prosser — 3:23:21 — Boston Marathon

Marie Thomas—3:38:04 — Carmel Marathon

Angela Wells— 3:42:15 — Boston Marathon



Never Underestimate the Power of a Blog!

Cindy Bishop has a running blog – www.cindyruns.blogspot.com. She didn't think anyone except for her parents and in-laws read it (and her kids when she forced them).

When Women's Running Magazine writer Allison Pattillo was researching a story on the Six World Marathon Majors, she found Cindy's name on the list of Six Star Finishers, then Googled her name and found her blog. Allison contacted Cindy and asked if she could interview her for an article. Cindy was thrilled!

As a subscriber to Women's Running Magazine, Bishop was honored to be in their April issue, in the article titled: "Major League". She loved every minute of running the Six World Marathon Majors and tells us, "I hope others take up the challenge of running New York City, Chicago, Boston, London, Berlin and Tokyo. It is an exhilarating experience runners will remember for the rest of their lives!"

CAN YOU FIND A BETTER VIEW?



JOIN US on the SCR Fun Run
Sunday Mornings | 6:30AM Cocoa Village

(Photo credit: Steve Colella)

SCR Central

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

Streufert Has Masters Moment in Des Moines

4/26/15—Des Moines, IA

He hadn't run in Des Moines since high school so the thought of running once again on the blue oval at the Drake University track was exciting to Shane Streufert. As was the fact that the HyVee Half Marathon was a money race featuring an Elite racing division with male and female runners from Kenya and Ethiopia.

"The weather was perfect and the course was beautiful. The last 5K of the race was very challenging but I had it in my mind to catch some of the Elite women runners so that kept me going," said Streufert. Streufert finished in 1:17:06 which was good enough for 4th in Masters which earned him a \$600 prize check.



Pictured: Streufert accepts his prize check for placing in the Masters Division.

Other SCR members running the half were Carol Ball, 1:57:18; Lisa Hamelin, 2:14:29; Barbara Linton, 2:16:28; Brittany Streufert, 1:54:47.



Officially Award Winning

4/25/15—Des Moines, IA

The email congratulating the Space Coast Runners staff on their RRCA eNewsletter of the Year award came in February but the actual trophy wasn't in hand until Saturday, April 25th. Current editor, Lisa Hamelin along with Creative Director, Brittany Streufert accepted the award at the annual Road Runners Club of America conference dinner on behalf of the newsletter staff. Carol Ball, Shane Streufert and Barbara Linton were on hand to see the presentation.

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Long Doggers Beach Bash, Saturday night before the race!

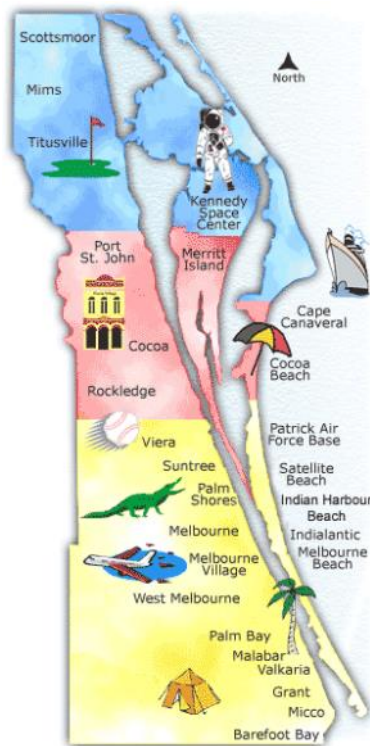


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SCR Central

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

RUN
WITH
THE
SCR
RACE
TEAM



Applications are due May 9, 2015

Join the new Space Coast Runners Racing Team. We will contend as a team in the upcoming 2015-2016 race season here in Brevard County.

Team is limited to 25 men and 25 women. Each team member will receive an official SCR Racing Team singlet and jacket.

Anyone can apply! A committee will review all applications and choose the team based on commitment to the club, assessment of club/team representation and the submitted application responses.

[Click here](#) for an application.



Christiansen gets sporty!

Race photo courtesy of Trihokie Images.

Fashion Police: “On the-Go from Head-to-Toe”

Four year old Kate Christiansen had it going on with her head-to-toe racing ensemble as she dashed down the streets of Melbourne Beach at the Long Doggers Kids’ Half Marathon.

Kate’s striped shorts played off her cuter-than-cute heart tech shirt. The hearts kept her run look fun, girly and as youthful as a 4-year old can be. Her kicks complemented her outfit’s color scheme which is often quite hard to do. Finally, she perfectly completed her look with coordinating sunglasses to help shield her young eyes from the Florida sun all the while putting a stamp on her fashion statement.

We look forward to seeing many years of fashion genius from this little runner.

Are you concerned about a certain runner’s fashion? Do you just love someone’s running wardrobe style? Submit them to the Fashion Police!

[Click here](#) to file your complaint or compliment.

SCR Central

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

Sunday SCR Run

★ ★ Water Stop Coordinator Needed ★ ★

After many years of dedication and service to the club, Linda Cowart is retiring as the Sunday SCR Run Water Coordinator at the end of May.

SCR is now in need of a club member to volunteer and fill this position. If you're running each Sunday at Cocoa Village please consider this opportunity.

RESPONSIBILITIES:

- Manage Sunday water stop drop schedule and logistics.
- Maintain need Gatorade and cup inventory levels.
- Coordinate volunteers to put out and pick up the water/Gatorade on River Road each Sunday morning.
- Recruit new volunteers to be a part of the Water Stop team.

VOLUNTEER NOW:

Email Ed Springer

springer993@gmail.com

Annual SCR Scholarship Winners Announced

Each year, Space Coast Runners awards two \$1,000 scholarships. High school seniors who are SCR members and/or members of their high school track and/or cross country teams are invited to apply. Students submit a 250 word essay on how running has impacted their relationships with family, friends, and community; one male and one female winner is chosen, and this year's winners are:



Makenzie LaCourse is a student at Cocoa Beach Jr/Sr High School; she runs cross country and track and field, and is a member of her school's Key Club and National Honor Society. Makenzie plans to attend the University of Florida to study chemical engineering.

Reed Nicholas attends Viera High School, where he runs cross country and track; he is a member of student government, National Honor Society, and Mu Alpha Theta. Reed plans to attend the University of Florida to study aerospace engineering.

Congratulations to our two outstanding winners. We wish you much success in your future studies and running.

Pictured above: Reed Nicholas

Nichols Places at Pro Football Hall of Fame Marathon

4/26/15—Canton, OH

Doug Nichols ran the 2nd Pro Football Hall of Fame Marathon on a windy Sunday morning. The race finished inside Fawcett Stadium where Nichols was pleased to learn that his time of 3:20:48 placed him 21st out of 410 runners. He was also awarded the Grand Master title as the first finisher over the age of 50.



SCR Central

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

2014 - 2015

SPACE COAST RUNNERS

AWARDS NIGHT

SATURDAY, June 6th at 6PM — TICKETS ON SALE NOW — \$10 adults \$5 kids

Location — The Indian Harbour Beach Community Services Center

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Sponsor Spotlight



Smooth Running, LLC is a proud supporter of Space Coast Runners and its race series.

Smooth Running's Mitch Varnes first joined SCR more than 30 years ago and is a former ROY Age Group winner. Mitch and his team focus strictly on events that showcase our area and its attributes; whether it be the bridges and river course of the Publix Melbourne Music Marathon Weekend, the Kennedy Space Center and wildlife refuge at the Rocketman Florida Triathlon, the golf course and coastal A1A during the Cocoa Beach Triathlon or our beautiful beaches at the USA Beach Running Championships.

Mitch also produced the Sebastian Inlet Pro surfing contest – the richest surfing event in Florida history – and co-owns Beach 'N Boards Fest, the nation's premiere active lifestyle Spring Break event – with Ron Jon Surf Shop. "Between the beaches, surf, waterways and wildlife, Brevard is a pretty special place. We love living here and being able to showcase the best of our area," said Mitch.

Visit their [website](#) for more information and to stay up-to-date.



Girls on the Run Space Coast Chapter Gears Up for Second Year

Girls on the Run – Space Coast Chapter had an amazing inaugural year with community support from schools, parents, the running community, and local businesses. This inspirational and transformational program is targeted to benefit girls aged 8-13. This year the program will be expanding and found at Florida Air Academy, Madison Middle School, Quest Elementary, Challenger Elementary, Ocean Breeze Elementary, Discovery Elementary, Emma Jewel Charter, PAFB Youth Center, and at the Cocoa, Titusville, and Suntree YMCA.

The program teaches the girls all about the importance of healthy eating, exercise, building self-esteem, teamwork, giving back to the community and much more!

It is a 12 week program which is comprised of curriculum but also training time as at the end of the course the girls run a 5k. It is geared for all shapes and sizes and gives the girls a sense of pride and accomplishment at a young age so as they are faced with tougher decisions down the road they are enabled with tools which will help them choose the right path. The goal of the program is to unleash confidence

through accomplishment while establishing a lifetime appreciation of health and wellness.

The true success of the program, however, is not told in the numbers, but rather in the words of the girls who participate. "I know that whatever I set my mind to do, I can do." "At Girls on the Run I learned how to be comfortable in my own skin!"

The success of this wonderful program could not be done without you! We are actively looking for volunteers. You can help by coaching a team of girls, participating on the board of directors, donating snacks or funds to support the girls, soliciting your employer to become sponsors of the program and most importantly serving as running buddies for the girls. The girls all partner with a running buddy for their celebratory season end 5k.

If you are interested in learning more about the program or participating in any way each out to Theresa Moutan at theresa.moutan@girlsontherun.org or (210) 414-6848.

The link for our site is www.girlsontherunspacecoast.org

“Girls on the Run made me realize that I am the boss of my brain.”

The Fifth Annual Blueberry 5k Run/Walk

Saturday, May 16, 2015

Registration & packet pick-up begins at 6:45 a.m.

Race begins at 8:00 a.m.



5TH ANNUAL
Blueberry 5K Run / Walk

Presented by:

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On the Coast

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Dr. Richard Wurzler – 321-268-1999

LOCATION:

Holland Family Blueberry Farm, Mims, FL

Parking: 4400 Bouganvillea Drive, Mims, FL 32754

Directions: Take US1 North from Titusville. When you cross SR46 in Mims, continue 4 miles further on US1 and turn LEFT (West) onto Burkholm. (See BIG Holland Family Farm sign) then follow the signs to the field!

COURSE:

The course begins at the blueberry farm, goes onto very well-maintained residential streets, and runs through a short wooded trail taking runners onto a rails-to-trails area and then finishes back at the blueberry farm.

ENTRY FEES:

\$23 Early Registration (by May 1st)

\$28 Registration (by May 15th)

\$30 Day of Race Registration

T-shirts only guaranteed if registered by May 1st

PROCEEDS BENEFIT:

Hidden Acres Rescue for Thoroughbreds (HART), a 501(c)(3) non-profit committed to preventing the deeply troubling fate that some off-the-track thoroughbreds face. HART rehabilitates and finds homes for these horses, provides riding scholarships to families of limited resources, accepts at-risk youth into their volunteer program, and offers an equine-assisted therapeutic riding program for disabled children and adults.

AWARDS:

Top 3 males and females OVERALL; Top 1 male and female MASTER; Top 3 males and females in the following age groups: 8 and U, 9-11, 12-14, 15-19, and 5-year age groups through 75-79, then 80+

CONTACT:

Nancy Boffo 321-693-7213 blueberry5krace@gmail.com

Marty Winkel 321-537-3526 sceventmgt@gmail.com

Chip timed & managed by Space Coast Event Management

Pick a free pint of blueberries after the race!

ONLINE REGISTRATION AVAILABLE AT: sceventmgt.com

The Fifth Annual Blueberry 5k Run/Walk Registration Form - May 16, 2015

Last Name _____ First Name _____ M.I. _____

Address _____

City _____ State _____ Zip _____

Telephone (_____) _____ Email _____ Male _____ Female _____

Date of Birth _____ Your Age on the Day of the Race _____

Adult shirt size XS S M L XL 2X

T-shirts only guaranteed if registered by May 1st

Make checks payable to:

HART
6360 Arborwood Ave.
Cocoa, FL 32927

Amount Enclosed

\$ _____

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

Signature (Parent, if under 18) _____ Date _____



Runner of the Year Series

THE SERIES FINALE IS HERE. ONE LAST CHANCE TO SCORE POINTS.

2014—2015 LEADERBOARD

OVERALL — MEN

- 1st John Davis
- 2nd Shane Streufert
- 3rd Steve Hedgespeth

AGE GRADED DIVISION

- 1st Shane Streufert
- 2nd John Davis
- 3rd Art Anderson

OVERALL — WOMEN

- 1st Lisa Petrillo
- 2nd Marie Thomas
- 3rd Cheryl Ritter

AGE GRADED DIVISION

- 1st Jacquelyn Kellner
- 2nd Lori Kruger
- 3rd Marie Thomas



2014 - 2015
SPACE COAST RUNNERS
**AWARDS
NIGHT**

SATURDAY, June 6th — TICKETS ON SALE NOW — \$10 adults \$5 kids
Mail cash or check to RUNNERS P.O. Box 541837 Merritt Island, FL 32954. Checks made payable to Space Coast Runners.

RUNNER OF THE YEAR REMAINING SERIES RACES

- **Eat My Crust 5K**
May 3, 2015

The 2015-2016 ROY Season will be announced in our June newsletter and at the SCR Awards Night.

The Runner of the Year Series nears completion as the final race of the season approaches in early May at the Eat My Crust 5K. The men's top three overall points leaders have their positions locked up. The women's battle for third place overall is not mathematically settled. Many of the age group divisions could also see shifts depending on who races in the season finale for both the men and women.

Now in the Age Graded division, the women's race is fierce. Five points is all that separates first from third. It will be interesting to see how this plays out. The men's division appears to also be set so no changes are expected.

345 members have participated in this year's series which is up approximately 6% year-over-year.

ROY Standings are through the **Space Walk of Fame 8K**. Please note these standings reflect your age on August 23, 2014, the date of the first race of the 2014-2015 ROY series season. If you have any series questions, please email lserwin@cfl.rr.com.

Run at least five (four for the youth) qualifying races on our schedule. The open division male and female series winners receive an award of \$200. Series is open to all eligible members of Space Coast Runners. Visit our [website](http://www.spacecoastrunners.org) for the complete official series info.



Be a Part of the NEW SCR Racing Team

FOR IMMEDIATE RELEASE — Space Coast Runners is pleased to announce the formation of the **Space Coast Runners Racing Team**.

This newly formed team will compete in the upcoming 2015-2016 race season here in Brevard County.

Our Goals

To promote fitness, further SCR presence in the local community and to encourage our members to race local, regional and national events touting the Space Coast Runners brand. The team will be a resource to help those in the running community with many combined years of running experience.

How To Join

If you would like to be considered for the SCR Racing Team, you will need to submit the official application. **All applications must be received no later than May 9, 2015.** We are limiting the number of participants to 50 (25 men and 25 women). The club will appoint a committee to review all applications and make selections based on the following acceptance criteria:

Commitment to the club

Assessment of club/team representation

Application material/responses

Member Benefits

Team members will receive an official **SCR Racing Team** singlet and jacket. In addition, members will receive a free entry into the Eye of the Dragon 10K and a discounted registration into the Turtle Krawl 5K. The team will also hold training and social events.

The newly formed team will be announced at the Space Coast Runners Summer Social. If you have questions or would like more information, please contact us at SCRRaceTeam@gmail.com. Application found on the next page.

All applications must be received no later than May 9, 2015.



**JOIN
THE
TEAM**



Space Coast Runners
Race Team Application for the 2015-2016 Season
E-mail: SCRRaceTeam@gmail.com or
Mail: SCR, P.O. Box 541837, Merritt Island, FL 32954
Application must be received by 9 May 2015

General Information

Name: _____ Occupation: _____
Birthdate: _____ Favorite Race: _____
Current Age: _____ Email: _____
Street Address: _____
City, State & ZIP code: _____
Current Space Coast Runner Member: Yes No
Singlet: Men Women; XS, S, M, L, XL
Jacket: Men Women; XS, S, M, L, XL

Facebook Handle: _____

Application Information

An application committee will be formed to select team members based on the following criteria:

- 1) Commitment to SCR
- 2) Application responses
- 3) Assessment of SCR team and club representation

I have read and understand the selection criteria: Yes No

Expectations

- 1) Run/compete in at least 3 of 5 identified team races. For the 2015-2016 race season the 5 identified races are: Running on Island Time 5K, Turtle Krawl 5K, Eye of the Dragon 10K, Corporate 5K, and the Melbourne Art Festival 5K Flamingo. SCR will cover entry fees for Eye of the Dragon and half of the entry fees for the Turtle Krawl.
- 2) Attend team building and training events
- 3) Volunteer at 1 or more SCR events (packet pickup, water stations, trash cleanups, etc...)

I have read and understand the team expectations: Yes No

Questions

- 1) Describe why you wish to be on the SCR Race Team.
- 2) Describe how you will contribute to SCR and the race team.
- 3) Describe your running goals for the 2015-2016 race season.
- 4) Describe a running related accomplishment, memory or interesting story. (If selected for the team, this will be used for introductions in the SCR Newsletter, Facebook, etc...)



No Arrrrrh(uments) About It—A Plundering Success



There was no shortage of pirates and wenches at Running Zone's Pirate Plunder 2 Mile race this past month.

The overall male champion of the race was Chris Cacciapaglia, 25, with a winning time of 9:37 (an amazing 4:49 pace!). Second place Michael Fisher, 22, was not far behind with a time of 10:37, and Shane Streufert, 43, finished up in third place with a time of 10:42. Harry Prosser, 46, won the masters champion category with a time 11:26.

For the ladies, the overall female champion was Sara Trane, 29, with a time of 11:48. Melissa Taylor, 37, had a finishing time of 12:01. Following not far behind Taylor, was Kim Hunger, 34, with a time of 12:09. Julie Hannah, 41, won the masters champion category with a time of 12:41.

The after party was held outside at Meg O'Malleys and what a spread—chicken Caesar salad and Meg's famous 18 cent bean soup were there to replenish the runners and walkers. Free beer for those over 21 and all the pirates you'd care to meet up with!

The race proceeds helped benefit Girls on the Run Space Coast Chapter. The organization aims to help inspire girls to be joyful, healthy and confident by creatively integrating running in their curriculum.

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

Race report by Lisa Hamelin. All race photos courtesy of Doug Carroll.

Far upper right—Chris Cacciapaglia rounding the corner for the finish line victory.

Far lower right—Molly Kirk, Brittany Streufert and Susie Meltzer preparing to walk the plank.



Above—Sara Trane keeping the pace to win.

Left—Even the kids were into the pirate theme.



SAAZ

3rd Annual

BOTTOMS UP BEER RUN



- SATURDAY, JUNE 13TH
- 6:00PM AT WICKHAM PARK
- **SB** BENEFITING ST. BALDRICK'S FOUNDATION
- HOMEBREWED BEER AND CIDER PROVIDED BY SAAZ ALONG THE 4K RACE COURSE

SAAZ.ORG

* REGISTRATION INFORMATION



Davis and Duisberg finish Fame 8K in first

Cloud cover greeted runners at the 37th running of the Space Walk races in Titusville. This race, which is both an SCR and Titusville Race Series race, featured an 8k run and walk, a 2-mile run and walk, and a Clydesdale and Filly division. It is the ninth of the ten SCR series races for the year.

The 8k course began and ended near the Space View Park; runners made their way through the tree-lined shaded streets of the Titusville neighborhood, getting glimpses of and breezes from the river as they ran. The first loop was two miles; those in the two-mile race crossed the finish line after this, while the 8k participants headed out for a second loop of three miles. Finishers received a unique medal that was molded in the shape of a lunar footprint.

John Davis once again finished at the top of the race, with an 8k time of 27:47. Shane Streufert was second, followed by Steven Chin. On the women's side, Lauren Duisberg from Atlanta won in 32:52. High school runner Haley Higginbotham snagged second place, followed by Susie Meltzer. Joel Fenlason and Brittany Streufert won the Master's titles; Marie Thomas and Joe Hultgren were our Grand Master winners; and Jacquelyn Kellner and Wolfgang Jensen rounded out the field with Senior Grand Master wins. Helen Kwiat (continued)

- 8K MEN**
John Davis, 27:47
Shane Streufert, 28:15
Steve Chin, 30:48
- 8K WOMEN**
Lauren Duisberg, 32:52
Haley Higginbotham, 35:21
Susie Meltzer, 35:37
- MASTERS**
Joel Fenlason, 31:31
Brittany Streufert, 37:28
- GRAND MASTERS**
Joe Hultgren, 32:32
Marie Thomas, 37:31
- SENIOR GRAND MASTERS**
Wolfgang Jensen, 38:52
Jacquelyn Kellner, 47:25
- FILLY DIVISION**
Suzie Philbeck, 58:58
- CLYDESDALE DIVISION**
Bob Rall, 47:43
- 8K WALK MEN**
Gregory McGowan, 53:57
- 8K WALK WOMEN**
Helen Kwiat, 1:02:45
- 2 MILE MEN**
Carmine Lento, 13:09
- 2 MILE WOMEN**
Ari Templeton, 17:28
- 2 MILE WALK MEN**
Karl Anstett, 30:23
- 2 MILE WALK WOMEN**
Shaiel Jones, 23:07



Far Left: Pat Kiesselbach and James Conant are all smiles to have completed the 8K.
Top Left: Carmine Lento comes in fast to claim the overall 2-mile victory.
Bottom Left: Lillian Robertson accepts her finisher's medal



won the 8k walk and Gregory McGowan was the men's winner.

For the two-miler, Ari Templeton was the female winner and Carmine Lento won on the men's side. Ten-year-old Shael Jones won the two-mile walk and Karl Anstett was the winner for the men.

After the adults had their fun, the kids were able to get their run on at the SCR youth series race. The awards ceremony followed, and winners received plaques commemorating the race.

The next and final race of the SCR series will be the Eat My Crust 5k on May 3rd, while the TRS series finishes up with the Blueberry 5k on May 16.

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

Race report by Marisa Flint and photos from Space Coast Event Management & Timing.

Picture right: Tena Hochard (127) checks her splits at the finish line.



Join us for the last race in the 2014-2015 Running Zone Foundation Race Series:



REGISTER TODAY!

This is the race that started it all.

- Hawaiian Luau with Hula Dancers!
- Festive Leis for all Finishers
- Dress in your favorite Hawaiian Attire
- Fun Gecko Awards
- Zippy the Gecko Mascot to lead the Kid's Run
- Hawaiian Breakfast catered by Pizza Gallery & Grill
- Random giveaway of a paddleboard from Paddleboard House!

Benefits Leukemia Lymphoma Society's Team in Training (Brevard County Chapter)

runningzone.com/series

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

May 9, 2015 at 7:00am, Eastern Florida State College,
Wickham Park Pavilion, Melbourne



Everyone's a winner!
The event provides an
unique opportunity
for parents to bond
with their children
and promote an active
lifestyle.



The Long Doggers Kids' Marathon and Half Marathon took place in Melbourne Beach on a sunny Florida morning and was filled with family fun for kids 12 and younger. The event which allows parents to participate with their children benefits the Brevard County Mile Program. Over 320 participants took on either the marathon or the half marathon which in reality is not the true race distances but rather a play on words. Running Zone, the event organizer, simply moved decimal places to come up with the 2.62 mile marathon and 1.31 mile half marathon.

Kids could also do the "Double Dog Dare" which means you complete both races. There were 73 kids who accepted the dare. Top three combined race finishers were Josh Kraver (25:52), Kaylee Kraver (28:01) and Michael Toppi (28:07).

The event is a great way for parents to promote running and healthy living to their children. For complete race results, [click here](#). Race report by Brittany Streufert. All photos courtesy of Doug Carroll.

RACE REPORT

Long Doggers Kid's Marathon & Half Marathon — Continued



Top Left: Lucas Evans, age 7, makes a push to complete the Double Dog Dare. **Top Right:** Members of the M.O.R.G.A.N. Project are ready to supply the little participants with water as they man their hydration station. **Bottom Left:** Madison Hannah (1276), Colin Schuck (1245) and Zach Johnson (1262) display their trio of medals they earned for their running efforts. **Right:** Hank Miller, age 4, fiercely races down the road during the half marathon.

**REGISTER
NOW!**

UpRunningRaceManagement.com



Sunday, May 24, 2015 – 7:30 a.m.

Bayside High School

Come get *Lost in the Bay* and train for your next triathlon using this inaugural duathlon event!

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

- Awards ceremony and custom awards for top finishers
- Brag-worthy T-shirt for first 75 registrants
- All registrants will receive a bib, timing tag and goody bag
- Overall results will be timed by Up & Running Race Management
- Raffle prizes

Beneficiary: Children's Home Society of Florida



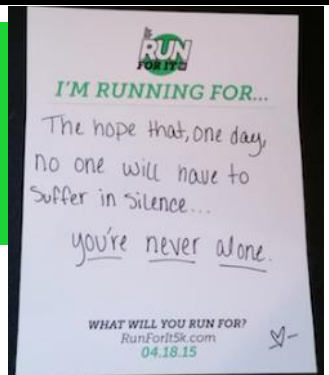
*Early Registration –
Through May 17th:*

Individual Early Fee: \$45
2-Person Relay Early Fee: \$80
3-Person Relay Early Fee: \$125

TO
WRITE
LOVE
ON HER
ARMS.

Run For It 5K

Gives Runners a Chance to Express their Love



What will you run for? Over 500 runners were asked this question on April 18 before racing in the Run For It 5k in Satellite Beach that was sponsored by the non-profit organization To Write Love on Her Arms. Some runners ran to face their own struggles while others ran to honor someone else, but every runner showed hope and positivity for all.

The overall winner of the race was Garrett Camps, Melbourne Beach, 17, who dashed to the finish line with a time of 16:14. Racing into second place was Jonathan Campbell, Viera, 20, with a time of 17:24, and Felix Hottenstein, Melbourne, 46, finished up in third place with a time of 18:55.

Joe Lento ran 19:04 to secure the male Master's title.

The ladies also showed their speed. The overall female champion was Sara Trane, Satellite Beach, 29, with a time of 19:10. Dina Viselli, Melbourne, 30, was close behind Trane with a finishing time of 19:43. With a time of 21:06, Tasha Camps, 44, secured the third place spot.

Michele Longstreet, Indialantic, was the female Master's winner with a time of 22:47.

TWLOHA is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. For complete race results [click here](#).

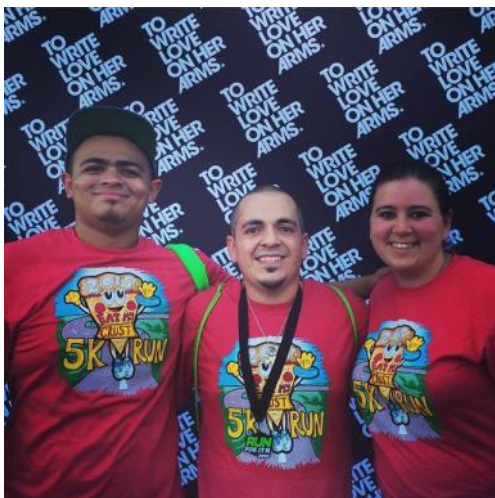
Race report by Angela Leeds. All race photos courtesy of Doug Carroll and To Write Love on Her Arms Timeline Photos.



Runners hear an inspirational message while waiting at the starting line for the Run For It 5K to commence.

RACE REPORT

TWLOHA Run For It 5K — continued



Pictured clockwise starting top left: Joe Lento is all business as he rounds the corner during the 5K race. Kate and Rich Chapman enjoy the post-race festivities. Runners and walkers of all ages took to the Satellite Beach streets to show their support of TWLOHA. Tony Bills congratulates his look-alike twin brother, John on finishing his very first 5K. Joey and Alma Daugherty push towards the finish line on the sunny Saturday. Shane Crocker, Mike Acosta and Kristen McAlpin pose for a pic after Acosta's age group win.

Inaugural

Cocoa Beach



Half Marathon

Sunday, October 25, 2015

**First in a collectable medal series:
Genie bottle!**

Finish on the beach!

Run up scenic coastal Hwy A1A past the Atlantic Ocean, Banana River, Port Canaveral, by the channel, cruise ships and more!

- Tech shirts and hats to all pre-registered runners
- Live music and party at the finish



CocoaBeachHalfMarathon.com

Runners Fly at Flamingo 5K



One of the largest 5k races in Brevard, the 28th Annual Melbourne Art Festival 5K Flamingo Run/Walk was held Saturday, April 25th at 7:30am. This event kicked off the annual Melbourne Art Festival and featured the famous Melbourne Causeway in its course. The race featured over 800 runners/walkers and all the proceeds went to the promotion and encouragement of artistic endeavors, appreciation and education in Brevard.

Flying fast in first place for the men was Jonathan Campbell with 16:46. Following was Tyler Roberts in second (17:42) and Eric Kieffer in third (17:44). The females were fierce as well with Amanda Beach coming in at 19:26, and she is only 16! Falling shortly behind was Lauren Helton with 19:54 and Sophia Lockerby with 20:47. These runners were fearless defeating the Melbourne Causeway and scoring fast 5K times!

The race offered an amazing after party where participants could snack on fruits, breads, and sandwiches. Participants were even offered complimentary beer after the race! Awards were also provided to top three in the age group, overall and masters as well as door prizes raffled. Timmy Vee was even there playing everyone's favorite tunes. It was sunny, plenty of art to pick and purchase, and the crowd very amiable at the 5K. Mark your calendars and come on down for running and some art.

For a complete 5K race results, [click here](#). Race report by Michele Au. Race photos courtesy of Doug Carroll.



Top Left: Three K's represent one, two and three in the women's 30—34 age group. Kimberly Ascroft (2334), Kristen Klein (1590) and Kimberly Flynn (2183).

Top Right: Rhonda Creek flashes the peace sign to photographer, Doug Carroll as she races by.

Bottom: A pack of runners take the turn at the start of the race.

Long Distance Relationships

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



The 119th running of the Boston Marathon was a brand new experience for many of the Space Coast Runners who lined up at the chilly and rainy start in Hopkinton on Monday, April 20. The Boston Marathon, a true celebration of the sport of running, has a different meaning to each and every runner who paces through its 26.2 miles course. Fortunately many of our members were willing to share what significance this marathon meant to them. Enjoy.



MOLLY KIRK

First time Boston participant

Everything about the Boston Marathon was meaningful, including the pursuit of running a qualifying time, hearing that I made the cut-off, planning, training, running the marathon, and of course crossing the finish line.

I deeply admired the charity runners who raised million of dollars and loved the enthusiastic screaming of the spectators hanging over the barricades who treated the runners like rock stars. Thanks to SCR for helping me get to Boston, along with Sal Farino who patiently paced me to a BQ time at the Long Island Marathon and endured “enemy territory” and wretched weather to yell for me at mile 16. Thanks to Pat Kiesselbach for cheering for 5 hours and spotting me at mile 25!



HARRY PROSSER

First time Boston participant

I will say that it is hard to describe what Boston means to me. I had read books, studied the course, listened to other runners who had been there and done it, and thought I had a fairly good idea what to expect. I understood it on an intellectual level; 26.2 miles of downhill, then up hill, then downhill again. However, when you add the tradition, the history, the emotion, the noise, entire small towns that line the course to cheer for you, the inspiration from fellow runners of varying abilities... when all of that is added to the mix, the race takes on an entirely different feel. This is Boston: the pinnacle of long distance road racing, the holy grail of the sport. I have never felt so good, and so bad, all at the same time. Until you experience this race, and run those 26.2 miles of downhill, then uphill, then downhill again, the words to describe the Boston Marathon will only tell part of the story... the rest of it you just have to feel for yourself.



ANGELA WELLS

5 time Boston participant

I love this course because of the competition and the amount of fans cheering from the sidelines. Two years ago when the bomb blew up at the finish line I was there and I can say that is one of the reasons that I still go back to Boston.

Long Distance Relationships

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



JOHN OUWEELEEN

9 time consecutive Boston participant, 3rd place 70-74 age group winner 2015

"My favorite moment was in 2014 when I placed first in my age group." (pictured left). 2014 may be Johnny O's favorite Boston memory but that still has not stopped him from placing in the top 3 in his 70—74 age group the past three years. His 2015 finishing time was an impressive 3:37:59. Age graded he has an 81.98% score which is equivalent to a marathon time of 2:32:22.



RON ABEL

First time Boston participant

Boston was so moving and inspirational, It meant a lot to me to have my family join me for the race. I was also blown away by all the supporters and good lucks I received by so many amazing friends and family I couldn't have asked for better people in my life. The race was amazing very tough conditions but I loved it all, they had 9000 volunteers and about 1,000,000 spectators. I look forward to trying the course again next year!



KAREN SCHOLES

First time Boston participant

Running Boston for the first time was simply an unforgettable experience! From hearing cowbells ring as the busses entered Hopkinton to hearing the roar of the crowd along the entire course and coming into the finish, the experience was a constant flow of emotion. Something I will never ever forget!



ABE OROS

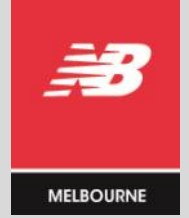
First time Boston participant

I've had a chance to reflect on Monday's run and I am still in awe of my experiences of the Boston Marathon. I don't know of any other sport or activity where we (mere mortals) stand side by side with elite athletes at the start, but in Boston, all runners were treated as elite marathoners. From the Expo to the finish line the organization was superb! As I stood at the start in Hopkinton, I could not help but think of the legends of marathoning who had stood there and had run along the same route I would soon be taking. Images of the likes of Bill Rodgers, Joan Benoit and Alberto Salazar running the same streets became very alive. The estimated million spectators along the 26.2 miles were unrelenting in cheering and encouraging all runners. As loud as the crowds kept cheering for me and runners around me, I thought they had confused me with Meb Keflezighi, or perhaps Shalane Flanagan was running behind me - she wasn't.

This was my first time running Boston, but it won't be my last.

SCR MEMBER DISCOUNTS!

Receive a **10% discount**
from these local businesses when you mention you're a Space Coast Runner.



Marty Winkel

321-537-3526

sceventmgt@gmail.com



When Injury Strikes Part 3

by Jonathan Howse

THE FINAL INSTALLMENT OF A 3-PART
SERIES OF A LOCAL RUNNER'S
JOURNEY BACK TO HEALTH





Left: Jonathan picks up his hardware at the Autism 5K. — **Right:** Rounding the turn at the Downtown Melbourne 5K

I am writing this account of my injury in hopes that you, my fellow runners, may benefit from my experiences and from what I have learned. This is the final installment of the 3-part series on my particular injury. Last month, I discussed how I sustained my sacral (tailbone) stress fracture, and the immediate actions I took. This month, I discuss the cross training I undertook while I waited for the injured bone to heal. Again, I will caveat all of this by stating that each person is unique. We all heal at different rates, and we all adapt to training stresses in unique ways. Also, no two injuries are alike.

We first looked at the period leading up to my injury and the very first steps I took to seek treatment along with some lessons learned. Last month, we explored how cross training can keep you fit while injured. This month highlights the final (and best) part of the entire injury experience, returning to running. In my case, my return to running was approved by the doctor at a 7 week follow-up, but I actually waited a week to start back. Wait! What?!? Wouldn't you want to hit the roads and get back to it, you ask? Not so fast (really bad pun intended)! While finally returning to running is a wonderful thing that will leave you crying with tears of joy while you are (finally) running, pain free, at a fairly brisk pace, you have to proceed cautiously to that point, or you will end up right back in "running prison!" Think of the initial days and weeks as "parole" with your doctor as the "parole officer." What gave me pause was when I saw the sobering X-ray imagery showing the callous formation from where the fracture line went from my SI joint all the way to the bottom of the left side of my Sacrum. Had I kept running, much longer, this injury would have become far worse. To give a little background, when bone heals, it does so by layering down new bone called callous around the injury site. This callous will appear as a bump or lump on the bone on X-ray and indicates a healing response. So while a new view of the severity of my injury gave me the fear of God that caused me to be extra cautious, I also saw the good news that my supplementation and cross training had allowed for the

injury to heal up to the point where the doctor said I could try running again.

As for my caution, what I did was go right back to our good pal, Pete Pfitzinger and his training articles, and read up on his return to running. You can find that article, [here](#). If you read his article, Pete states that to try some running, you should be able to walk briskly for an hour, pain free, as race walking represents close to 50% of the impact forces of running (~2x your body weight). If you remember back to my cross training article, I was making race walking part of training repertoire when I could do this, pain free, during the walk. I initially walked for 30 minutes, then 5K, then 1 hour with the Run for the Responders 5K being one such attempt. For a few weeks, I kept feeling pain in the day after my 1 hour walk attempts, so I felt that I was not healed enough to run, pain free. This is an important distinction in my recovery. In my previous injury, I tried to jump straight into running without gradually building up through brisk walking, and I believe that caused a setback in my recovery. I was prepared to show up for the Tooth Trot 5K and Eye of the Dragon 10K as a race walker!

Back to Pete Pfitzinger's plan, his schedule builds up running from mostly walking with a few short stints of running to running tempos over a 7 week period. I added a week 0 of complete walking while my doctor reviewed this schedule. He gave me the thumbs up towards the end of my race walking week. I had reduced my race walk 5K time to just under 30 minutes, with no pain. I also had a pain free 1 hour race walk. I was ready to try some running (this is the only real way to know if I was ready to run at this stage). Running represents at least 4x your body weight in impact forces.

The schedule Pfitzinger presents and the one I show use time versus distance. I believe this to be important as this eliminates the pressure to run a certain distance or pace. This approach also makes the schedule useful for any runner at any



Left: Group selfie at the Zebra Zoom 3K with Lisa Hamelin and Laurie Paul — **Right:** Taking the turn at the Pirate's Plunder 2-Miler

fitness level. Just run for time at whatever easy pace feels comfortable and pain free. For the first four weeks of running, I followed a slightly modified version of Pfitzinger's plan. With the build in race walking, I was able to proceed immediately to running every other day without pain. Now, when I say "without pain," understand that there will be some twinges along the way due to scar tissue and, for healed stress fractures, callous formation. I had to closely question my doctor to understand pain free. The answer I received was that if I felt what I felt when I had to stop running, I was not pain free. In other words, is there constant pain that isn't improving or, worse, pain that is getting worse? If yes, then stop and wait a week to try again. If there are occasional twinges and some sore sensations, and none of these are constant, then all is well. Proceed with caution.

For the first two weeks of running, I actually programmed my Garmin with the run/walk intervals and followed that, religiously. I used the walking breaks to assess how the running felt and if there was any pain. My very second run was borderline, but the niggles I felt subsided, so I proceeded with caution and also kept up with my cross training.

That is another point that I want to make with the return to running. Keep up with your cross training. You can't use running as a means to stay fit, just yet, so treat it like a new "cross training" element that you are mixing into the rest of your current training. Keep your harder sessions on the bike or in the pool until your running is a significant contributor to your weekly fitness. The idea is to slowly build up your running and at the same time dial back your cross training until your mileage is at a level where you can add your quality workouts (no more than three per week). Don't totally abandon your cross training, either. Mixing things up will keep running fresh and will hopefully keep you out of the dreaded Injured Reserve for some time. At the very least, stick with some sort of stretching, strengthening, and flexibility routine like the one you might receive at one of René Dunne's yoga classes! Expect to see me crank out the occasional deep water run workout!

I did say that I stuck with the plan as written for four weeks.

After four weeks, I felt confident that I could slightly boost my running, and so I did. When I made it to the first week of March, I was already running 40 mile weeks. By April, I had achieved 50 mile weeks. I'm comfortably running 16 miles in my long run with the crew at Oars and Paddles, and I've returned to my Tuesday and Thursday quality workouts. By the time you read this, I will have achieved 60 mile weeks with my goal of running the Echo Half Marathon on June 7. The thing to keep in mind is that every person's return to running will be unique and must be driven by listening to your own body. Use the crawl, walk, run progression in your cross training where each stage has to be pain free before progressing. Mix the previous stage(s) with the current stage. Start your run with a run/walk approach, and build gradually. If things are going well, give it a slight boost. If there is a touch of pain that almost immediately goes away, take it easy. If there is constant pain or pain that is getting worse, STOP!

I also took a risk by running races, early on, but don't we all? I wouldn't advise this part, but I was motivated by the two race series, especially the Running Zone series with only 1 drop that I already used in December. I will relate to you what happened at the Tooth Trot. My schedule called for 20 minutes of running and 10 minutes of running. I reversed the two by using the 10 minutes as a warm-up and 20 (plus) minutes for the race. The weather at this time was a little cooler and drier than it is, now, so it felt easy to run fairly fast at the time. I knew I could hit a 5K under 20, so I set that as my goal. I was shocked at my first mile split, and since I wasn't feeling any pain, at all, I proceeded as if it was a race, finishing over a minute under my goal with an 18:57. At this point, it was just like the space shuttle passing through the point of maximum dynamic pressure, breaking the sound barrier, and receiving the message, "you are GO at throttle up!" It was an exciting day!

The Tooth Trot wasn't a fluke! The next week, I just missed a 3K PR at the Zoo by running 10:59. Two weeks later, I had even better weather at the Autism Awareness 5K where I set a PR of 17:56. A week after that, I set a PR on the very difficult Eye of the Dragon 10K course with a 39:48. A month later, I

had very successful races with my 18:16 Downtown Melbourne 5K, 11:48 PR at the very toasty Pirate Plunder 2 mile, and a respectable 31:17 at the sweltering Space Walk of Fame 8K. When I missed a PR, it wasn't by much. The point, here, is that when you can't run, cross train! When you can run, start with a run/walk approach.

What, now? What's next? Will I try another marathon? The answer is that my current return to running mileage build is for the Echo Half Marathon in early June. The summer will focus on speed at the 5K distance as there is no shortage of races at that distance, and after the Turtle Krawl 5K, just as the weather is about to get nice, again, I'll transition back to the long distance and begin a much smarter ramp for a winter marathon yet to be determined (Celebration, perhaps?) but with stops along the way for the Space Coast Classic 15K and Space Coast Half Marathon. After that, who knows? That's what's exciting about this running adventure! One thing is certain; next year will be exciting as I join the ranks of the masters.

**Jonathan's Return to Run Plan
based on Pfitzinger's Return to Run Plan**

Week	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
17-Jan	Walk 1 hour	Walk 5K	Xtrain	Walk 5K	Walk 5K	Walk 5K	Walk 5K
24-Jan	Walk 10 min, Run 5 min, Walk 5 min, Run 5 min	Run in water or other training	Walk 5 min, Run 5 min, Walk 5 min, Run 5 min	Run in water or other training	Walk 3 min, Run 7 min, Walk 3 min, Run 7 min, Walk 3 min, Run 7 min	Run in water or other training	Walk 2 min, Run 8 min, Walk 2 min, Run 8 min, Walk 2 min, Run 8 min
31-Jan	Run in water or other training	Run 10 min, Walk 2 min, Run 10 min, Walk 2 min, Run 10 min	Run in water or other training	Run 12 min, Walk 2 min, Run 12 min, Walk 2 min, Run 10 min	Run in water or other training	Run 15 min, Walk 2 min, Run 15 min	Run in water or other training
7-Feb	Run 20 min, Walk 2 min, Run 10 min (Tooth Trot 5K)	Run in water or other training	Run 25 min	Run in water or other training	Run 30 min	Run 25 min	Run in water or other training
14-Feb	Run 30 min (Zebra Zoom 3K)	Run 25 min	Run in water or other training	Run 35 min	Run 30 min	Run 30 min	Run in water or other training
21-Feb	Run 35 min (Autism 5K)	Run 30 min plus 6 x 100 meter strideouts	Run in water or other training	Run 40 min	Run 30 min	Tempo Run (15 min warm-up, 15 min @ 15 km race pace)	Run in water or other training
28-Feb	Run 45 min (Eye of the Dragon 10K)	Run 30 min	Run 40 min plus 6 x 100 meter strideouts	Run in water or other training	Run 50 min	Run 30 min	Tempo Run (15 min warm-up, 20 min @ 15 km race pace)
7-Mar	Run in water or other training	Run 40 min plus 6 x 100 meter strideouts	Run 35 min	Run 55 min	Run in water or other training	Run 60 min	Run 35 min

THANK YOU

to all of the 2014—2015
RUNNER OF THE YEAR SERIES
sponsors!



**Bill & Liz Harris
Smooth Running
Coast Air
& Heat**



**Atlantis Urgent
Care
Daddy Ultra Runs
Millennium
Engineering &
Integration Co.
New Balance
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Paddling Paradise
Up & Running
Fitness
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Chik-Fil-A



WORKMAN WARRIORS-5K

Supporting the Sentinels Of Freedom Space Coast and HorsePlay of Brevard, Inc.



WHAT: WORKMAN WARRIORS 5-K RACE BENEFITTING THE SENTINELS OF FREEDOM

DATE: AUGUST 1ST

COST: \$25.00 PER RUNNER (PRE-REGISTERED) \$30 DAY OF

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

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 Sentinels Of Freedom Space Coast, \$25 for Pre-registration, \$30 Day-of. No refunds; part of your fee may be tax deductible.

Name _____ Birthdate _____ Age on Race day _____

Includes donation of \$ _____ to Sentinels Of Freedom. 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, waive and release the Sentinels of Freedom 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 Sentinels Of Freedom Space Coast 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



RUN A MILE WITH... *Micah Vanatta*

Name: Micah Vanatta

Age: I will be 48 in the fall.

Family: Jessica (wife of 17+ years), our daughters Bailey 10.5 yrs (Dotson & Jack Russell mix), Frangelica 11 (Torti)

Originally from: Oklahoma moved to South Florida not long after graduating then took a job opportunity here in North Brevard in 1996. Lives in Titusville.

Grew up where?: Spent all my school years in Oklahoma including graduating from Oklahoma State University

Occupation: After graduating from the university I tried several professions and finally decided to pursue the horticulture field where I have owned and operated our Landscape Company (Artistic Landscaping by Jess & Assoc. Inc.) since 1997.

Dream profession: I would really like to have a job where I could be a part of engineering and building something useful.

Number of Years Running: I started running in my early teens because we lived in the middle of nowhere and it was something to do, but never raced much. I laid off in my thirties to spend more time in the gym. After 40 I found lack of cardio and body changes led to me being rather FAT. So I started hitting the road again.

Began Running Because/To: In 2011 I began racing again when I was dared to enter the Titusville racing series with the enticement of you win, you can get paid. Then the same year I got dared to do the Space Coast half with only a couple months of training time.

I Knew I Was Hooked When: After I had finished the Melbourne Music half I watched the full marathoners come in and felt guilty.

Race PRs (personal records):

Marathon 3:20:11 Half Marathon 1:32:05
15K 1:05 5K 19:40

Favorite Race Distance: Why? The marathon is so challenging and requires so much commitment but I have so much fun training with everyone.



Wineglass Marathon 2014



Snow Basin Skiing

RUN A MILE WITH... *Micah Varatta*



Most Satisfying Race Performance(s):

Wineglass Marathon 2014 PR & BQ

Favorite Race(s): Why? Wineglass Marathon because it's run in a beautiful area with all the fall colors, I got to train and run with some great people, and did I mention PR & BQ

Favorite Place(s) to Run: I am happy running anywhere. I prefer some hills. But it is more about the people. I have met some of the best and nicest people running and enjoy all their company.

Running Goals: I want a sub 3 hour marathon preferably before I turn 50 and I want to qualify for NYC marathon of course a sub 19 5K

Running Partner(s): The Viera gang "Elite Masters" on Tuesday & Thursday mornings and Cocoa Village Sunday morning group.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: Superman, I want to learn how to be faster than a speeding bullet.



Funniest or Oddest Thing I've

Seen While Running: This winter running the South end of Cocoa Village I saw Betsy Butler flipping out, but there was no snake. I was confused come to find out a squirrel relieved himself (doubt a female squirrel would be that crude) and it landed on her White shirt.

Training Philosophies: Run to escape everyday life. If work or something enters my mind when I run I alleviate that problem, running is about my time

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

DO NOT carry your phone on a run. Joining a real coach (not online) will help you dramatically

Other Sports & Interests: I attempt to play tennis a few nights a week except during hard core marathon training when I limit myself to one to two nights max a week



Favorite Reads: I only read for knowledge (running, political, economic) other than Space Coast Runner's newsletter

Favorite Movies: Blazing Saddles and The God's Must Be Crazy are probably my two most favorites, but I pretty much enjoy all Mel Brooks and Quentin Tarantino Movies

When Nobody is Looking I Like to:

I have no real filters so I pretty much the same

Favorite Meal: I enjoy Asian food except Chinese, I love Tacos and some Middle Eastern food but it all tastes better with the proper Beer

Dream Vacation: I have never really liked vacations but runcations are by far my favorite trips close second is snow skiing (as long as I can run there)

Why did you join SCR? I originally joined because I felt runners need to be represented in the community and I would support an organization that does so.

I Think That SCR Could Do A Better

Job: I don't know how they could possibly do a better job in representing all the different types of runners in our community.

New Running Club on Tap

Article by Angela Leeds

AT PLAYALINDA BREWING COMPANY — ESTABLISHED APRIL 21, 2015



Describing herself as a “Taste Tester with a Running Problem,” Donna Scott, one of Playalinda Brewing Company’s owners, said that when she found out that other breweries were hosting running clubs, she knew it was time to take the leap and start one in Titusville. Playalinda Run Club was launched on April 21.

For the inaugural run, over 60 people gathered in front of the brewery on U.S. 1 in Downtown Titusville to enjoy the fun run that started at 6:30. Runners could choose from two beautiful courses along the river: a flat course along River Road or a more adventurous trek up the bridge. Both courses were 3.1 miles, and some runners chose to keep running and run both courses before heading back to the brewery.

At the end of the fun run, runners enjoyed all the benefits of a regular race: finish-line photos, cold

NEXT PLAYALINDA RUN CLUB WILL BE HELD ON MAY 5

water, and good company. For this inaugural run, everyone also received a PBC limited edition throwback pint glass, and many popped inside the brewery to fill it up.

Space Coast Event Management set up the two courses, informally timed the event, and took the photos. Marty Winkel joked that attendance for this beer run was significantly larger than previous ice cream runs along the same path. He also provided runners with information for future 5K events.

Future runs are scheduled for the first and third Tuesdays of each month at 6:30 P.M. The next run will be on May 5. Sign-in sheets will be available, and runners will need to sign a waiver. Scott say these are just formalities due to the number of participants. She wants everyone who comes out to run or walk to have a positive experience.

Additional information and pictures can be located on the Playalinda Run Club Facebook page.



EARTH RUN COMPLETE

A dozen Space Coast Runners took part in Virtual Stride's Earth Run on Sunday, April 26th. With a designated meet time of 8:30, runners were able to choose the distance they wanted to complete to earn the awesome earth medal.

The group gathered in Cocoa Village for a quick photo and more importantly to pick up their Earth Run hardware.

For more information on Virtual Strides visit their [Facebook](#) page. If you're interested, Kimberly Prosser is the designated SCR "virtual club ambassador" and can also provide details on the next club meetup.



the **FINAL** COUNTDOWN

& last running of Florida's Iconic Race Venue

NOVEMBER 15, 2015



WWW.ROCKETMANFLORIDA.COM

RocketMan Florida Triathlon

KENNEDY
SPACE
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Classic +, International + & 70.3 Distances + A Duathlon

- Limited to 1,200 Total Entrants -

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



MAY 2015



Flying Pig Marathon & Half Marathon 5/3 —
Cincinnati, OH

Marion & Skip Oswald

Biltmore Kiwanis Classic 15K
5/17—Biltmore, NC

Daryl Gilbert



Run To Remember Half Marathon
5/25— Boston, MA

Rick Foresteire, Nancy Wingo,
Pat Kiesselbach

Mystic Half Marathon
5/31 — Mystic, CT

Shannon O'Boyle



TO BENEFIT THE
CHARITABLE WORKS OF THE
ROTARY CLUB OF MYSTIC

JUNE 2015



Grand Teton Half Marathon 6/6—
Jackson Hole, WY

Dick, Marlene & Rachel
White



Echo Half Marathon 6/7— Osteen, FL

Mike Acosta, Naweed Akram, Jonathan Howse,
Molly Kirk, Susie Meltzer, Brittany Streufert,
Shane Streufert, Dave & Marie Thomas

Yellowstone Half Marathon
6/13—West Yellowstone, MT

Loran Serwin, Christy Zieres, Dick,
Marlene & Rachel White



Grandma's Marathon & Garry Bjorkland Half Marathon
6/20— Duluth, MN

Carol Ball, Steve Chin,
Keith & Marisa Flint, Kelley
Lake, Cheryl & Ron Ritter,
Brittany Streufert, Shane
Streufert, Micah Vanatta

JULY 2015



Peachtree Road Race
7/4—Atlanta, GA

Daryl Gilbert

The Scream Half Marathon
7/18—Asheville, NC

Daryl Gilbert



Get your race listed in the next newsletter! [Click here.](#)



Where in the World are Space Coast Runners Running?

AUGUST 2015

Lake Logan Half Ironman
8/8—Canton, NC

Daryl Gilbert



SEPTEMBER 2015



ARX Half Marathon
9/5—Asheville, NC

Daryl Gilbert

Berlin Marathon
9/27—Berlin, Germany

Shane Streufert



OCTOBER 2015

Ironman Maryland
10/3—Cambridge, MD

Cyndi Bergs, Linda Cowart,
Suzie Enlow, Kelly Miller,
Theresa Miller, Christy
Tagye, Christy Zieres



**Detroit Free Press/
Talmer Bank Marathon**
10/18 Detroit, MI

Ron Abel

NOVEMBER 2015



**TCS New York City
Marathon** 11/1—NYC, NY

Suzie Biery, Jay Claybaugh, Lisa
Hamelin, Christine Kennedy,
Dana Maughn, Karen Stout

SPACE COAST RUNNERS WOULD LIKE TO THANK

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](#) and become a fan on their [Facebook](#) page!



Submit Your Out-of-Town Race by [Clicking Here](#)

Race Calendar



5/3	Eat My Crust 5K	7:00 am	Viera Pizza, Viera	brittany@eventsviera.com
5/8	War Eagle 5K	6:30 pm	Astronaut High, Titusville	shivel.cheryl@brevardschools.org
5/9	Run for the Gecko 5K	7:00 am	Wickham Park Pavilion, Melbourne	info@runningzone.com
5/10	Beach Running Championship 10K/Half Marathon	6:30 am	Shephard Park, Cocoa Beach	info@themelbournemarathon.com
5/16	Run Thru The Ranch 5K	7:30 am	Kempfer Ranch, Melbourne	321-636-4361
5/16	Blueberry 5K	8:00 am	Holland Farms, Mims	runs alot@cfl.rr.com
5/16	The Promise Walk for Preeclampsia	8:00 am	The Avenues, Viera	tracey.weber@preeclampsia.org
5/17	Booty Run/Walk 5K	4:00 pm	Gleason Park, IHB	bootyrunwalk@att.net
5/23	Rescue Warriors 5K	7:30 am	Duke's Smokehouse BBQ, Satellite Beach	rescuewarrior5k@outlook.com
5/23	Craft Action Heroes 5K	5:00 pm	Florida Beer Co, Cape Canaveral	321-728-4114
5/24	Wickham Park 50/100/200 Mile Fun Runs	7:30 am	Wickham Park, Melbourne	mattmahoneyfl@gmail.com
5/24	Lost in the Bay Duathlon	7:30 am	Bayside High School, Palm Bay	info@uprunningfitness.com

3 Ways People Know You Are a Runner

By Angela Leeds

Photo by Kelli Michael

I'm new to the world of running.

In November of 2013, I ran my first “serious” 5K from the YMCA to Parrish Health and Fitness. I knew nothing about shoes, Dri-Fit, or runner culture. For that 5K, I grabbed old shoes out of my closet, threw on the free shirt, and posted my picture on Facebook at each mile marker as a personal reward for making it there. I even stopped BEFORE the finish line to capture a picture of my time. No worries, I was so slow there was no one behind me. Nevertheless, I was hooked! I have moved up to become a middle-of-the-packer since then, but I still wonder when I can officially tell myself that I am a runner.

If my hypothesis is correct, I'm getting there. I've noticed three ways people will know you are a runner, even if they never see you run:

1. **Your Shoes**—Everyone compliments a sharp pair of Nikes, but runners will notice your Brooks, Saucony, or Hoka brand shoes. Before you know it, the conversation will move to where you were fitted, pronation, and when the model 8 is due to enter the athletic showroom.
2. **Your Clothes**—According to my husband, who is often recruited to be my photographer now, runners are not afraid of color, especially neon. I must admit that I probably own more neon now than I did during the 80s. Obviously, wearing a specific race t-shirt will let others know you run, but if you randomly bump into someone else who raced in the same half marathon, you bond for life.
3. **Your Attitude**—Runners are some of the most positive people you will ever meet. Everyone has heard the “I only run when zombies are chasing me” joke. However, a runner will want to help you turn “I can't” into “I can.” They spend a lot of time alone or with friends thinking about how much easier quitting would be, only to hit the finish line and feel the rush of accomplishment.





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.



CUT HERE

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.*



May 2015

Birthstone: Emerald

Flower: Lily

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Tom Ward	2 Keith Kowalske
3 Steve Hedgespeth Chuck Mathews Brandon Philbeck	4 Molly Kirk Tara Clark	5 Wolfgang Jensen Erik Larkin	6 Connie Harvey Chris Reesh Robert Schneider	7 Paul Kennedy	8 Emily Maltby Virginia Lamb	9 Patrica Mankowski Lea Richard Tyler Heminger
10	11 Rachel Breckenridge Anne Dockery Callie Hardwick	12 Marion Oswald	13 Katie Jacobus	14 Pat Kiesselbach	15 Carina Jacobs John Lucas	16 Jerilyn Bird Roz Chapman
17	18 Jack Starr	19 Kelly Jackson Monique Pridgin	20 Rhett Collins Kira Fulton-Sparks	21 James Chiravalle Devon Engel Janna Griffin Maria Dishaw	22 Xavier Cabrera Tommy Enlow Kathy Bils	23 David Bills Debbie Rescott
24/31 ----- Bethany Demoss Richard Doyle Rick Foresteire Ron Ritter	25 Jennifer Penna Michael McNees	26 Michael Higgins Ed Springer Tristan Webbe Nancy Wingo Jessica Frank Aiden Fischel	27	28 Norman Miller Kelley Lake Marty Ransom	29 Tyler Piercy Sandy Walker	30 Monica Hall Danielle Hustoles Pat Mister

Make sure to wish these folks a Happy Birthday when you see them. Watch out, our **highlighted** members are moving up in age groups!