

SPACE COAST RUNNERS

MARCH NEWSLETTER



RUN A MILE WITH

>> Wade Dauberman

RACE REPORTS

- >> Tooth Trot 5K
- >> Meerkat Mosey 3K
- >> Eye of the Dragon 10K
- >> Melbourne Music Marathon



**Promoting fitness in Brevard County
through running & walking**



The Starting Line

March 2014

DEPARTMENTS

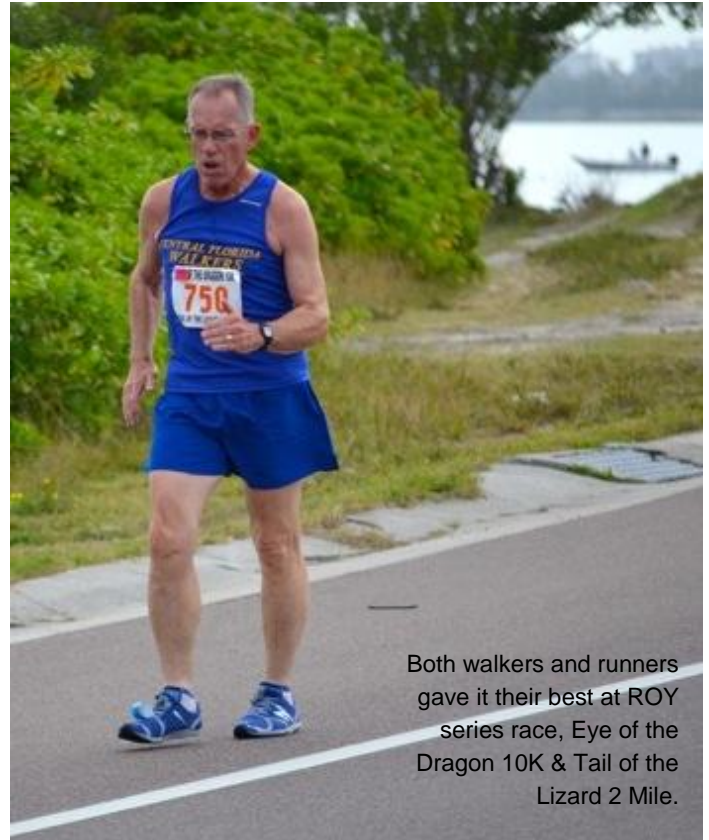
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Both walkers and runners gave it their best at ROY series race, Eye of the Dragon 10K & Tail of the Lizard 2 Mile.

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ON OUR COVER: Photo by Bob Rall

Kevin Charles of Cocoa Beach hits his stride at the Eye of the Dragon 10K during his first pass up the Eau Gallie Causeway



Photo by Steve Colella



WHO WE ARE

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 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.

CONNECT WITH SCR

twitter



Visit us on
Facebook

LinkedIn

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!

Website: SpaceCoastRunners.org

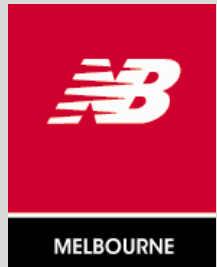
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SCR MEMBER DISCOUNTS!

Receive a **10% discount** from these local businesses when you mention you're an SCR member.



FROM THE EDITOR



From the Editor March, 2014

Ok, I think I've figured it out! I've seen a variety of surveys, social media posts, and newspaper and magazine articles that all ask a variation of

the question, "Why do you run?" What's your answer?

I've seen all the typical answers like: "It's healthy exercise;" "It's a way to relieve stress;" "It lets me spend time outdoors;" and of course, "I'm trying to lose weight." All of those are true, and I'm sure there are many other answers that have been given. I know I've used most of those same answers when someone has asked me that question. I don't run because I enjoy the physical act of running. It's hard work for most of us. And it's even hard for those front-of-the-pack runners who make it look so easy during a race. To get faster and stronger, your training runs and workouts have to be hard.

But I digress. As a currently (and hopefully temporarily) retired runner, I think I've come across the real answer. It's taken me a while, and although I knew it on a subconscious level, it recently became very clear to me. It was during last weekend's Eye of the Dragon 10K and Tail of the Lizard 2-Mile race that it dawned on me.

We run for the friendships! I didn't run in the EOD last weekend, but I was there, camera in hand, to help capture the event for this newsletter, our members and other participants. I took over 1000 photos from before the race started until most were finished. Later that afternoon, as I went through the pictures, I was struck by the

smiles that most of you were wearing when you passed by me on the side of the road. And it was the same pre-race and post-race. Hugs, laughs, high-fives, group pictures, matching costumes, and smiles were all around. We run because it's a great time with our friends. We're doing something good for us with people who are good for us. We celebrate a great race, a new PR, or even just a good training session. And we empathize with a tough race, a hard training run or an injury. How many new friends have you made because you run? I know I've made a lot...and I still have room on my friend card.

We hope you enjoy this month's newsletter. We offer up several new articles this month by new contributors like Michelle Smurl, Jennifer Ogburn and Michelle Au. And this newsletter wouldn't happen without the efforts of Brittany Streufert and Lisa Hamelin. Thanks again Ladies! If, as you go through this issue, you see an ad for an upcoming race you would like to participate in, or an article that you really like, make sure to share it with a friend.

Until next month, I'll see you on the roads.

Bob

BOB RALL

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ADVERTISER INFORMATION

There are two ways to advertise in the Space Coast Runners newsletter. Give our members a discount and we'll give you a free small ad space (see page 3).

For other ads like business or race advertisements, we charge \$25 for a half page and \$50 for a full page.

Contact Bob Rall, Editor-in-Chief
Bob@RallCapital.com

**MARK YOUR 2014 CALENDARS
FOR THESE SPACE COAST
RUNNER OF THE YEAR RACES!**

**3/29/14
DOWNTOWN
MELBOURNE
5K
RUN/WALK**

**4/12/14
SPACE
WALK OF
FAME 8K
& 2 Mile**

2013 2014

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Springer's Spiel

- A Monthly Column from SCR President, Ed Springer



Space Coast Runners,

Now that we are well into 2014 there is some important club business that we will be addressing over the next few months. The SCR Board recently formed a committee tasked with proposing a 2014-2015 ROY series race schedule. SCR members will be receiving an e-mail with a link to a ROY series survey. The survey is your chance to be heard! You will be able to vote for the races you want to see in the series and you will have an opportunity to provide general feedback for the committee to take into account as they formulate a schedule proposal to take to the Board.

As the club continues to evolve and enhance events around the county, it has become very apparent SCR has a major need for volunteers. Help is desperately needed in preparation and execution of races, socials, fun runs, community outreach, training programs, water stations, etc... In order to facilitate SCR's mission, we will be creating a volunteer program with an incentives program. Big thanks to Linda Cowart for agreeing to take on the challenging role as SCR Volunteer Coordinator. The details of the volunteer program structures and incentives program are still very preliminary, but you can expect to see more info as the program is rolled out.

Lastly, I want to get SCR members thinking about the Board of Directors election, which will happen in May. The Board needs new members as there are several open seats. This is an opportunity for you to be an integral and influential part of SCR. The club is in a great position to further our fitness throughout the community mission and we want to encourage you to consider joining the Board. If you're interested in running for a seat on the BOD, or would like more information on BOD membership, please

contact a current member (listed in this newsletter) in person or via e-mail.



Happy Running,

Ed



**WE WANT YOU
TO JOIN OUR
BOARD OF DIRECTORS!**



MARCH BOARD MEETING

**The next SCR Board Meeting will be held at 7:00 pm,
March 17th at the Health First Pro-Health & Fitness
in Viera.**

Voted One of the Top 50 Running Stores in America

RUNNING ZONE



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Runners • Walkers • Triathletes

Free gait analysis for proper shoe fit.

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www.running-zone.com

We want you to feel good when you exercise!

10% DISCOUNT
TO ALL SPACE COAST RUNNER MEMBERS

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

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

Local Fun Runs & Walks



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 currently meeting on a regular basis. If you know of others, let us know and we'll list them here. If you are the Organizer of a group event, please check to make sure we have the details correctly listed

Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners
Sun	Oars and Paddles Park, IHB	7:00 am	Up & Running Fitness
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone
Mon	LongDoggers, Indialantic	6:00 pm	Jessica Crate or Steve Chin
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Christy Tagye
Tues	Palm Bay Rec Center	5:00 pm	Dave Hernandez
Tues	LongDoggers Running for Brews, Satellite Beach	7:00 pm	Danielle Pirolo
Wed	Bob's Bicycle Shop, IHB	6:00 pm	Jesse Hall
Wed	Daddy Ultra Runs, Cocoa Village	6:00 pm	Hernan Garcia
Wed	Squid Lips, Melbourne	5:30 pm	Running Zone
Thurs	Palm Bay Rec Center	5:00 pm	Dave Hernandez
Thurs	Running Zone, Melbourne	5:30 pm	Running Zone
Thurs	Chase Bank (Riverside/Melb Cswy)	6:00 pm	Up & Running Fitness
Thurs	LongDoggers Running for Brews, Viera	7:00 pm	Jessica Schecher

SCR Central

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



They ran **FAST** for the **BOOTY!**

.....
A boat load of Space Coast Runners headed to the west coast of Florida to participate in the 2014 Gasparilla Distance Classic on February 22 and 23. With four different race distances to choose from participants could run a 5K, 8K, 15K or Half Marathon....or all four.



Picture above: Micah Vanatta Photo credit: Doug Carroll

There's Still Time to Join the SCR Corporate 5K team!

REGISTER TODAY!

March 13, 2014

6:45 PM at FIT Aviation
801 Harry Goode Way, Melbourne

Celebrate St. Patrick's Day with your fellow SCR runners at Brevard County's largest office party! For more information visit the [website](#) or contact SCR team co-captains Joan Meadows or Tricia Lucas on the SCR Corporate 5K Facebook page by clicking [here](#).



WE WANT YOU
TO JOIN OUR
BOARD OF DIRECTORS!

Brevard County made its presence known in the Michelob Ultra Challenge which has runners competing in all four races. The top SCR finisher was Micah Vanatta who hails from Titusville. He finished 33rd out of 588 finishers in an accumulated time of 3:52:32.

For the lady SCR runners, Betsy Butler of Indian Harbour Beach ran the races in 4:14:58. Saving the best for last, Betsy placed second in her age group in the 8k which was the final race of the distance dare. She was 84th overall.

Other SCR Michelob Ultra Challenge four race finishers were Christine Kennedy, Harry Prosser, Kimberly Prosser, Tricia Lucas, Kelly Semenko, Loran Serwin, Nancy Wingo and Christy Zieres.

SCR Central

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

Fashion Police: "SPOT ON" Running Attire



We caught Annie Caza and her dalmation, Keekoh sporting a polka dot & pet look in early February.

The dots are hot especially when they're color coordinated with your best running pup. We can see Keekoh's natural beauty shine through her glossy white coat with rich, ebony spots.

Taking inspiration from her four-legged friend, it's easy for Annie to get dotty. Polka dots have become popular in running attire as you can tell from the likes of this Lululemon Mod Dot ensemble.

Photo credit: Steve Colella

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. We encourage you to provide photographic evidence.

Space Coast Runners WELCOME NEW MEMBERS!



If you are a new member to SCR and have not picked up your Space Coast Runners New Member Welcome Packet, they are now available at 2 locations: Running Zone in Melbourne and Daddy Ultra Runs in Cocoa Village. We look forward to meeting you soon!

Ingrid Baird	Brenda Heidt
Kirk Baird	Daniel Heidt
Martha Belinski	Wendy Hunter
Audrey Bernstein	Kelly Jackson
Erica Bernstein	Tiffany Johnston
Stephen Bernstein	Joshua Maitlen
Victoria Bernstein	Denise Miller
Lynne Cheek	Norman Miller
Hannah Collins	Ryan Miller
Jason Collins	Stephanie Miller
Mary Collins	Nicholas Mrdjenovich
Rhett Collins	Natalie Oswell
Jason Dieterle	Michael Petrillo
Wilma Fisk	Patricia Savage
Pietrina Heavey	Amy Sequeira



Like SCR on

[Facebook](#)



Follow us on Twitter

[@SpaceCstRunners](#)

SCR Central

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

Join Us for the SCR Fun Run on Sunday Mornings!

The **Sunday Morning Fun Runs** from Cocoa Village are now heading **SOUTH**. The group meets at **6:30 am** every Sunday at Riverfront Park. All paces are invited to join the fun. Water and Gatorade will be available at miles 2 & 4. (Photo credit: Steve Colella)



Attention High School Graduating Seniors!

Apply for the **SCR Scholarship**

Each year Space Coast Runners awards two **\$1,000 scholarships** to a Brevard Senior Male and Female. Requirements are that you belong to SCR or to your high school's track or cross country team. Applications are now available. Scholarship applicants must write an essay to be considered which is outlined in the scholarship application. Contact your school Guidance Department to get an application.

We are currently looking for nominations for the...

HALL OF FAME

The nomination must include the active Space Coast Runners candidate's name, number of years he or she has been a member, the year or years the candidate is being recognized, and the candidate's accomplishments. The nomination must include justification on why the candidate is being nominated and contain sufficient detail to allow the committee to make an objective decision. If available, a photo would be appreciated.

Past recipients: Doug Butler, Henry Campbell, Bill Dillard, Don Dore, Terry Hayden, Jack Kenworthy, Bob Lawton, Rebecca Sparks, Harold Tucker, Marty Winkel, Tom Hoffman, Mary Ramba, Gary Castner, Dick White, Marlene White, Bernie Sher, Susie Koontz, and Carol Ball.



GOLDEN SHOE AWARD

The recipient does not have to be a member of SCR. The only requirement to be selected as the recipient of the Golden Shoe Award is that the individual has a positive influence on the sport of running based on his/her contributions to the community. Final choice is that of the current SCR President.

Past recipients: Gary Harbison, Harold Tucker, Rhonda Butler, Marty Winkel, Bill Dillard, George Revels, Henry Campbell, Terry Hayden, Dave Farrall, Ken Winn, John Chioma, Linda Thompson, Barry Jones, Marlene White, Ross Clarico, Patti Sponsler, Loran Serwin, Barbara Linton, Carol Ball, Dave Hernandez, Linda Cowart, Bob Rall, Matt Mahoney and Dick White.

Please reply by April 1st, 2014. Email: mramba@aol.com cc springer993@gmail.com

SCR Central

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

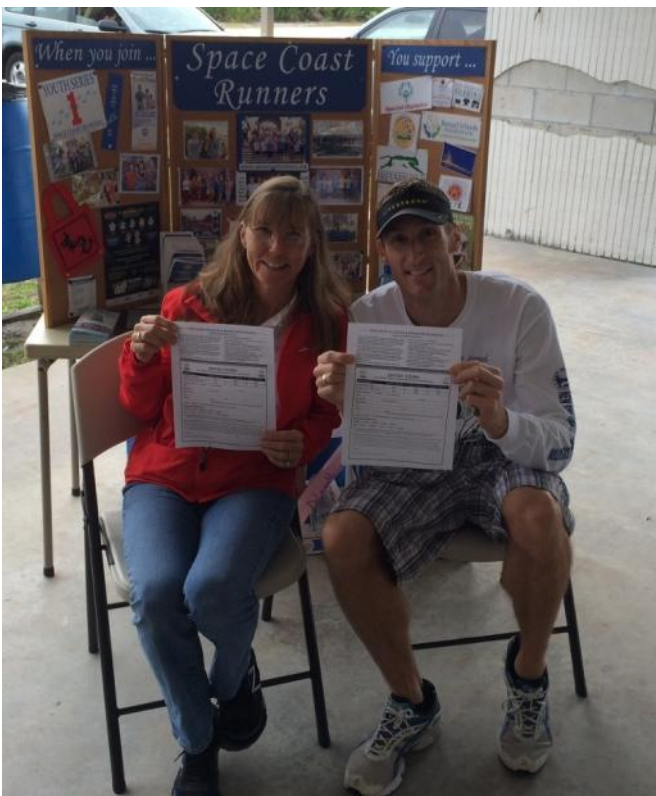


Racing to Register

Fortunately for Space Coast Runners there were two opportunities to register for the **Space Coast Marathon & Half Marathon** before registration was open to the public. Those who took advantage were extremely happy as the half marathon sold out in a record twelve hours. At press time, the marathon was still open and was 50% full.

The **Early Bird** registration held at the Tooth Trot 5K saw 93 members register for the half marathon along with 19 entries into the full. SCR picked up seven new memberships along with three renewals.

Pictured above: SCR members rush to get registered at the official Space Coast Runners tent.
Pictured left: Carol Ball and Ed Springer show this year's official Space Coast Marathon & Half Marathon registration form.



SCR Central

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

Still Want to Run the Space Coast Marathon or Half Marathon?

JOIN TEAM SPINA BIFIDA

at press time seven Half Marathon Slots were available

Team Spina Bifida (TSB) is the Spina Bifida Association's (SBA) athletic program whereby individuals across the country choose to train for and complete a marathon, half-marathon, or other endurance event to help raise awareness and funds for Spina Bifida. Spina Bifida is when a baby's spinal column fails to close properly during fetal development, leaving a gap or lesion behind. While in most cases, thanks to medical advances, the gap can be closed in utero or after birth, Spina Bifida is a lifelong birth defect that can result in full or partial paralysis, bladder/bowel control difficulties, neurological complications, deadly latex allergy, and learning disabilities, among other conditions. You can find out more about our organization at www.spinabifidaassociation.org.

To join Team Spina Bifida, there is a \$25 registration fee. In exchange, SBA will:



- Send the participant an official Team Spina Bifida running shirt
- Pay their marathon registration fee
- Treat them to a pre-race pasta dinner the evening before the race
- Set them up with a personal fundraising page so they can accept online donations, easily share their story, and track their progress
- Provide them with fundraising materials and training along the way.

The minimum fundraising commitment is \$500 for half-marathons. If you commit to raising \$3,000, SBA will cover your hotel stay for two nights. If you commit to raising \$5,000, they'll additionally cover airfare. When folks sign up, they agree to sign a credit card commitment form, agreeing that if they don't meet the fundraising minimum by 30 days after the marathon ends, they will allow SBA to charge their credit card for the amount they didn't raise up to the minimum (the difference).

SBA does not have a formal, coach-led training program. Participants train on their own time and schedule, which is one of the perks of our program. They're not too intimidating! SBA, of course, provides motivation along the way through articles, check-ins, and by posting stories about other individuals who are training just like you!

Contact Liz Merck, Development Manager at Spina Bifida Association for more information or to sign up. emerck@sbaa.org or (202) 618-4754. emerck@sbaa.org



Berry Patch 5k

Sunday March 16, 2014 Race Starts at 8am

Wickham Park Pavilion (2500 Parkway Dr. Melbourne, FL)

T-Shirt & Pancake Breakfast for first 250 entrants

Award Ceremony to immediately follow race.

Awards include: Top 3 Overall Male and Female; Top Masters (40+) Male and Female; Age Groups Male & Female 1st, 2nd & 3rd

To Register:

Go to:
<http://secure.runningzone.com>
321-751-8890

Form can be mailed or drop at:

Habitat for Humanity Office
4515 Babcock Street
Palm Bay, FL 32905
or
Running Zone
3896 N. Wickham Rd.
Melbourne, FL 32935

Race Directed By:



All Proceeds Benefit:



Time Table:

Now until March 11, 2014
Registration fee \$25

March 12, 2014 through race day
Registration fee \$30
**\$5.00 discount if 12 or under on race day*

March 14 & 15, 2014
Packet Pickup & Registration at
Running Zone

March 16, 2014
Registration & Packet Pickup
Starting at 6:45am
Race Starts at 8am

Contact:

Habitat for Humanity Office
www.brevardhabitat.com
321-728-4009

Immediately following race
Awards Ceremony &
Strawberry Breakfast

ENTRY FORM (Please Print)

SEND APPLICATION TO: Habitat for Humanity of Brevard County, Inc., 4515 Babcock St., Palm Bay, FL 32905 (or drop off at Running Zone).
Checks payable to Habitat for Humanity of Brevard County, Inc., \$25 until 3/11/2014, \$30 through race day. Sorry no refunds; Part of your
fee may be tax deductible.

NAME: _____ BIRTH DATE: _____ AGE ON RACE DAY: _____

Includes donation of \$ _____ to Habitat for Humanity of Brevard County, Inc. Payment enclosed \$ _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

EMAIL ADDRESS: _____

TELEPHONE #: _____ SEX: Male Female (Circle One) SHIRT SIZE: YM S M L XL (Circle one)

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 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 efforts of weather, including heat and/or humidity, traffic and 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 Habitat for Humanity of Brevard County, Inc., Running Zone and Sponsors, their representatives and successors from all claims or liabilities of an kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on part of the persons named in this waiver.

Signature (Parent if under 18 years old): _____ Date _____

[CLICK HERE TO DOWNLOAD THE REGISTRATION FORM](#)

[CLICK HERE TO REGISTER ONLINE](#)

Running in Wild Florida

an article by Michelle Smurl

An Avid Runner and Director of Animal & Conservation Programs, Brevard Zoo

Of all the unsuspected dangers that Florida athletes may encounter, one of the most troublesome involves a loose, unleashed, dog.

Dogs are prey driven, and runners in motion are often too tempting for the even the best behaved ones to resist. Most of our canine companions will run after you solely with intentions to play. This scenario is often accompanied by barking and tail wagging. Unfortunately, however, there are no foolproof criteria to help us determine if a dog simply wants to play or means us harm as each dog and each situation is uniquely different.

An encounter with an unfamiliar dog might instinctually prompt you to surge forward at a faster pace in an attempt to remove yourself from potential danger. However, this reaction isn't ideal; a dog in chase will want to finish what he started. Rather, it is advisable to stop, calmly turn around and confront the dog. Do not make eye contact with the dog, as this can be perceived as a challenge. Saying "No" in a stern voice might help but watch that a loud voice doesn't further agitate the dog. If an owner isn't coming to your rescue and the dog is persistent, you can try throwing stones or a handful of gravel in the dog's direction. Alternatively, find something to climb, like a tree, to remove yourself from the present danger. I have heard of some climbing into the bed of a truck or onto the hood of a car as a means to temporarily separate themselves from the pesky pup.

Here are a few real life scenarios for you to ruminate. I was once pursued by a large dog while riding my bike. The dog bit me on the ankle and, satisfied with his "kill", sauntered home and left

me dazed and bewildered in the grass at the side of the road. While this encounter could have ended up a lot worse, the experience has forced me to consider various ways to best manage dog vs. athlete encounters. Flash forward a few years; I was being chased daily by a Jack Russell terrier that lived down the road from me. Fed up with his increased aggressiveness I went to his owner's home, with the confused dog standing behind me, and stated that I no longer wished to be harassed and chased by their dog. I haven't been chased by that dog since.

Do not hesitate to speak with the owner of any dog if you have concerns. Serious cases need to be reported to the county. Here is a website link with more detailed information - <http://www.brevardcounty.us/AnimalServices/Education/DangerousDogs>. This website lists the dogs that have been reported as dangerous and where they reside. Always remember, ANY breed of dog has the ability to be ill-tempered.

Running care-free and in-the-moment may sound appealing but is not always a good idea, even if you are familiar with the route. Stray dogs and loose dogs can show up anywhere and anytime. Run smart and stay safe out there! If you have your own story to share feel free to let us know how you handled an unwelcome dog vs. athlete situation or ask a dog related question on the Space Coast Runner's [Facebook page](#).



SCR SURVEY OF THE MONTH



The Winter Edition

When Florida gets chilly, do you run on the treadmill?

Yes

3.92%

No

84.31%

I always run on the treadmill

0%

Cold? It never gets cold.

11.76%

Do you run in weather below 50 degrees?

Yes

78.43%

No

3.92%

Depends on wind or rain...

17.65%



What article of clothing do you run with when it is cold?

Mittens

47.73%

Hat

54.55%

Scarf

0%

Extra shirt(s)

72.73%



The coldest place I've ever run was...

Atlanta, GA ~ Cleveland, OH

Colorado including Crested Butte

Rehoboth Beach, Delaware at Marlene White's 50th State Marathon

Disney Marathon & Half Marathon 2010
Even the water stations became ice

Florida...Cocoa Village, St. Pete, Swamp House
Germany

I ran a race in Iowa at -10. They were asking people not to run the 10k but of course I did!

Kansas including Lawrence

Boston, MA ~ Maryland

Michigan including Houghton & the upper peninsula

Minnesota ~ Nebraska

New York City Marathon

New York including Long Island Rochester & up north

Niagara Falls, Canada

Pryor, OK ~ Portland OR

2013 Orange Blossom Half Marathon

Superbowl 10K in Allentown, PA

Sioux Falls, SD

Texas Spartan Beast December 2013

Utah including the mountains near Ogden



Brianna Marie Foundation

Second Annual 5K



SATURDAY, MARCH 15, 2014 AT 8:00 AM
Inside Wickham Park

TIME TABLE:

Friday, March 14th 10:00 am – 6:30 pm

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

Saturday, March 15th – Wickham Park

Wickham Park 2500 Parkway Drive, Melbourne, FL 32935
 (The start will be in the back of the park, pavilion #4)

6:30 am Packet Pickup & Registration

7:45 am Late Registration for 5k ends

8:00 am 5k Start

9:15 am Free Kids Run will begin!

*Awards Ceremony immediately following the race

Watch website for raffle and silent auction items!

*Bring the whole family for a fun morning at
 Wickham Park!!*

*The Brianna Marie Foundation was created
 to support the advancement of fetal lung
 therapies. to learn more visit:*

www.briannamariefoundation.com

AWARDS:

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

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

FEES:

	Until 3/14	Race Day
5K Run/Walk	\$25.00	\$30.00
Students	\$20.00	\$30.00
Kids Run	FREE	

SORRY, NO REFUNDS

Brianna Marie Foundation 5K OFFICIAL ENTRY FORM

Send completed entry form and check payable to: Brianna Marie Foundation
 601 Rossmoor Circle, Melbourne, FL 32940

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____

Email address _____

Sex: Male Female Date of Birth ____/____/____ Age on Race Day ____ Team Name _____

Please check shirt size: Sizes: YM S M L XL XXL

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Brianna Marie Foundation 5K event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

SIGNATURE _____

SIGNATURE OF PARENT FOR THOSE UNDER 18 _____

DATE _____

TIPS 'N TRICKS

(you can thank us later!)



Have a question you want answered? Need help? Email me at lisahamelin@gmail.com and your question may be featured in an upcoming



Fashion Advice?

I know what you're thinking...why would I take fashion advice from a person that was charged with a fashion violation recently (see February's Fashion Victim story). I must say that I feel that the citation was unwarranted, but what is done is done. So, here are a couple of tips that I think are important when it comes to fashion and running...

Spandex—Take a good look in the mirror before deciding that this is a good idea. Also for men, stick to the darker (i.e., black) colors. If necessary, seek the advice from an honest (blunt) friend.

No Shirt (males only) — Take a good look in the mirror before deciding that this is a good idea. If a decision can't be made, then have someone take your photo (without you sucking in your

gut) and then take a look at that.

Costumes—NO, unless it's a costume-themed race.

Crazy Knee High Socks—This is OK, as long as that is the only non-running apparel on you. Mixing the crazy socks with any of the above is a no-no.

If you are still unsure of what is considered OK or not OK, please send your photos to lisahamelin@gmail.com and I can respond back with an honest opinion (and I promise not to post it on Facebook so the whole world can see it.). Maybe. You can trust me!

Space Coast Classic 15K (Nov 1) Contest!!!

We are giving away a free entry each month! To enter, send an email to lisahamelin@gmail.com with your answer to this question— **If Usain Bolt ran a marathon at the fastest speed he's ever achieved (for the duration of the race), how long would that take?**

All correct answers will be put in a random drawing and the winner will be announced in next month's issue!





Art Anderson (293) and Howard Kanner (318) are in sync out on the Tooth Trot 5K course.

Photo credit: Doug Carroll

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Steps Closer to the Series Finale

**March SCR Race
Downtown
Melbourne 5K
Run to score points
in the ROY series**

With the Tooth Trot 5K and the Eye of the Dragon 10K & Tail of the Lizard 2 Miler in the record books, the Runner of the Year Series is winding down the home stretch. Steve Hedgespeth took a commanding lead in the men's series with a first place finish at the Eye of the Dragon 10K and a second place finish at the Tooth Trot 5K. However,

ROY SERIES CALENDAR

John Davis has a shot at the men's title after the drops are factored in if he can run well at the two remaining series races. Shane Streufert looks like he will hold on to his third place spot.

The women's series is up for the taking amongst a handful of fast female runners. Annie Caza leads the ladies in first place but much will depend on who shows up to compete at the Downtown Melbourne 5K and the Space Walk of Fame 8K. We could see the entire leaderboard shuffle as Mary Hoffmeister and Betsy Butler are still in the title race as is Susie Meltzer.

For complete Runner of the Year series results [click here](#).



THE LEADER BOARD

(after 9 races)

MALE

First place: Steve Hedgespeth

Second place: Shane Streufert

Third place: Ed Springer

FEMALE

First place: Annie Caza

Second place: Brittany Streufert

Third place: Joan Meadows

Running On Island Time 5K		Overall Male—Carlos Jones Overall Female—Mikaela Hakamaa
Turtle Krawl 5K		Overall Male—Christopher Cacciapagli Overall Female—Kaitlin Donner
Wild Shrimp Shuffle 10K & 5K NEW!		DQ
Space Coast Classic 15K & 2 Mile		Overall Male 15K—John Davis Overall Female 15K—Holly Wooley
Space Coast Marathon & Half Marathon		Overall Male Marathon —Marc Burget Overall Female Marathon—Hannah Jennings
Reindeer Run 5K		Overall Male —John Davis Overall Female —Holly Wooley
Tiger Dash 5K		Overall Male —Steve Hedgespeth Overall Female —Tracy Dutra
Tooth Trot 5K		Overall Male —John Davis Overall Female —Tracy Dutra
Eye of the Dragon 10K & 2 Mile		Overall Male —Steve Hedgespeth Overall Female —Andrea Binney
Downtown Melbourne 5K	Saturday, March 29—Melbourne	For Complete 2013-2014 ROY Rules Click Here
Space Walk of Fame 8K & 2 Mile	Saturday, April 12—Titusville	

FEATURED SCR RACE OF THE MONTH ►



The Downtown Melbourne 5K is #10 in the 2013/2014 Runner of the Year Series. Talk about history, this year's race will be the 32nd running of the beloved 5K. It's a course where many have set a personal best so if you're looking to run your fastest, give this 5K a try.

WHERE ► Downtown Melbourne, starts on Municipal Lane at East New Haven Avenue

WHEN ► Saturday, March 29 —Women start first this year at 7:30 AM. Men's race starts at 8:15 AM and Youth Series Kids' Run is at 9:00 AM

WHAT TO EXPECT ► What makes this race so unique is the two different race times at the one event. It's family friendly spectating as the men and women race separately. This year there's an Open Team challenge for groups of 4 (teams must be all of the same gender, due to each race being gender specific). The course was recently recertified so there are minor tweaks to the start/finish line placement.

COURSE RECORDS ► Said Diri (1999) — 15:11 Masters Doug Butler (2003) - 16:01
Mary Alicio (1995) — 17:03 Masters Michelle Lackore (2004) - 19:02

Designed to go the distance

THE SCR SINGLET



Pairs perfectly with running shorts or skirts, the *NEW* Race Ready SCR singlet features the Space Coast Runners logo and is available in both men

and women's sizing.

Represent your favorite running club at out-of-town races, on the streets of Brevard County or give as a gift to a fellow member.

To purchase the SCR Singlet visit **Running Zone** in Melbourne.

Men's M-L-XL-2XL Women's S-M-L-XL
\$19.99

Don't Forget!

We are currently looking for nominations for the...

HALL OF FAME

Recognize men & women who have distinguished themselves in running by performance, achievements or meritorious efforts

GOLDEN SHOE AWARD

Positive influence on the sport of running in the community

Written nominations may be made by any active SCR member and submitted by April 1st to the nominating committee.

Email: mramba@aol.com
cc springer993@gmail.com

See [page 12](#) for full details.

32nd Anniversary of the Downtown Melbourne 5K Run and Walk Saturday, March 29, 2014



A Space Coast Runners' Runner of the Year Event



A run for the children

Proceeds benefit **THE HAVEN**

Start Times

Women 7:30 AM * Men 8:15 AM * Youth Series 9:00 AM * Awards 9:15 AM

Location

Starts on Municipal Lane at East New Haven Ave. This USATF (FL94003DL) certified course loops twice through historic downtown Melbourne. Men and women run separate races. The race benefits The Haven, a shelter for abused, abandoned and neglected children.

Space Coast Runners Youth Series

The Space Coast Runners Youth Series aims to include youth in organized runs so as to encourage participation and interest in running and fitness. There will be no charge for these runs, but parents will be required to sign a waiver for their children to participate on the morning of the race. Distances: 1/4 mile, 1/2 mile, & 1 mile.

Awards

Male-Female: Top 3 Overall, Top Masters (40+), Top 3 Teams-Each Race

Age Groups (top 3 male & female)

10 & Under	25-29	45-49	65-69	85+
11-14	30-34	50-54	70-74	
15-19	35-39	55-59	75-79	
20-24	40-44	60-64	80-84	

Open Team Challenge

- All teams must have a minimum of 4 members. All teams must be all male or female due to each race being gender specific.

Registration

- Online at <http://secure.runningzone.com> ending March 27th at 11:59 pm
- In Person at Running Zone on Wickham Road (between Parkway and Post Road)
- By mail to Running Zone (3696 N Wickham Road, Melbourne, FL 32935)
- Race day Downtown Melbourne at Municipal Lane- beginning at 6:30AM

Packet Pick-Up

- Friday, March 28th from 10:00 am to 6:30 pm At Running Zone (3696 N Wickham Road, Melbourne, FL 32935)
- Race day- Downtown Melbourne at Municipal Ln beginning at 6:30AM

Information

- Frank Webbe * 321-674-8104 Days * 321-725-3770 Nights * Fax 321-674-7105 * Email: webbe@fit.edu

Race Management by:



2014 DOWNTOWN MELBOURNE 5K
OFFICIAL ENTRY FORM

Fees: \$20 until March 28th
(\$19 for SCR & Gecko Club Members)
\$25 race day

Make checks payable to

The Haven

and send to:

Running Zone
3696 N Wickham Road
Melbourne, FL 32935

Last Name (Please print) _____

First Name _____

M.I. _____

Address _____

City _____

State _____

ZIP Code _____

Telephone _____

Email _____

Date of Birth _____

Age on Race Day _____

M

F

S

M

L

XL

Y

N

Space Coast Runners Member? _____

Open Team Challenge Name _____ (if applicable, see above for details)

I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I grant permission to all of the foregoing to use any photographs, motion pictures, and recording, or any other record of this event for any legitimate purpose. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Space Coast Runners, Running Zone Race Management, Inc., the City of Melbourne and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I have read the above release and understand that I am entering this event at my own risk.

SIGNATURE _____

SIGNATURE OF PARENT FOR THOSE UNDER 18 _____

DATE _____



Tooth Trot draws enthusiastic crowd of runners

The 8th race of the Space Coast Runners Runner of the Year Series was a hotly-contested event with three of the SCR's leading runners battling for the first place award. In the end, John Davis pulled away and took the Overall Male Champion Award with a time of 16:39. Steve Hedgespeth crossed five seconds later, taking second, and Shane Streufert was another five seconds back, crossing in 16:49 and taking third place. Joe Castner took the award for Male Masters Champion, covering the distance in 18:46, and Joe Hultgren was the Male Grand Masters Champion, crossing in 19:11.

For the ladies, new-Mom Tracy Dutra returned to her winning ways, taking the Overall Female Champion award with a time of 20:36. Dr. Tina Kraver was second in 21:09, and Robin Hernandez finished third, posting a time of 21:17. Betsy Butler was the Female Masters Champion in 22:11, and Janet Erlacher was the Female Grand masters Champion, crossing the line in 24:30.

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

Race report by Bob Rall and photos by Bob Rall & Doug Carroll



Tooth Trot 5K

February 8, 2014 — EFSC Pavilion, Melbourne



The **16th Annual Tooth Trot 5K** held on Saturday, February 8, 2014 was presented by the Brevard County Dental Society (BCDS) to benefit Give Kids a Smile. Over 380 runners and walkers came out to participate in this annual event to raise over \$4600 to commemorate Children's Dental Health Month and benefit Give Kids a Smile (GKAS). Give Kids a Smile provides dental health care to children in need within Brevard County; from the initial screening to providing the care each child needs, all free of charge. Funds raised through the Tooth Trot help to purchase dental health care kits for the children (toothbrush, toothpaste and floss), educational materials for the parents, kid-friendly educational materials such as dental coloring/activity books, dental care videos, and games for those children awaiting their turn to see the dentist on screening day. Some funds may also be used to help purchase consumable items used in the initial screening of these young patients (bibs, tongue depressors, sterile gauze, sterile cotton swabs, etc.).

The Tooth Trot 5K provides a unique, memorable and fun event for the entire community with the emphasis on children's dental health. Food is plentiful, door prizes abound and the Tooth Fairy is always on hand to provide guidelines to maintain your smile for a lifetime. Shirts are always in the mix; the 2014 model sported long sleeves and dri-fit material. 2014 was the second year for a walking division with the top 10 walkers receiving a 2014 Tooth Trot Nalgene water bottle that can be opened with one hand. Top 3 overall M & F winners, Master's and Grand Master's M & F all won Rudy Project triathlon backpacks in addition to a colorful Tooth Trot Nalgene water bottle. Two team awards (plaques) were

added this year: Overall First Place Team and First Place "Dental" Team. The dental teams proved to be tough competitors in a highly packed field.



Over 50 stellar gift cards and gift packs were given out as door prizes – retailers such as Macy's, Target, Starbucks, Bonefish Grill, Carrabba's, Outback, iTunes, Chick-fil-A and more made this portion of the Tooth Trot highly anticipated and much fun. Yes, these really are great prizes that everyone wants to win. Of course the food is beautifully displayed, plentiful and delicious. Our goal is to provide a fun and worthwhile event - no skimping! The Tooth Trot Kid's race was part of the SCR kid's race series and free of charge. Each child participating received a Tooth Trot gift bag as well as a SCR participant gift. Three distances were available depending on the age of the child - ¼, ½ and one mile.

One of the Tooth Trot's claim to fame is DJ extraordinaire, Dr. Gary Herbeck. Gary provides great entertainment year after year, until all is packed up. Several sponsoring dentists and their spouses came out to help on race day as well as 20 Holy Trinity students who served as race monitors/timers courtesy of Coach Doug Butler and 15 students from the Viera High School Dental Aide Team through the help of instructor, Frances Johnston. All the volunteers did a fantastic job! The Tooth Trot utilizes race management services through Running Zone and their experience makes for a smooth and seamless event. Thank you, everyone!

If you have never attended, mark your calendar to attend the 17th Annual Tooth Trot 5K on Saturday, February 7, 2015. The Tooth Trot delivers a quality event that benefits a truly worthwhile cause, Give Kids a Smile. We hope to see you next year!

Jerilyn Bird, Race Director



27th Annual Melbourne Art Festival 5K Flamingo Run
Saturday, April 26th, 2014 at 7:30 A.M.

Registration and Check-in:

Register by April 18th, 2014 to reserve your spot and one of a kind shirt (technical). Only the first 1500 runners are guaranteed. Register on-line at <http://secure.runningzone.com> or www.melbournearts.org/5k.asp; in person at *Running Zone*, 3696 N. Wickham Road, Melbourne FL 32935; or complete below application and mail to *Running Zone*, Attention: Melbourne Art Festival. Race day check-in, registration, & packet pick-up starts at 6:00 A.M. at the MAF stage on the east end of E. New Haven.

***** CONVENIENT ADVANCED PACKET PICKUP → 4/21 thru 4/25 at *Running Zone* *****

Race Course: Starts at Melbourne Ave just west of US-1 overpass, continues along the scenic Crane Creek, and out and back over the Melbourne Causeway (one lane closed to traffic) for a spectacular view of the Indian River. Race ends by the MAF stage.

Entry Fees & Amenities:

\$30 by April 18th, 2014 (postmarked) 10-years and older

\$35 Late registration and day of race – all categories

\$20 by April 18th, 2014 for 9-years or younger

\$28 per person for teams (special corporate rate available, contact Race Director)

- Technical shirt to the first 1500 registrants (original art work by local artist James Finch)
- Fresh fruits, water, sandwiches, pizza, bagels, donuts, and complimentary beer
- Festivities, numerous door prizes, music by Timmy Vee
- Electronic timing provided by Running Zone

Awards:

- **OVERALL** - 1st, 2nd, 3rd place (male & female)
 - **MASTER** (40 or older) - 1st place (male & female)
 - **TEAM CHALLENGE** - 1st, 2nd, 3rd place
 - **AGE GROUPS** - 1st, 2nd, 3rd place (male & female)
- | | | | | | | |
|-----------|-------|-------|-------|-------|-------|-----------|
| 9 & under | 10-14 | 15-19 | 20-24 | 25-29 | 30-34 | 35-39 |
| 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 75+ |

Team/Corporate Challenge: Each team consists of at least five members with three fastest runners scoring. *Runners must mark the "Team" box and complete team name on the application. All corporate and team entries must be received by April 18th, 2014.* Entry fee for teams is \$28 per person.

2014 MELBOURNE ART FESTIVAL 5K FLAMINGO RUN APPLICATION

Make check payable to: *Melbourne Art Festival* Mail Application to: *Running Zone, 3696 N. Wickham Rd., Melbourne, FL 32935*
 Attention: *Art Festival 5K Run*

<input type="checkbox"/>			
_____	_____	_____	_____
Last Name	First Name	Middle Initial	Team
_____			Team Name
Street Address			Phone
_____			_____
City	State	Zip Code	E-MAIL Address
_____	_____	_____	_____
Date of Birth: ____/____/____	Age: ____	Male <input type="checkbox"/>	Female <input type="checkbox"/>

Shirt Style	Adult	Child
SM MED LG XL XXL		MED
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/>

In consideration of my entry form being accepted, I intend to be legally bound, and do hereby, for myself, my heirs and executors, waive and release all rights and claims for damages which I may have or may hereafter accrue to me against Melbourne Art Festival, Inc., the City of Melbourne, Florida and the officers, agents, employees, representatives, successors, and assigns of each, as well as all sponsoring organizations and their representatives, for any and all damages or injuries which may be sustained or suffered by me in connection with any association or entry or participation in the Melbourne Art Festival 5K Flamingo Run. 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 responsibility for this action. I attest that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose whatsoever. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

APPLICANT SIGNATURE

PARENT/GUARDIAN SIGNATURE (IF APPLICANT IS UNDER 18 YEARS OF AGE)

Meerkat Mosey 3K

February 15, 2014 - Brevard Zoo—Melbourne



L'il kid Meerkat fun run finisher



An event that is fun for the whole family!



Male and Female Overall Champions—Peter Cluesner and Kaitlin Donner



Photos courtesy of Trihokie.com

Running Zone successfully hosted the eighth annual 3K at Brevard Zoo on Saturday, February 15. Perfect conditions greeted the 1135 runners and walkers that laced up for the Meerkat Mosey 3K. Participants were given the option of two races. The first race, “No Monkey Business”, began at 7:00 AM for competitive entrants who expected to complete the 1.8 mile out-and-back course in less than 20 minutes.

The second race, the “Scenic Route”, began at 7:35 AM and accommodated individuals and families who took a more leisurely attitude while both covering the 1.8 mile distance and enjoying all the beauty and wildlife that the Brevard Zoo had to offer.

Peter Cluesner ran a blistering 5:12/mile pace to grab the Male Champion title in a time of 9:49. Kaitlin Donner, finishing on the heels of three top male runners, crossed the line in 10:08 to secure Female Champion honors. Joe Hultgren and Tracy Dutra ran off with the Male and Female Masters Champion titles.

Brevard Zoo provides a unique venue for race participants and plenty of animal viewing opportunities. The theme of the race was chosen to celebrate the opening of a new meerkat exhibit on March 15 in the Expedition Africa area of the zoo that will also feature the impressive African rock python and one of the world’s smallest antelope, the dik-dik.

The awards ceremony took place inside the zoo after the L'il Kids race with Zippy the Gecko. All interested race participants received 50 percent off zoo admission on race day. Meerkat Mosey was the 2nd best attended zoo race to date. The course was well marked and easy to navigate. The urging on of race participants along the course by both Zoo volunteers, Zoo staff and even some curious critters contributed to a fun and wildly successful event!

Mark your calendars, the next iteration of the Zoo Run will be "Zebra Zoom" scheduled for February 14, 2015!



Male and Female Master’s Champions—Joe Hultgren (#11) chasing a fast runner and Tracy Dutra (with daughter Waverly and Zippy the Gecko)

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

February 22, 2014 — Melbourne



Encompassing the same determination and desire as depicted with the ever-used workout mantra “eye of the tiger,” participants gave it all they had to battle the dragon and the loved or hated causeway. The race featured a 10K and 2 mile run/walk over the Eau Gallie Causeway on Saturday, February 22nd. People traveled from as close as Melbourne to as far as the states of MA, WA, OR, IN, NY and IA to run the tough course and complete their first 10K, add a PR to their running collection or even prepare their legs for a half or full marathon in the near future.

This year marked the 26th anniversary of the race with the proceeds benefiting the Space Coast Runners Scholarship Fund. The scholarship awards \$1,000 to two students in high school participating in running programs at their school. The winners of the scholarship are determined by essays; the students write explaining how running plays a role in their lives.

The 10K course started along the Indian River with the last 3.2 miles over the Eau Gallie Causeway with a spectacular view of the calm, peaceful waters of the Indian River. The 2 mile course featured participants traveling over the causeway for an opportunity to view the Indian River as well. The race also hosted a Kid’s Fun Run that children were able to participate in. They could take part in distances of 1 mile, ½ or ¼ .

The Eye of the Dragon offered runners and walkers the chance to win a plethora of prizes, including a goodie bag from the Space Coast Runners! With the breathtaking view of the Indian River, the dragon themed trophies and the array of raffle prizes to be won, this event is one that shouldn’t be missed for years to come.

Top Left: 10K winner Steve Hedgespeth races to the finish line. Photo credit: Doug Carroll

Bottom Left: The 10K gets off to a fast start. Photo credit: Bob Rall



Eye of the Dragon 10K & Tail of the Lizard 2 Miler (continued)



Top Left: Rebecca Weber of Palm Bay takes on the Tail of the Lizard.

Top Right: Race director Barbara Linton and Marlene White attend to the awards.

10K Men	
Steve Hedgespeth	35:34 – 1st place
John Davis	36:26 – 2nd place
Steve Chin	37:34 – 3rd place
Shane Streufert	38:20 – Masters
10K Women	
Andrea Binney	42:29 – 1st place
Emily Nelson	43:14 – 2nd place
Tracy Dutra	43:41 – 3rd place
Susie Meltzer	44:59 – Masters
2 Mile Men	
Juan Carolos Bermudez	11:43 – 1st place
Jared Hayes	11:43 – 2nd place
Benjamin Snodgrass	12:10 – 3rd place
Robert Barker	14:20 – Masters
2 Mile Women	
Ceal Walker	13:05 – 1st place
Tiffany Mensch	14:06 – 2nd place
Tara Morgan	14:14 – 3rd place
Lisa Hamelin	16:20 – Masters

For full results including the walking division, [click here](#).

Bottom Middle: Walkers Michael Petrillo (721) and Vernon Payne (726) claim their second and third place awards.

Bottom Left: Andi Binney accepts her overall female 10K award.

Photo credits: Doug Carroll & Bob Rall Race report: Michelle Au



Eye of the Dragon 10K & Tail of the Lizard 2 Miler (continued)



The Junior League of South Brevard, Inc. presents



Saturday, March 22, 2014, 7:30am

Get amped for the 5th annual
Re-Run 5K and 1st ever 10K!!!

This righteous race will have your posse dancin' through the streets over the Eau Gallie causeway sporting your 80's flair. So grab your kicks and join us for the most radical race in town!

Stay afterward for a post-race awards party with team competitions, prizes and giveaways at Squid Lips.

Fees	Preregister	Race Day
5K or 10K	\$25	\$30
Team (4+ runners)	\$22	\$30
Student (Age 14 & Under)	\$15	\$15

Register Online Today: www.runningzone.com

For more information, visit www.jlsb.net or email 5krun@jlsb.net



The Junior League of South Brevard, Inc. is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

Melbourne Music Marathon Weekend

February 1 & 2, 2014 — Downtown Melbourne

Marathon—Half Marathon—Hand Cycle Marathon—8K—5K



Foggy, yes but still a lot of fun was had during the Melbourne Music Marathon Weekend. Participants came from all over the country to take part in the festivities which kicked off early Saturday morning with an 8K race at Front Street Park. Heavy fog made visibility tough but everyone persevered and some even toed the line right after the finish to run the 5K. Spectators were given an extra treat as many witnessed the “Mascot Marathon” which had a shark, manatee, knight, a slice of pizza and many other happy mascots racing down the street.

The fog did not let up on Sunday so the start of the marathon was kind of like a scene from a movie as runners took off in the early morning into the thick of it. The half marathon which was also the USA Track and Field Masters half marathon championship race began thirty minutes later. Runners in both races raced in the humid, tropical conditions which at least provided decent cloud cover for much of the course. The hand cyclists took off on their marathon journey in much sunnier conditions at 10:30 am.



Race report by Brittany Streufert

Melbourne Music Marathon Weekend

February 1 & 2, 2014 — Downtown Melbourne

Marathon—Half Marathon—Hand Cycle Marathon—8K—5K



Far Left: Sherri Piers of Falmouth, ME won the women's half in 1:17:15. She is a top American Masters runner at age 42. Photo credit: Florida Today

Left: Kevin Castille of Lafayette, LA took the men's half in 1:07:55. This was the second year in a row that he was victorious. Photo credit: Florida Today

Bottom right: And they're off! 5K runners race down Front Street while Joey Pepperoni and Sprinkles the Dunkin' Donut cheer them on. Photo credit: Brittany Streufert



Left: Race director, Mitch Varnes holds the flag during the national anthem before the foggy 5K starts. Photo credit: Brittany Streufert

Nolan's Irish Pub & Paddy Cassidy's Irish Pub

present

**LUCKY LEPRECHAUN
5K RUN/WALK**

Saturday, March 15, 2014

8:00 am - 5k Run/Walk

9:00 am - Family Fun Run



**Race benefits Cocoa Beach
High School Project Graduation**

Registration

By Mail

Mail entry with check payable to
Cocoa Beach Project Graduation
220 Jamaica Drive
Cocoa Beach, FL 32931

On-Line

<https://runsignup.com/Race/FL/CocoaBeach/LuckyLeprechaun>

Packet Pickup and Registration

March 13 and 14, 5:00 pm to 8:00 pm
Sports Authority, Merritt Square Mall

Race Day Registration

From 7:00 to 7:45 am at Bailiwick Plaza
20 N. Brevard Avenue, Cocoa Beach

Awards

Overall 1st, 2nd, 3rd Male and Female

Master 1st Male and Female 40+

Age Group 1st, 2nd, 3rd Male and Female in age groups 0-8, 9-11, 12-14, 15-19, and 10 year age groups from 20-29 through 70+

No duplicate awards

Amenities

T-Shirt with 5k entry (*T-shirts not guaranteed for race day registration*)

Post race refreshments

Door prize drawings (must be present to win)

**For More Information, contact Linda Bunting
(321) 783-6899 or
cbprojectgraduation@gmail.com**

Sponsored by:



Entry Fee

Postmarked After
by 3/1/14 3/1/14

5k Run/Walk \$20 \$25

Name _____

Address _____

City _____ State ____ Zip _____

Phone _____ Birthdate _____

Email _____

Age on 3/15/2014 ____ Male Female

T-Shirt: Pre-register early to guarantee your shirt size!

T-shirts not guaranteed for race day registration.

Circle one. Youth sizes: YM YL

Adult sizes: S M L XL XXL

Release form: I assume all risks associated with my participation as a participant in the event on this form including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road. All such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled to act on my behalf, waive and release the directors and sponsors of this race from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (parent or guardian if under 18) _____ Date _____

May the road rise to meet you. May the wind be always at your back. May the sun shine warm upon your face. And happy you'll be when you run this race!
Irish Blessing (adapted)

RUN A MILE WITH *Wade Dauberman*

Very inspiring! Wade Dauberman has burst onto the Space Coast running scene Here's what we learned about this out-of-this-world member...



Name: Wade Dauberman, age 24

Family: Late Father: James (60), Mother: Diana Dauberman (55), Brother: Jeff Dauberman (27)
(Editor's Note: Hmm...He's single, ladies!)

Originally from: Pennsylvania

Grew up where?: Turbotville, PA surrounded by farmers and Amish. I've been in Melbourne since 2008.

Occupation: PhD student studying cell/molecular biology with a research focus on neurobiochemistry in Alzheimer's disease. *(Editor's Note: Hmm...Single, and smart! Just helping a brother out!)*

Dream profession: Astronaut (My Bachelor's degree is in astrobiology). Since that is a bit of a reach, I'd be happy being a professor and running a research lab.

Number of Years Running: I've only run seriously for a little over a year. Before, I just did it as a leisure activity and didn't have a training schedule. When I was younger, I was very out of shape and lived a pretty unhealthy lifestyle. Throughout high school and college, I began to slowly change my habits to finally reach the point I'm at today.

Began Running Because: I used to bike a lot but the running community is way more humble and supportive, especially the Space Coast com-

munity. There are also more individual goals to work towards and PRs to beat.

Mainly, I get a lot less road rage while running compared to cycling. Don't get me wrong, I still love cycling. In the summer of 2012, I biked from Florida to Pennsylvania and raised about \$9,000 towards the Scleroderma

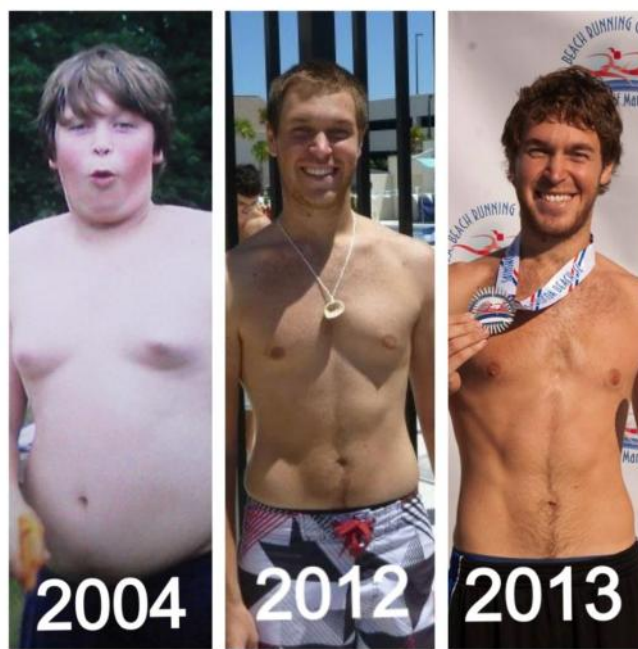
Foundation in memory of my father who passed away from the disease. My original goal was to go all the way to Seattle after arriving home but I ran out of time and money. Someday I hope to give the cross-country portion another go. As for now, my focus is on running.

I Knew I Was Hooked

When: I ran my first half marathon in Key West in January 2013. Before that my furthest distance was 6 miles. Two weeks later, I ran the Melbourne Music

Full (I do not propose new runners begin running using this method). Albeit, my times were not great but it showed me I was capable of doing great feats of fitness if I put my mind to it. Ever since, I've been hooked and have worked hard to better my times. It's also awesome that this area offers so many great races every weekend. If my budget allowed for it, I would do a lot more races.

Race PRs (Personal Records): 5K (19:42), 10K (43:42), 13.1 (1:33:10), 26.2 (3:47:05). My training focus right now is to beat my marathon PR at the 2014 Space Coast Marathon.



Most Satisfying Race Performance(s):

I would have to say my first marathon. I look back now and can't believe I finished knowing how unprepared I was going into it. Another satisfying performance was at the Key West half this past January. I like to think of my first half in Key West as my introduction to running and I was looking forward to seeing how my performance changed in a year. I was able to beat the previous time by about 50 minutes. It just goes to show how much can change in a year. Avoiding Duval St. also helped.



Favorite Race(s): Space Coast Marathon/Half Marathon because of my love of space. The organization and support is also superb.

Favorite Race Distance: 13.1 because it's enough to push yourself really hard without requiring the additional nutrition like in a full.

Favorite Place(s) to Run: I always enjoy running on Tropical Trail but I normally run from FIT and go towards beachside due to convenience.

Running Goals: Long term goals would be to BQ and run an ultra (maybe the Wickham Park run in May). My everyday goals are just to keep running fun and not make it something I dread waking up and doing.

Running Partner(s): I normally run on my own or with random groups, but if I could choose one person from the area it would be Andy Dutra. Our busy lives just make it tough.

If I Could Go on a Social Training Run

With Any Other Persons, Dead or Alive:

Carl Sagan, Neil deGrasse Tyson, Stephen Hawking, Abraham Lincoln, and Jesus. Now that would be an intense conversation.

Funniest or Oddest Thing I've Seen While

Running: A lost dog ran with me for 3 miles until someone driving noticed that it probably didn't belong to me and offered to take it and find its owner.



Training Philosophies: Keep it fun and exciting but still push myself. Cross training is also very important and it helps change things up a bit. I also like to remind myself that my ability to run and be injury free is a gift and that I shouldn't waste it.

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

The best advice that was given to me as a new runner is that it'll never get easier but you'll just slowly get faster if you stick with it. Also, never go cheap on new running shoes unless the good ones are on sale.

Favorite Reads:

I'm currently working on the last book of The Game of Thrones. My favorite series has been the Dresden Files, which is like a grown up urban fantasy version of Harry Potter.



Favorite Movie: Don't really have any standout favorites but I enjoy just about all action and comedy movies.

Other Sports & Interests: I play racquetball three times a week and I'm a group fitness instructor at FIT where I teach spin, abs, and a fun run class. With my fitness classes, running, and my research I stay very busy.

When Nobody is Looking I Like

To: Relax with my cat, Darwin, and watch the Food Network.

Favorite Meal: Pennsylvania Dutch style chicken and waffles with mashed potatoes (not the horrible southern version).

Dream Vacation: Mars would be fun just as long as I can make it back to Earth. Maybe I can be the first person to run a marathon on another planet!

Why did you join SCR? It offers a great running series and it pushes me to get out and run more.

I Think That SCR Could Do A Better Job:

SCR does a great job! If I could think of one thing, it would be to have a Mon, Wed, Fri early morning run closer to me. The evening runs are great but they are always when I teach my fitness classes so I can rarely attend.

Racing for Research Grants Available

Community Foundation for Brevard is proud to be part of a community where runners of all ages and skill levels take an active role in bettering their own health as well as the health of others through medical awareness events. CFB is committed to providing funding to medical research programs throughout the country and continues to match any Brevard-based event's participant donations.

CFB also partners with the event organizers to increase the amount of funding for their specific cause's research. Some of the continuing partnerships include: American Cancer Society, Dystonia Medical Research Foundation, Leukemia & Lymphoma Society, Juvenile Diabetes Research Foundation and Niemann-Pick Disease Foundation.

To find out more information about the *Racing for Research* grant program or to apply, [click here](#).



Completed applications can be emailed to:
info@cfbrevard.org

or mailed/run over to:
Community Foundation for Brevard
1361 Bedford Drive, Suite 102
Melbourne, Florida 32940



SPACE COAST RUNNERS WOULD LIKE TO THANK HEALTH FIRST PRO-HEALTH AND 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!

Long Distance Relationships

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

The 9th Running of the Sedona Half & Full Marathon

an article by Dave Farrell



My cousin Marie, who lives in Sedona, Arizona, sent me a Christmas card with a letter in it telling about her plans to enter the Sedona Half Marathon. I read the letter and said to Lisa that I wish I could go and do it with her. Lisa said that since I am retired that I should. She could not participate because she had to work.

I took care of the registration and my wife took care of the reservations. My flight plans were sent to my cousin and she told me she would pick me up in Flagstaff when I arrived and take me back when I was to leave. What else could I ask for?

Marie told me that the temperature was going to be between 55 and 60 with partly sunny skies. I arrived in Flagstaff Friday at noon and it was a snowy, windy 20 degrees. That was at 7000 ft. above sea-level. As we drove down to Sedona, at 4 to 5 thousand feet, the snow turned to rain but it was still cold. I worried about my race clothes—did I pack correctly? I had packed clothes that ranged from a lined sweat suit to a tank top and shorts. We spent Friday afternoon and evening try-

ing to decide what to wear if it was rainy or windy or both. We knew it was to be 40 degrees in the morning.

My cousin and I went to the expo. It was small and held outdoors. There were a few tents set up. The rain spoiled the expo; we really didn't spend much time there to see how little they really had.

I don't know how the pasta dinners were. Marie said she was going to cook dinner so we would not have to go out that night in the rain and cold which was fine with me! There were two or three restaurants that were offering a pasta dinner for runners. I would rather have home cooking than restaurant food anytime.

The race course is filled with hills—from the starting elevation of about 4,450 feet above sea level, the course rises and falls to a low of about 4,300 feet and a peak of just over 4,650 feet above sea

Long Distance Relationships

The 9th Running of the Sedona Half & Full Marathon continued

level near the halfway turnaround point. The course's peak elevation occurs at three major hills, around miles 3, 7, and 9. The race director suggested that runners should arrive a day early, if possible, to acclimatize themselves to Sedona's altitude.



The race did not start until 9:00 A.M. That was a great advantage. We did not have to wake up at zero dark early, go to the course sleepy and wonder what the weather was going to be like. We woke up, had breakfast and coffee, and watched the sun rise amongst the beautiful red rocks. We dressed for a 40 degree sunny day.

Marie and I decided to cross the starting line together. I would go back after I finished and help her in. That is as long as the altitude did not do me in. I thought that if I had problems she might have to come and get me.

It took me a couple of miles to get acclimated. My breathing seemed all right and the pace I had set was comfortable. I was off to the race to have a good time and for a good time. The race is a good one to do for some hill work, just what every "flat lander" from Florida needs.

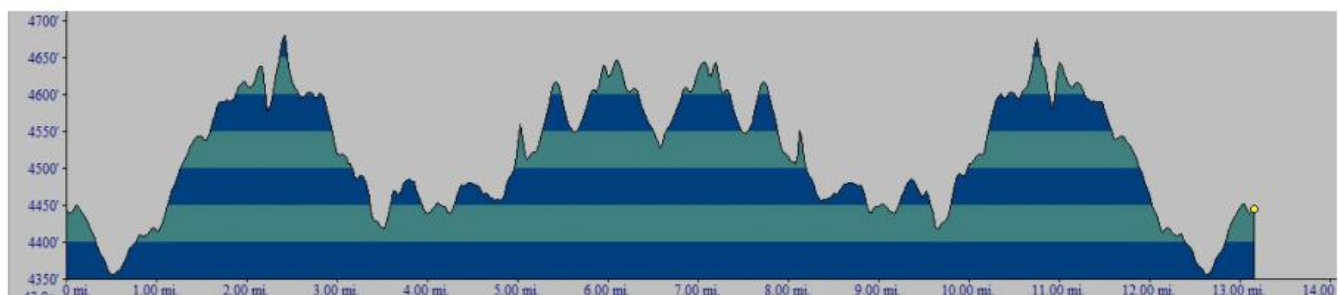
It was a real feeling of relief when I came to the point on the course where I knew that the marathoners continued and the half marathoners could turn around. I could turn around and I did. My split time was 1:50. I was on course for a PR.

My cousin was concerned about a 2:10 split cut-off time. This was Marie's first ever event at any distance. I was going to keep track of the amount of time it took me to reach her from the turn around. She came up on me so fast that she was way under the cut-off time. I was also going to take her picture, but my cell phone was dead.

I started to calculate my finish time at the mile markers that I could find. The mile markers looked like 8 X 11 inch sheets of paper on a stick. They seemed to blend in to the ground cover. I kept up a steady pace on the return. I finished with a time of 2:51: 10--not bad for a walker, and a new PR for me. I went back to cheer on my cousin the last couple of miles. She did not really need it as she finished in 3:28. I am proud of her for just making the effort to do it.

The Sedona experience is really a step into reality. Millions of years ago, The Sedona area was an ocean bottom and coastal plain. Erosion, volcanic activities, wind, rain, and snow melting have created and exposed the layers of sediment to form the spectacular red rock formations that make up Sedona. Our lives and the hours one spends on the course are just a speck of time compared to the millions of years God has spent creating these formations. I do believe I lost a few of those minutes admiring the beauty of the area.

Half Marathon Course



“Athletes with Asthma – Runners with Treatment Able to Breathe Easier”

by Jennifer Ogburn



It is like a nightmare. Your body and mind know you should be able to breath, but when you inhale, nothing seems to come in. This scenario is what an asthmatic feels like during an “attack”.

According to the Center for Disease Control, 18.9 million Americans suffer from asthma. This reversible obstructive lung disease is caused by reactions of the airways to various stimuli such as dust, pollen or other pollutants. The muscles of the passageway in the lungs go into spasm, narrowing them and making it difficult to get air in and out. Symptoms of an attack including wheezing, difficulty in breathing, a tightness in the chest, hyperventilation, and lightheadedness. An attack may come on suddenly or build up gradually over several hours – but when not properly treated, asthma can be life-threatening.

In addition to the commonly known condition of asthma, there is Exercised Induced Asthma (EIA). EIA shares many symptoms with asthma, but it is mainly caused by vigorous exercise. While many people with asthma experience shortness of breath during exercise, there are many other people without chronic asthma who develop symptoms only during exercise. When an athlete is exercising strenuously, they may breathe quickly, shallowly, and through the mouth. This means the air reaching the lungs misses the warming and humidifying effects that happen when breathing more slowly through the nose.



Asthma is not something to be taken lightly. It is the number one reason for absenteeism among school age children. Still, one of the biggest problems can be when someone doesn't realize they have asthma or EIA. There are many stories of athletes who for years lived with symptoms of wheezing and loss of breath without knowing their causes. This can mean they are performing or competing at less than full lung capacity. A simple test a Doctor can use is a Peak Flow meter. A subject inhales and then exhales forcefully into the meter. They would then do this at various intervals though out the workout. If the peak flow drops significantly during exercise, EIA is usually a primary suspect.

For athletes like runners, the asthma nightmare worsens during physical activities. Athletes such as marathon runner Alberto Salazar, track athletes and Olympic medalists Galen Rupp, Jim Ryun and Jackie Joyner-Kersey all suffer from asthma.

After a diagnosis of EIA or asthma, doctors usually will not limit athletic activities if the symptoms can be curbed with medication. If you suspect you may have asthma, you should consult with your doctor to discuss diagnosis and treatment options. It's very important to know one's own limits. Athletes with asthma learn early that controlling their disease and preventing symptoms is critical to being able to overcome this disease. Asthma doesn't mean you have to stop your physical activities - many athletes -- even Olympic athletes -- compete with asthma and succeed on the biggest world stages!



Where in the World are Space Coast Runners Running?

MARCH 2014



Dances with Dirt Green Swamp 50M, 50K, Marathon, Extreme Relay, Half Marathon & 10K 3/8—
Dade City, FL

Ron Abel, Steve Chin, John Davis, Jennifer Ogburn, Shane Streufert



Gate River Run 15K 3/15—
Jacksonville, FL

Steve Chin, Rick Foresteire, Cathy Friedel, Darlene Hachmeister, Harry Prosser, Kimberly Prosser, Ron Roff, Christina Russell, Kurt Russell, Shane Streufert, Nancy Wingo



Winter Park Road Race 10K & 2 Mile 3/15—

Winter Park, FL
Michelle Smurl



Yuengling Shamrock Marathon, Half Marathon & 8K 3/16—Virginia Beach, VA

Cristina Engel



Sarasota Half Marathon & Relay 3/17—
Sarasota, FL

Jim Haithcoat, Karen Sanchez



Hat 50K 3/22—Havre de Grace, MD
Ron Roff



Georgia Marathon 3/23—Atlanta, GA
Rachel Redlien



Live your life well®
TOMOKA MARATHON
presented by Halifax Health

Tomoka Marathon & Half Marathon 3/29— Ormond Beach, FL

Pat Mister, Kimberly Prosser, Michelle Smurl, Nancy Wingo

Are you racing out of town? Add it to the Calendar!

[CLICK HERE TO EMAIL](#)



Where in the World are Space Coast Runners Running?

APRIL 2014



**Rock The Parkway
Half Marathon 4/12—
Kansas City, KS**

Nancy Wingo



Florida 70.3 4/13—Haines City, FL

Cathy Friedel



Marathon de Paris 4/16—Paris, France

Mitch Varnes



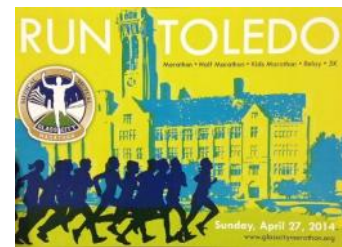
Boston Marathon 4/21—Boston, MA

Cindy Bishop, Betsy Butler, Steve Chin, Julie Hannah, Sandra Gannon, Barbara Holst, Christine Kennedy, Chris Loines, Susie Meltzer, Theresa Miller, Doug Nichols, Shane Streufert, Marie Thomas, Kathryn VanArsdall-Varnes



**Nike Women's Half Marathon 4/27—
Washington, DC**

Darlene Hachmeister



Glass City Marathon 4/27—Toledo, OH

Brittany Streufert



**Adrenaline Half Marathon
on the Eisenbahn Trail
4/27—West Bend, WI**

Carol Ball, Donna Neill

MAY 2014



Lansing Half Marathon 5/4—Lansing, MI

Pat Mister

It takes 2 SECONDS to add your Race!

[CLICK HERE TO EMAIL](#)



MAY 2014



Long Island Marathon 5/4– Long Island, NY

Sal Farino, Molly Kirk



Copenhagen Marathon 5/18—

Copenhagen, Denmark

Abe Oros

JUNE 2014



Les Courants de la Liberté' 10K 6/15—

Caen, Normandy, France

Dick, Marlene & Rachel White



Mayor's Midnight Sun Marathon 6/21—
Anchorage, AK

Cindy Bishop

JULY 2014



See Jane Run Half Marathon 7/13—
Seattle, WA

Carol Ball, Tracy Felts



Shipyard Old Port Half Marathon
7/13— Portland, ME

Pat Kiesselbach

AUGUST 2014



The Kaua'i Marathon & Half Marathon 8/31—
Kaua'i, HI

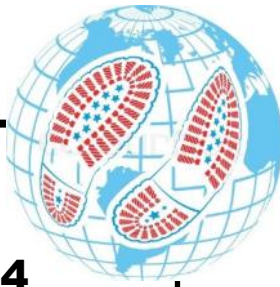
Carol Ball, Donna Neill

SEP-



World Championship 70.3
9/7—Mont-Tremblant, Quebec

Cathy Friedel



Where in the World are Space Coast Runners Running?

SEPTEMBER 2014



**Michelob Ultra Boston
13.1 Marathon 9/14—
Boston, MA**
Pat Kiesselbach



**Air Force Half Marathon
9/20– Dayton, OH**
Pat Mister

NOVEMBER 2014



**Michelob Ultra
Ft Lauderdale 13.1
Marathon 11/9—
Ft Lauderdale, FL**
Pat Kiesselbach



**Rock 'n Roll Savannah Marathon &
Half Marathon 11/8– Savannah, GA**
Les Dunne, Rene Dunne, Lisa Hamelin



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RunnerMom

By Jennifer Ogburn



I often wonder how some of my running friends really seem to be able to do it “all”. They are out there at every race, talking about running camp and group runs. Let us face it, we all love to run, but sometimes for me and my family, “life” seems to get in the way. No matter how well I plan, other things come up, preventing me from making that favorite Monday night training run with friends or that big race in the series. In some internet circles, I am known as Runner Mom O. Not only am I a runner, but I am a Mom of two elementary school-aged boys, the wife of a runner, and I am full-time employed.

My family’s lives can be a bit hectic, we have Soccer, Boy Scouts, Cub Scouts and school commitments. This Spring, my husband and I both find ourselves coaching

on the sidelines for our boys’ soccer teams. I wouldn’t want it any other way – especially when my son tells me how happy he is to have me as his coach. But the hectic schedules does often times come at the expense of our running and triathlon training.

I will admit there have been a few less races on our calendar these days. It’s not because I don’t like to race – anyone who knows me, knows how competitive I can be! Instead, we have had to prioritize the races – looking for our favorites; the ones that are supporting worthy causes and ones where we can get the whole family involved. While our kids are not quite as passionate about running as I am, we can often times get them out with us for the fun of a Saturday morning race. Still, our

calendar shows that our Saturdays are preparing to be filled with soccer matches all over Brevard County, so for now, I just may not be able to compete as often as I wish. Thank goodness for Sunday half marathon races!

My friends ask me over and over about when I will do my first marathon. I totally respect marathon runners and definitely have it on my bucket list. However, for now, I know when I do my first, I want to train properly and be able to put in the time and energy it requires to be fully prepared. For our family, that means it will just have to wait. Maybe my first marathon won't be until I turn 50- my now 12 year old offered to run it with me in 8-years – if we do the Honolulu Marathon (savvy kid!).

Those 8-years I am sure will fly by, but for now, flexibility to our running schedules is the key. While I would love to plan a calendar of training runs that is set in stone

each week – we have to keep our lives in perspective – my husband also likes to get in his runs. So sometimes I have to get a little creative to get the miles in. You may see me on a Friday morning running over the Melbourne Causeway to work (6.5 miles). Or maybe you have seen me running in circles around the soccer fields? There is always that time during the Boy Scout meetings where I can get in a few miles in Melbourne Beach. Our vacations often include exploration runs around new towns in the early mornings to fit in some miles. I am an opportunistic runner – if I have 30 minutes (and a shower), I can fit in a quick run. And of course there are always the late evening runs – my husband has become quite accustomed to those – maybe that's why we don't mind the Disney Wine and Dine Half Marathon starting at 10 pm! That's definitely a race we plan to do again this year...it's just a matter of priorities.

Marty Winkel

321-537-3526

sceventmgt@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!

March 2014

Birthstone: Aquamarine

Flower: Daffodil

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Pamela Gearhart Robin Pace
2 Doug Butler Deborah Horst	3 Anton Samilian	4 Deborah Broderick	5	6	7 Joseph Hofmeister John Healey	8 Kira Juranek Maxwell Walker Luke Branan Ben Branan
9 Michael Walker	10	11 Diane Hardos Janiene Pape Bruce Furrow Jonathon Calderon	12 Suzie Enlow	13	14 Peter Carabetta Loran Serwin	15 Cortney Butler
16 Austin Hayes	17 Eric Cicero Chris Rea	18 Lisa Hamelin	19 Susie Meltzer James Quinlan	20	21 Christi Curtis	22 Ragan Krupp
23/30 Stacy Irwin	24/31 Lynn Grande Jason Collins	25 Kara Springer Kimberly Yates Matthew D'Avis	26 Susie O'Connell Cedric Ching Andrew Preston Tena Hochard Annelise Buchanan	27 Patti Sponsler Sherri Boyd Dana Maughn Vicki Bond	28 Nyssa Holmquist	29 Angela Saldana Laurie Paul
Krista Branan Shannon Roff	Denise Miller					

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