

# SPACE COAST RUNNERS

MAY NEWSLETTER



2014 BOSTON MARATHON John Hancock

#BOSTONSTRONG



Promoting fitness in Brevard County through running & walking



# The Starting Line

May 2014

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Above: Nora Fetherman of Titusville and Raymond Traynor of Orlando celebrate their Space Walk of Fame 8K finish. Photo credit: Robert Kania

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ON OUR COVER: #BostonStrong...SCR represents at the 118th Boston Marathon.



Photo by Steve Colella



# RUN FOR THE GECKO HAWAIIAN LUAU 5K

Saturday, May 10, 2014  
7:00am

Wickham Park Main Pavilion, Melbourne, FL  
Post Race Breakfast hosted by Pizza Gallery & Grill  
Register ONLINE at [runningzone.com/series](http://runningzone.com/series)



Tuesday - Friday, May 6<sup>th</sup> - 9<sup>th</sup> 10:00 am - 6:30pm  
Packet Pickup & Registration at Running Zone across from  
The King Center on Wickham Road

Saturday, May 10<sup>th</sup> - Wickham Park Main Pavilion  
(across from Running Zone)

6:00 am Packet Pickup & Registration  
6:45 am Late Registration ends  
7:00 am 5k starts!!  
8:00 am Run for the Gecko Kid's Run - FREE!

\*Awards Ceremony immediately following all races

**AWARDS: M-F: Top 3 Overall, Top Masters  
Age Groups - Top 3 M-F**  
8 & Under, 9-11, 12-14, 15-19, 20-24, 25-29,  
30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64,  
65-69, 70-74, 75-79, 80+

#### Amenities:

- Hawaiian Luau with hula dancers!
- Festive Leis for all Finishers!
- Random Giveaway of a paddle board from Paddleboard House!
- Fun Gecko Awards
- Hawaiian breakfast catered by Pizza Gallery & Grill
- Benefits Leukemia & Lymphoma Society's Team in Training

FEES:	Until 5/9	Race Day
5k Run/Walk	\$28	\$31
Team	\$25	N/A
12 & Under	\$15	\$20
Gecko Club/SCR Members	\$25	\$28

Sorry, No Refunds.

Running Zone Run for the Gecko Hawaiian Luau 5k OFFICIAL ENTRY FORM - Make check payable to: Running Zone  
Mail to: Running Zone 3696 N. Wickham Road, Melbourne, FL 32935

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (daytime) \_\_\_\_\_ Email address \_\_\_\_\_

Sex:  Male  Female Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_\_

Open Team Name \_\_\_\_\_ (min. of 5 team members with one person of opposite sex)

School Team Challenge: (Elementary and Middle Schools Students Only) \_\_\_\_\_

Please check technical shirt size: Gender specific Asics Singlet (amply cut)

Mens Sizes:  XS  S  M  L  XL  XXL Women's Sizes:  XS  S  M  L  XL  XXL

Kid's Registration: \$15.00 (Cotton T-shirt)  Youth Medium  Adult Small

**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 Running Zone Race Series 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, emails 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 if under 18 \_\_\_\_\_

Date \_\_\_\_\_





# 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](http://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



**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](http://SpaceCoastRunners.org)

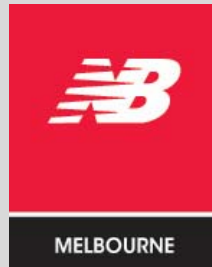
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[MatMahoney@yahoo.com](mailto:MatMahoney@yahoo.com)

LinkedIn Group Mgr: Bob Rall, [Bob@RallCapital.com](mailto:Bob@RallCapital.com)

# SCR MEMBER DISCOUNTS!

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





# Peak When It Counts Training Camp

**Tuesdays 6:00-7:30 PM**

**May 6—July 22**

## **We Offer:**

- A 12-week program for all fitness levels
- Track, causeway and beach workouts
- A variety of challenging and fun group workouts concentrating on tempos, fartleks, core, more yoga and some speed to keep you sharp!
- Personalized 12-week schedule based on your goals
- Finisher shirt when you complete the 12-week program
- Training with a great group of athletes who have similar goals and aspirations

**Orientation and Time Trials** will be held at  
**Hoover Middle School**  
2000 Hawk Haven Drive, Indialantic on  
**May 6th, 6:00 PM**

**\$140 New Participants**

**\$110 Returning Participants—Discounts  
for Referring Friends**



**For full details, visit us online:  
[uprunningfitness.com](http://uprunningfitness.com)  
Email: [info@uprunningfitness.com](mailto:info@uprunningfitness.com)  
Phone: 321-544-6385**

Photos courtesy of Doug Carroll & Elizabeth Ring

# FROM THE EDITOR



From the Editor  
May 2014

As the days get a little longer, and a lot hotter, another racing season is coming to an end. We have finished the Space Coast Runners' Runner

of the Year Series, the Titusville Racing Series, and we are down to one more race in the Running Zone Series. It was another exciting, competitive season of running in Brevard County. The three area racing series will take some time off, but will be back for a new season before you know it. But don't worry, there are plenty of events between now and then to keep you sharp...just check the number of race ads in this month's newsletter.

But beyond the three local series, it was a good year for Space Coast Runners members in other local events and around the world. Look back over the last several issues of the newsletter... we've had club members participating in events all around the country and all around the world. Recently, we had a great contingent of club members prove that they were #BostonStrong. In what was probably the most emotional and closely-watched Boston Marathon in years, our club was well represented. For details, see the story on page 45. And how great was it that, after the terrible tragedy of a year ago, that an American cross the finish line first? Way to go Meb!

So, as we start to put the wraps on another season, I would like to say "Thank You" to you, our club members. Thanks for making the club what it is. It takes a lot of work, but many of you pitch in when and where you can. We are undergoing some changes on the Board and could use some new faces with some fresh ideas, so thanks in advance to those of you who will step up to a leadership position. And thanks for your kind

words about this newsletter. Almost everywhere I go, I bump into someone who tells me how much they like what we've done with it. And sometimes, you write in...see the awesome message below. Thank you Molly, and thanks to you all. We'll keep trying to improve, but remember, your ideas, input, and stories are what makes the club, and this newsletter, go.

Finally, in case you haven't heard, we lost a long-time member of the club last month. Joan Joesting-Mahoney passed away on April 19th. I didn't know Joan well, but knew that she was a fixture at all of the local events. To understand a little more about the person she was, do yourself a favor and Google her name. You'll be surprised to learn what you didn't know. Rest in Peace Joan.

See you on the roads,

Bob

BOB RALL, Editor-in-Chief

[Bob@rallcapital.com](mailto:Bob@rallcapital.com)



Letter to  
the Editor

First of all, thanks for all your hard work putting the newsletter together month after month. I personally think April's edition was one of the best yet. Michael Higgins', "A New Journey," was simply incredible. Sadly, his first

three paragraphs reflect the grim reality of many Americans. Congratulations, to him and his family. I really appreciated Dick White's article explaining the reasoning behind the selection of the Runner of the Year Series' races. Marisa, it's okay that you went over 250. The monthly contest is a nice addition. The layout, pictures, links leading directly to the various articles, along with just plain useful information about races, training runs, and members make for an excellent newsletter. Keep up the good work!! -Molly Kirk

# NEWSLETTER CONTRIBUTORS



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BRITTANY STREUFERT  
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JENNIFER OGBURN  
Contributor



MICHELLE SMURL  
Contributor



## 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](mailto:Bob@RallCapital.com)

Like Space Coast Runners on

[Facebook](#)

Follow us on Twitter

[@SpaceCstRunners](#)



# 2013 2014



## SCR Board of Directors

### OFFICERS



**Ed Springer** [springer993@gmail.com](mailto:springer993@gmail.com)  
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**Cyndi Bergs** [mcbergs@att.net](mailto:mcbergs@att.net)  
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**Carol Ball** [cball1@cfl.rr.com](mailto:cball1@cfl.rr.com)  
Treasurer

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# Springer's Spiel

- A Monthly Column from SCR President, Ed Springer



Space Coast Runners,

With the running of the 33<sup>rd</sup> annual Space Walk of Fame 8K, Brevard County's longest standing road race, the 2013-2014 SCR ROY races series came to a conclusion. Now you can take a little time to rest and reflect upon your accomplishments. Whether you placed in the series or challenged yourself to get out of bed on race morning to complete a race, I want to commend your efforts. SCR continually strives to offer a quality and challenging race series for all levels and abilities. Speaking of the series, SCR members participated in a survey to help shape the upcoming 2014-2015 SCR ROY series. We listened, and based directly on the survey results and feedback, the Board of Directors elected to implement some changes to the 2014-2015 series. The number of drop races will be reduced to 2, we shortened the number of total races to 10 and we added the Eat My Crust 5K. Also, there will be some achievement medals to scoop up for

competing in certain races.

Along the lines of change, the SCR Board of Directors is getting ready to undergo a changing of the guard. We say goodbye to Kara Springer and longstanding member Mary Ramba. Understandably, they will not be returning to the Board because of family priorities. I know I speak for the rest of the Board and SCR members when I say thanks for all of your dedication and time devoted to SCR. Looking forward, we have some great candidates in the pipeline for Board positions and those folks will be announced at the upcoming SCR banquet on May 10, 2014. If you have not RSVP'd for the banquet, please send me an e-mail ([springer993@gmail.com](mailto:springer993@gmail.com)) with the number of attendees in your party.

Happy Running,  
Ed



## MAY BOARD MEETING

**The next SCR Board Meeting will be held at the Awards Dinner on May 10th at the Indian Harbour Beach Community Center. See SCR Central on page 12 for more information.**

*Voted One of the Top 50 Running Stores in America*

# **RUNNING ZONE**



*All Your Favorite Brands*

**Shoes • Apparel • Accessories**  
**Runners • Walkers • Triathletes**

*Free gait analysis for proper shoe fit.*

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**[www.running-zone.com](http://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	6:30 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	6:00 pm	Running Zone
Thurs	Palm Bay Rec Center	5:00 pm	Dave Hernandez
Thurs	Running Zone, Melbourne	6:00 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

## 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)



## Space Coast Runners



### WELCOME NEW MEMBERS!

Jessica Barone

Samantha Cabrera

Angelica Cabrera

Xavier Cabrera

Robert Daniels

Zach Jaksetic

Debbie Molina

Kathy Reif

Thomas Reif

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!

## Space Coast Runners Annual Meeting & Runner of the Year Celebration Dinner

**Saturday, May 10, 2014**

6:00 PM at Indian Harbour Beach  
Community Center

\$10 (adults) & \$5 (under 12)

Purchase tickets for the dinner by mail by **May 1st**. Checks made payable to:

**Space Coast Runners.**

**SCR ROY**

**PO Box 541837**

**Merritt Island, FL 32954**

It's a night of fun for runners and walkers of all ages. Join us to celebrate what makes our Space Coast running community truly special. Enjoy great food and drink. And recognize the many individual accomplishments of the year with well-deserved awards. RSVP on the Event Facebook page by clicking [here](#).

# SCR Central

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

## In Memoriam

### Joan Joesting-Mahoney

Nov. 6 1937 - Apr. 19 2014



Space Coast Runners lost a dear member and friend. Joan was a long time SCR member who actively participated in the ROY series up until her passing.

The sympathy and love of our membership is extended to her husband, Matt Mahoney. Joan will be missed by the Space Coast Runners and all her fellow runners and cyclists out there on the road.



Women's podium. Photo: Luiz Pires/Fotojump

## Kaitlin Donner takes third at the 12th 2014 Triathlon World University Championship

On Sunday, April 21st in Brasilia, Brazil, local Satellite Beach triathlete, Kaitlin Donner made her way to the winner's podium with a strong, third place finish at the 2014 Triathlon World University Championship.

Donner representing Team USA clocked a time of 2:18:02 to capture the bronze medal. The United States women's team took the top spot in team competition. Around 50 athletes from 12 countries competed in the event which is held every two years and is organized by the International University Sports Federation (FISU).

# SCR Central

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



## Fashion Police: "Kids Incorporated"

Cute and carefree is how we can best describe all the little athletes at the Longdogger's Kids Marathon and Half-Marathon last month. The parade of colorfully attired participants was fresh and uplifting. From those sporting perfectly coifed faux hawk hairstyles to racing in miss-matched knee socks, it was clearly evident these kids were having lots of fun and should be an inspiration to us all.

Photo credits: Doug Carroll

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.

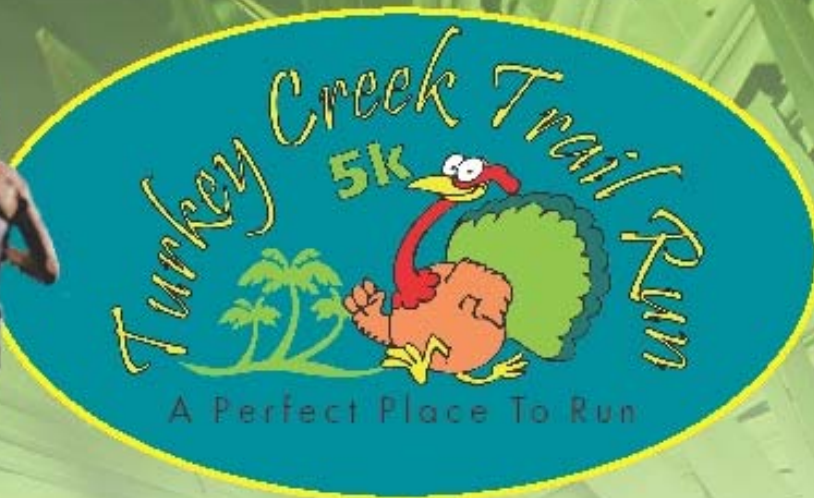


## Who's a Fool?

Don't go calling Jim Schroeder names, even if you know he just ran in The Crooms I'm Not A Fool 50k Run! On March 29, Schroeder took off along the trail in Brooksville, FL. The main trail is 15 miles long and the 50k consists of doing two laps. It's part of three events you can run that day with the other two being a 50 Mile and a 16 Mile Run.

Jim finished the 50k in a time of 6:32:06 which was good for second place in the men's 60-69 age group. The 2014 Fools Run sold out and has been going strong the past eighteen years. According to the race's website ([www.fools50.com](http://www.fools50.com)), it takes place at Croom which is within the Withlacoochee State Forest. The forest was named one of the "10 Coolest Places in North America" by the World Wildlife Fund.

Run Florida's Most Scenic 5K at Turkey Creek Sanctuary



5.24.14

Palm Bay Community Center  
1502 Port Malabar Blvd NE

Register on-line at [www.playpalmabay.org](http://www.playpalmabay.org)

Need more info? Call 321.952.3443



Technical Tee • Awards • Prizes • Food

*Sign up today!*

Run through the trails of Turkey Creek Sanctuary, part of the Brevard County EEL Program and the Audubon Society's Great Florida Birding Trail. The sanctuary passes through both hydric and mesic hammocks and sand pine scrub. Run through part of the 130 acres of wonder, biodiversity and natural resources.

Participants will receive technical shirts and raffle tickets for prizes to be drawn during the awards ceremony. Awards Top 3 Overall Male and Female, Top Masters and the Top 3 Male and Female for 16 age groups.



# SCR Scholarship Winners Announced



**D**id you know that each year, Space Coast Runners awards two \$1,000 scholarships to high school runners who submitted a winning essay? This year's topic was ***"How Running Has Impacted My Relationship with Community, Family, or Friends"***. Our Board members had the challenge of reading the essay submissions and choosing one male and one female to receive the 2014 scholarships. We are pleased to award these scholarships to two outstanding scholar/athletes, Drew Denson and Rebecca Fleeman.

**Drew Denson** is a student at Astronaut High School. In addition to running for his school cross country and track teams, he is an excellent student, maintaining a 4.2 GPA. He has demonstrated significant leadership through numerous school organizations, and has volunteered over 500 hours in the community. He planned and implemented the inaugural War Eagle 5k walk/run; the race is currently in its fourth year. Drew plans to attend Stetson University in the fall to study biology, psychology, and prepare for pre-dental studies

**Rebecca Fleeman** attends Eau Gallie High School where she ranks first in her class. A cross country and track runner for four years, Rebecca also played basketball and served in many school and community clubs and organizations. Rebecca plans to attend the University of Florida in the fall, where she intends to pursue a double major of dietetics and applied physiology and kinesiology.

**Congratulations** to our two scholarship winners and **thank you** to all who participated!



# RUNNING in Wild Florida

## Chiggers and Ticks

Chiggers and ticks, both biting arachnids, are the bane of all outdoor enthusiasts in Florida. These creatures live in tall grasses, leaf litter, and low bushes, however, they are very different and it is important to know how to deal with them if you are bitten.

Chiggers, related to spiders and scorpions, are mites. In fact a chigger is the larval stage of a mite that is bright red and barely visible. Once a chigger makes your acquaintance it will insert its mouth parts into your skin and inject saliva that liquefies cells for them to feed upon. Once engorged, this mite will leave, but it won't be forgotten. Every bitten host reacts differently but a red puffy rash is typical. This rash can last from 2 to 3 days, and even up to 3 weeks. Don't fall for the old wives tale that nail polish on the infected area helps – from experience it works as well as over the counter hydrocortisone creams for the itch, which is not at all!



Chiggers are most active during the hottest part of the day in warm months of spring, summer and fall. Avoiding their preferred habitat, especially the shady areas, is highly recommended. To do that keep to the center of pathways if trail running and if you take a pit stop during a road run avoid brushing up against grasses and bushes where chiggers might be eagerly awaiting their next victim. If you do venture into chigger habitat take a hot shower with plenty of soap immediately after your workout. Don't risk re-infestation by wearing the same clothes again. Wash them in warm, soapy water.

Unlike its cousin, the tick, chiggers in the U.S. are not dangerous to humans. They are simply irritating. Ticks are known to transmit disease to humans. Deer ticks transmit Lyme disease but being bit by one doesn't mean you will contract the disease. Only a portion of ticks in the wild harbor the germs, so the probability of one tick bite leading to this disease is low. Don't panic if after a workout you find a tick that invited itself for dinner, on you. Remove it immediately and be aware of tick related diseases symptoms that may include a high fever, a rash around the bite, pain in the joints and swollen lymph nodes.



There is only one proper way to remove a tick. Use fine-point tweezers to grasp the tick firmly at the base of the head and close to skin. Pull gently and steadily remove the tick in order to avoid breaking off mouthparts that may cause an infection if left behind. Wash the area with soap, water and antiseptic. Seek medical attention if you have any concerns.



The best known defense against chiggers and ticks is to tuck pant legs into sock and boots and use a repellent. This isn't an ideal option for runners so do your best to avoid areas where these pests are found. And don't forget to check your four legged friend for ticks if you run with a canine companion.

By Michelle Smuri, avid runner and  
Director of Animal and Conservation Programs at Brevard Zoo

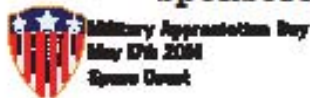


**Saturday  
May 17, 2014  
7:30 AM**

**Searstown Mall, Titusville**  
Beneficiary  
Astronaut, Titusville, and Space Coast  
High Schools JROTC

Contact: Marty Winkel  
321-537-3526 • runsalot@cfl.rr.com  
Additional Information can be found at:  
[www.spacecoastmilitaryappreciation.com](http://www.spacecoastmilitaryappreciation.com)

**Sponsored By**



**Mayor Jim Tulley,  
Titusville**



### Course

Race starts ... In the Searstown Mall  
Parking lot. West on Country Club Rd.,  
left on to Oak Hill Dr.,  
right on to Raney Rd.  
& right on Country Club  
and back to Searstown Mall

### Awards

Top Active or Retired Military  
Male/Female  
Top 3 Overall Male/Female  
Overall Master (40 and Over)  
Male/Female  
Awards 3 deep in Male/Female  
8 & under, 9-11, 12-14  
...and 5 year age groups thru 80+

### Registration

ONLINE REGISTRATION IS AVAILABLE AT  
[SCEVENTMGT.COM](http://SCEVENTMGT.COM)

Make all checks payable to:  
Space Coast

Event Management and Timing  
7 Indian River Ave. #605  
Titusville, FL 32796

### Entry Fee:

Military I.D. Holders &  
JROTC Members - \$15 (thru May 16)  
\$20 thru May 3, 2014  
\$25 Thru May 16  
Race Day \$30  
(Cash or Check Only)

### Packet Pick-Up Encouraged

Searstown Mall  
Friday, May 16, 2014  
3:00 - 6:30 PM

Post-Race activities include  
marching bands, displays,  
exhibits, food booths  
& Veteran's Benefits evaluation

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M.I. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_ D.O.B. \_\_\_\_\_

T-shirt Size:  XS  S  M  L  XL  XXL

Release form: I assume all risks associated with my participation as a participant for 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, hazards of the road and all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone enrolled on my behalf, waive and release the directors of this race and Space Coast Event Management & Timing officials and sponsors from all claims or liabilities of any kind arising out of my participation in the Veterans Appreciation 5K. 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, if 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](mailto:lisahamelin@gmail.com) and your question may be featured in an upcoming issue!

## Mix It Up

In a rut and want to add a little, fun challenge to your running schedule? For a week, try doing one mile on the first day, two miles on the 2nd day, up to seven miles on the 7th day. That will give you a total of 28 miles for the week and a good way to get back into it!

## Carb Loading

You have trained for 12, 16 or up to 20 weeks for your marathon. You've followed your plan to a tee. You are so ready for your race. What about your nutrition prep before the big day though? Don't make the mistake of not getting enough, or eating too many, carbs! Proper carb loading will allow you to run your best and help to avoid hitting the wall. So, what types of carbs—oatmeal, breads, bagels, yogurt, juice, waffles, potatoes, pasta, etc. are all easy to digest. Fruits have high carbs, but many



contain a lot of fiber, which could be problematic.

How much and when—you need to start carb loading two or three days before the race. Not just the night before. And about 85-95% of your calories should be coming from carbs.

## Space Coast Classic 15k (Nov 1)

We are giving away a free entry each month! April's question was **Who will win the Boston Marathon 2014 for the females?**

There were quite a few entries with Rita Jeptoo as the winner, so after plugging them in to random.org, the winner of this month's contest is:

**Debi Molina**

Congratulations Debi—I will be getting in touch with you soon to let you know how to claim your prize!

For May's contest, send an email to [lisahamelin@gmail.com](mailto:lisahamelin@gmail.com) with your answer to this question—

**Which marathon had the largest number of finishers and in what year did that take place?**

All correct answers will be put in a random drawing and the winner will be announced in next month's issue! If no one picks the correct answer, the next closest answer in finishing time will win.

# ROY SERIES



Congratulations to all the SCR runners, walkers, race directors and volunteers for making the 31st Runner of the Year Series a success!

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 <i>NEW!</i>	✓	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	✓	Overall Male — John Davis Overall Female — Dina Viselli
Space Walk of Fame 8K & 2 Mile	✓	Overall Male — Fernando Sanchez Saã±udo Overall Female — Nan Pond

# ROY SERIES

**SCR ROY  
Special  
Report  
Coming in the  
Jun/Jul newsletter**

With the ROY series now complete, the final standings are in and have been accounted for and posted. Below you will find the overall standings. We plan to do a ROY Special Report in our next issue to cover all the highlights of the 2013/2014 season.

ROY Series awards will be presented on May 10th at the SCR Annual Meeting and Awards Dinner. Please make plans to attend. In addition to overall and age group awards, the Youth Series, Age Graded and 100% series attendance rewards are handed out.

For complete series results, [CLICK HERE](#).

## OVERALL STANDINGS

### MALE

First place: John Davis  
Second place: Steve Hedgespeth  
Third place: Shane Streufert  
Masters: Joe Hultgren  
Grand Masters: Art Anderson  
Senior Grand Masters: Abe Oros

### FEMALE

First place: Mary Hofmeister  
Second place: Annie Caza  
Third place: Christine Kennedy  
Masters: Brittany Streufert  
Grand Masters: Joan Meadows  
Senior Grand Masters: Susie O'Connell

## AGE-GRADED OVERALL STANDINGS

### MALE

First place: Shane Streufert  
Second place: Joe Hultgren  
Third place: John Davis

### FEMALE

First place: Annie Caza  
Second place: Jacquelyn Kellner  
Third place: Susie Koontz



## Peak When It Counts Kids! Training Camp

Wednesdays, 5:30–6:45 PM

June 4—July 23

Hoover Middle School Track, Indialantic

# SUMMER



**Ages 7—14**

**Fee: \$95.00**

**8-Week Camp**

**The Camp is  
Limited to 25  
Participants**

**Fit**

**Fun**

**Team Spirit**

Register online:

[Uprunningfitness.com](http://Uprunningfitness.com)

Contact us:

[info@uprunningfitness.com](mailto:info@uprunningfitness.com)

321-544-6385

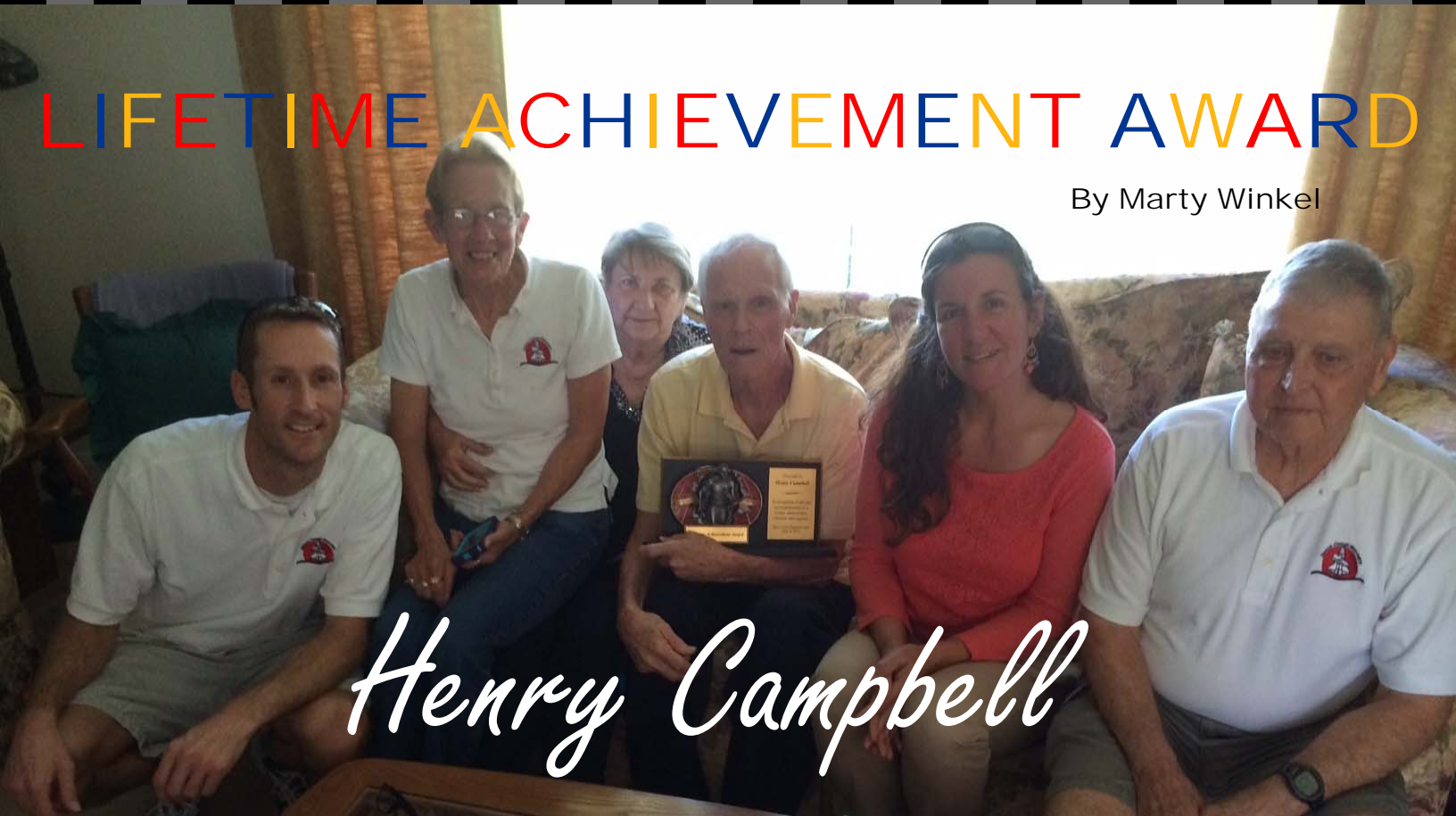
Up & Running Fitness promotes the sport of running to our youth in the community to develop healthy running habits that they will stick with for life!

- Develop fitness
- Strengthen muscles
- Build endurance for school sports

Coaches Jackie Clifton and Elizabeth Ring will promote good sportsmanship and a strong sense of pride and satisfaction.

# LIFETIME ACHIEVEMENT AWARD

By Marty Winkel



Space Coast Runners has two major ways of recognizing individuals for their accomplishments and contributions to the sport of running. They are the Hall of Fame and the Golden Shoe Awards. SCR has decided to recognize individuals who have gone beyond the Hall of Fame and Golden Shoe. **It is the Lifetime Achievement Award.**



In addition to being inducted into the Hall of Fame in 2001 with the initial eight honoree's and the sixth Golden Shoe Award recipient in 1996, the inaugural Lifetime Achievement Award is being presented to Henry Campbell. *(continued next page)*

# LIFETIME ACHIEVEMENT AWARD

## HENRY – IN THE BEGINNING

Fortunately for the running community, on January 13 1979 on a sunny afternoon Henry and Rosie's oldest daughter asked her dad to run around the block with her. With about 100 yards to go she started running fast. Henry, a well established 190+lb., 45 pounds overweight couch potato, who turned 45 only 10 days earlier, tried to keep up with her. He didn't stop in the yard like she did...he ran into the house. Rosie and her daughter went in to see if he was OK. "He was lying on the floor gasping for breath, trying to talk while feebly waving goodbye to us", says Rosie. "When he recovered he said he did not want the neighbors seeing him dying in the front yard." This was the beginning of Henry's running career.

After running for 5 months he got the nerve to run in the daylight, he was down to 163 lb. and Rosie convinced him to sign-up for the 1979 Pineapple 10K. When they arrived, Henry saw runners stretching and warming up and decided to go home since he could never do that. He was hiding behind a telephone pole at the start when the gun went off and Rosie gave him a shove. That was his first race of 580 races through 2001. No one is sure how many races he ran from 2001 to the present. Rosie has gone with him to all but 3 races.



## HENRY – PRESIDENTIAL YEARS

Tom and Dot Pifer, along with Bob Lawton, founded Space Coast Runners in 1978. Henry began attending meetings to learn about running and ended up running the club.

Not to take anything away from the early presidents of SCR, but the club drifted along until Henry (and Rosie) took over the presidency of the club in 1980, an office he held for three years. Henry took the club from 70 members to over 400 members. The newsletter went from a single sheet to 16 pages and was published at no cost; SCR joined the RRCA; and with the help of Robin Weaver, started the Space Coast Runner of the Year Series. Henry also wrote a monthly "President's Column" for the newsletter. A piece of scrap plywood lying in the road or in a trash pile was rescued by Henry and soon became a mile marker or a turn arrow. Most of the wooden signs we used to see at many of our local races were made by Henry and donated to the club. It was during Henry's presidency when the club purchased its first measuring wheel. The 5 and 10 mile "Nick Gailey" courses in Titusville and





# LIFETIME ACHIEVEMENT AWARD

many courses in Brevard were measured by Henry in his "spare time". Henry may have put more miles in measuring the courses we were running on than he spent running.

His real test as President came at the Merritt Island Mall 5K. It will go down as the Space Coast Runners all-time disaster race. The course markings were typing paper stapled to telephone poles that most runners never saw, the length was something over 8 mi., the water stop ran out of cups and water. The fact that it started 11:00 AM on one of the hottest days of the year added to the problems. There were people lying in the streets. Thank Heaven for the ambulances. The write up in the Orlando Sentinel was brutal. They advised runners to stay away from anything associated with the Space Coast Runners.

Henry wrote to the Sentinel and said it was proper to blame the race director, or him, but not the members of Space Coast Runners. Henry gave his word that the Marathon would be the correct distance, that there would be water stops and that the course markings would be the best. That is where those signs saying "caution runners" with a picture of a runner on the back were born. Henry spent all the daylight hours after work getting plywood scraps to make the signs and all the dark hours before bedtime painting them. Red signs for the marathon and green signs for the half-marathon. The day before the marathon he and his crew put up all the signs and painted a



red line the length of the marathon course and a green line the length of the half marathon course. The next day he ran his first marathon. After the marathon, the race director asked him what he was going to do with all the club's stuff, the finish

line chute and all those signs he made. Henry and Rosie piled everything in or on their station wagon. Henry had all the club's equipment stacked in his garage. As President and keeper of the equipment it was a job that he loved as this was his way of giving back to the sport. Rosie got tired of squeezing her way around all the club's equipment, but it took several years before she got him to let someone else take it.

Henry did not have an allegiance to the club as such even when he was President; his allegiance was to the runners and the sport. He used the club as a means to contribute to that cause. Some Race Directors didn't understand why he wasn't enthusiastic about their cause. He said his purpose was to make the event enjoyable to the runners. He once had a phone call hours before an early evening race telling him that the race was not going to have a water station or traffic control. Henry showed up with all the equipment but wouldn't unload it until he was promised that these issues were corrected. Henry's contention was, what good is power if you don't use it, thus he refused

# LIFETIME ACHIEVEMENT AWARD

to lend the club's equipment to races that didn't have the 5 year age groups. He used to get in arguments about the cost of races and flag those that he thought were too high in the newsletter. He believed that the running club was not a business to make money but was a service to its members. He was the only incumbent president to lose a bid for reelection.

## HENRY - AFTER THE PRESIDENCY

Henry did not sit idly by after he left office. For a couple of years he maintained the SCR race calendar, in 1986 he was the membership secretary and remained a dedicated member of the Board of Directors for a number of years. As he did when he was president, Henry continued to devote many hours as race director and fun run director. He was the New Years Eve 5k race director for 15 years, marathon race director and half marathon race director, Space Coast Ultra Marathon director for 6 years and countless other races. I'm not sure if anyone, including Henry, knows how many races he worked as a volunteer.

## HENRY THE ENGINEER

Henry's most notable and recognizable running engineering success is his unpatented scoring system, the best manual scoring system seen at any race. It is estimated that Henry has made over 80,000 Henry Campbell scoring cards. On the other side of the spectrum is Henry's not so notable, but effective "Keep your head up so you can breathe properly-Roach Clip". This is a device that Henry used to keep his head up during races. The theory is that when you drop your



head your air passageway is restricted. By clipping this "roach clip" to his shirt collar and his hair, when his head drops his hair will pull and this should remind Henry to pick his head up. Question, wasn't there a wrap your legs in Saran Wrap experiment?

## HENRY THE INSPIRATION

Henry has been known to stop in a race to help a struggling young runner who is walking. Henry will talk and encourage the runner to just run along with him, proving to himself that he can do a little better with a little more effort. Henry doesn't mind helping slower runners and doesn't mind being beat by the same runner he just helped. But he draws the line when turtles pass him in a race. This happened during a marathon, when a turtle tried to pass him. Henry stopped running, picked the turtle up and escorted it off the course.

**BASED ON THE ACHIEVEMENTS AS NOTED AND FOR THE MANY OTHERS NOT MENTIONED, SPACE COAST RUNNERS HAS PRESENTED HENRY CAMPBELL WITH THE INAUGURAL LIFETIME ACHIEVEMENT AWARD.**

**PRESENTED SUNDAY, MARCH 30, 2014.**

Marty Winkel

321-537-3526

sceventmgt@gmail.com



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Low-tide, out and back runs on hard packed sand  
Open to all runners/walkers (No qualifying) • Barefoot division  
Post-race party on the beach!





## SCR Runner of the Year Series ends with a certified finish

A warm and slightly overcast morning at Space View Park in Titusville was the setting for the final race of the 2013-2014 Space Coast Runners' Runner of the Year and the Titusville Racing Series. This year

marked the 35th year of this event. The two-lap 8K course was recently certified, which meant there would be new course records set.

Nan Pond took the Female Overall Championship award, covering the 8K distance in 37:20. Kimberly Yates was second in 40:01 and Ashley Kellem crossed third in 40:02. Dr. Tina Kraver took another award for Female Masters Champion with a time of 36:02. Karon Pittman was the Female Grand Master Champ, crossing the line in 40:22. Jackie Kellner finished in 46:54 and took the award for Female Senior Grand Masters Champ.

For the men, Fernando Sanchez was the Overall Male Champion with a 28:13 time. Ed Springer took second place overall in 30:35 and Jonathan Howse was third in 31:01. The Male Masters Champ was Shane Streufert, finishing in 28:46. Joe Hultgren took the Male Grand Master award in 33:08, and Abe Oros was the Senior Grand Master winner with a time of 37:03.

Lisa and Dave Farrall won the 8K Walk championships, with Dave crossing in 57:34. Lisa crossed a few minutes later, leading the lady walkers with a time of 1:03:30.

**Top:** Nan Pond takes the women's overall 8K with a fast finish.

**Right:** Ready to go the distance! Runners hit the pavement at 8:00 am.



# Space Walk of Fame 8K and 2-Mile

April 12, 2014 — Space View Park—Titusville  
(continued)



Kaylee Kraver was the Female 2-Mile run champ in 14:46, while Max Walker won the Male 2-Mile award in 14:34.

The 2-Mile Walk Female champ was Marianne Benson who covered the distance in 31:19. Greg Phillips was the 2-Mile champ for the men with a time of 33:59.

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

Race report and photos by Bob Rall.



# Devereux Dash 5K

April 13, 2014 — Holiday Inn — Viera



**T**he inaugural Devereux Dash may have been small but it was well worth the entry fee as the forty-five runners and walkers were treated to a very nice course, a beautiful Sunday morning and a terrific spread at the post-race party. One could even take a dip in the presenting sponsor, Holiday Inn’s pool.

Overall winner of the 5k was Pete Vaughn of Towson, Maryland who ran a winning time of 19:54. He was followed across the line by James Schramm in 20:33 who hails from Montgomery, NY. Local Viera resident, Mike Acosta grabbed third place in a time of 21:18.

For the ladies, Kimberly Prosser of Rockledge raced to her first overall title win at a 5k in 24:48. Kate Schafer of South Salem, NY was trying to chase her down but settled for second by running 25:04. Third place went to Titusville’s Susan Snodgrass who finished in 25:06.

Masters winners at the race were Alison Vogelbacher from Titusville (27:09) and Marty Cassetta from Grant (24:29). For complete race results, [click here](#). Race report by Brittany Streufert. Photo by Harry Prosser



Pro-Health  
& FITNESS CENTER

**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!

# Pirate Plunder 2-Mile Run

April 5, 2014 - Meg O'Malley's—Downtown Melbourne



**A**hooy there Mateys! On Saturday, April 5th at 6:30 p.m., 968 buccaneers made their way to Melbourne for a fun, pirate themed 2 mile race. Pirates and landlubbers alike raced to the Melbourne Causeway and back finishing at Meg O'Malleys where they were encouraged to stop in for a little grog. A kid's run gave the little lasses and lads an opportunity to race as well. All treasure booty collected from race entries benefited the Cocoa High School Track and Field Program and the Hunger Backpack Program.

Although a plethora of pirates raced, the overall three male scallywags were Michael Fisher (10:23), Shane Streufert (10:26) and Peter Clusener (10:35). The three overall female scallywags were Kaitlin Donner (10:29), Kim Hunger (11:40) and Melissa Taylor (11:54). ARRRR!

The race featured pirate themed awards and buccaneers were also entered in a drawing for a 3-day cruise on the high seas to the Bahamas. Further, buckos were invited to enter the costume contest, which included pirate themed awards as well. Me hearties, don't miss this race for 2015 or you will have to walk the plank! For complete race results, [click here](#).

Race report by Michelle Au. Photos by Barry Jones—TriHokie.



# Pirate Plunder 2-Mile Run (continued)




# SAAZ

2nd Annual

## BOTTOMS UP BEER RUN



- SATURDAY, JUNE 7TH
- 6:30PM AT WICKHAM PARK
-  BENEFITING ST. BALDRICK'S FOUNDATION
- HOMEBREWED BEER AND CIDER PROVIDED BY SAAZ ALONG THE 4K RACE COURSE
- \* REGISTRATION INFORMATION

[SAAZ.ORG](http://SAAZ.ORG)



## Girls on the Run of the Space Coast approved!

Program starts this Fall at Six Brevard County Schools!

Approval was granted on 2/28/14 to bring an inspirational, transformational running program to the girls of Brevard County. The program is called **Girls on the Run** and is targeted to benefit girls aged 8 – 13. It teaches them 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 accomplishment at a young age so that as they are faced with tougher decisions as they age they can choose the right path. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and wellness.

Girls on the Run® was established in 1996 in Charlotte, North Carolina. The Girls on the Run® curricula, the heart of the program, provides pre-adolescent girls with the necessary tools to embrace their individual strengths and successfully navigate life experiences. The earliest version of the 24- lesson curriculum was piloted in 1996 with the help of thirteen brave girls. Twenty-six girls came the next season, then seventy-five. In 2000, Girls on the Run International, a 501c3 organization was born. With the help of over 55,000 volunteers, the **Girls on the Run** program is now serving over 130,000 girls in 200+ cities across North America each year. In 2012, Girls on the Run hosted 253 end-of-season 5k events across the United States and Canada. Girls on the Run has been featured in many media outlets including People, Runner's World, Redbook, Women's Day, O Magazine, Fitness Magazine, Self Magazine, Glamour, Shape, Marie Claire, Parenting, Running Times, CNN, MSNBC, ABC News, NBC News, NPR and ESPN.

The true success of the program, however, is not told in the numbers, but rather in the words of the girls who participate. "**Girls on the Run** made me realize that I am the boss of my brain." "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 Brevard County Public School system has opened their doors to the program and we will be at 6 schools this fall. Planning for the launch **BEGINS NOW! YOUR HELP IS NEEDED!** You can help by coaching a team of girls, participating on the steering committee, 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 5K adventure. Family members are encouraged to run with their girl but often times girls do not have willing partners available for the run.

If you are interested in learning more about the program or participating in any way please feel free reach out to **Theresa Mouton** at [tbaby968@live.com](mailto:tbaby968@live.com) or (210)-414-6848.

The link for the national site is below if you wish to garner further knowledge about this wonderful program whose mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

[www.girlsontherun.org](http://www.girlsontherun.org)

# RUN A MILE WITH *Joey Pepperoni*

Meet one of SCR's honorary members and find out how this guy went from doughy to crisp and fit. Read on to learn more about his "pie-in-the-sky" dreams for running.



Name: Joseph Viera Pepperoni, age 3

Family: Tommy Salami (younger half brother), Penelope Pepperoni (sister)

Originally from: Hobart Mixer, Canada

Grew Up In: Viera

Occupation: Official mascot of Viera Pizza

Dream Profession: Elite Runner

Number of Years Running: 3

Began Running To: Shed some extra pepperoni

I Knew I Was Hooked When: I participated in the very first Eat My Crust 5K in 2012 and it was a success.

Race PRs (Personal Records): I keep that personal.

Most Satisfying Race Performance(s): I bet many thought I would say the Eat My Crust 5K in 2012 when I made my racing debut....however I'm going to have to say it was this year's Melbourne Beach Mascot Marathon. I can't remember what I placed but all I know is I finally beat Manny the Manatee! He's smoked me at all our other head-to-head meetings so this was a big day for me. For the record, I did yell "Eat My Crust" when I passed him.



Favorite Race(s): The Eat My Crust 5K of course and the entire Space Coast Runners series is great even though I haven't really participated in it. From the sidelines I can tell they are really good races by the looks I see on all the runners' faces.

Favorite Place(s) to Run: The paradise that is Viera

Running Goals: To ultimately win the Mascot Marathon

Running Partner(s): Mike Acosta and The Viera Pizza Corporate Run Team and the ladies of Team Black Sheep

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: Meb Keflezighi to see how I can improve with age. IDK (I don't know) if that's possible for a slice of pizza.

*Downtown Melbourne 5K is usually Jack's fastest*

Funniest or Oddest Thing I've Seen While Running: Cuppy from Dunkin' Donuts running the entire Florida Today 5K which went over the causeway and back. Incredible for a cup of coffee!

Training Philosophies: Run and have fun. No use getting all strung out like spaghetti



# RUN A MILE WITH *Joey Pepperoni* continued

One Piece of Advice That I Would Give to a New Runner: Always carb load with pizza and pasta. Do what you can! Set goals and enjoy achieving them

Favorite Reads: "Duel in the Sun" and "My Life on the Run: The Wit, Wisdom, and Insights of a Road Racing Icon" by Bart Yasso and Amby Burfoot

Favorite Movie: Mystic Pizza, Cloudy with a Chance of Meatballs and Prefontaine

Other Sports & Interests: Crossfit and Unicycling

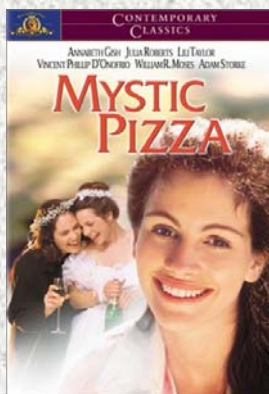
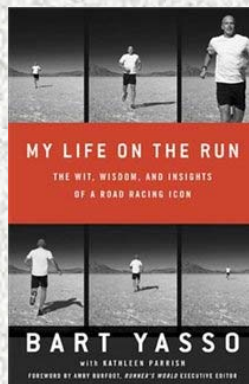
When No One is Looking I Like To: Harlem Shake

Favorite Meal: a Shakeology with sliced bananas and strawberries

Dream Vacation: Italy—where I could learn about my roots

Why Did You Join SCR: To connect to the running community and gain knowledge.

I Think That SCR Could Do A Better Job: By putting me on the cover of the newsletter sometime in the near future :)



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



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Management Team





**Zonta's Zero Tolerance For Violence  
5K Walk/Run  
SATURDAY, MAY 24, 2014 AT 6:00 PM  
Ritch Grissom Memorial Wetlands at Viera**

**TIMETABLE:**  
**Friday, May 23<sup>rd</sup> 10:00 am – 6:30 pm**  
 Packet Pickup & Registration at Running Zone on Wickham Road  
 Just south of the King Center

**Saturday, May 24<sup>th</sup>**  
 Viera Wetlands (10001 Wickham Rd Melbourne, FL)  
 4:30 pm Packet Pickup & Registration  
 5:45 pm Late Registration ends  
 6:00 pm 5K Start  
 \*Awards Ceremony immediately following the race

*This campaign is to raise awareness of violence against women and girls around the world. Zonta International and its nearly 30,000 members in 63 countries worldwide are committed to preventing and ending violence against women and girls.*

**Zonta's Zero Tolerance For Violence 5K**  
 OFFICIAL ENTRY FORM  
 Send completed entry form with fee to:  
 Zonta Club of Melbourne, PO BOX 417 Melbourne, FL 32902  
 Make check payable to: Zonta Club of Melbourne

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (daytime) \_\_\_\_\_  
 Email address \_\_\_\_\_  
 Sex:  Male  Female Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_  
 Please check shirt size: Sizes: XS S M L XL XXL

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

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

**FEES:**

	Until 05/23	Race Day
5K Adult Reg	\$25.00	\$30.00
5K Child Reg (Age 12 & Under)	\$15.00	\$15.00

**SORRY, NO REFUNDS**

**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 Zonta's Zero Tolerance For Violence 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

# Long Distance Relationships

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

## Faire de la Course!

Article by Mitch Varnes



38<sup>ème</sup> édition: 6 avril 2014

Although I have ran in a handful of marathons over the last couple decades, three knee surgeries and an always irritating ITB hasn't helped that cause and are the real reasons the half is about as far as I ever like to run. (With run being a loosely used term these days).

About a year ago, though, I saw some inspiring photos of the Paris Marathon showing bands of runners passing by the city's most iconic landmarks. Without any thought to its timeframe or my likelihood to even train for it, I went to their website on the day the event opened registration and was one of the lucky 50,000 people to get into the April 6, 2014 race before entries were capped days later – Yes, Spring Time in Paris on a closed road tour of the City of Lights!

I didn't think much more about the race and before I knew it the holidays were on us as were a couple of my biggest work projects. My marathon training (or lack thereof) consisted of a couple of four mile runs per week, with those being irregular at best. I had mentally bailed out of the race by mid-March when my wife, Kathryn, (a flight attendant) told me she had scheduled herself a working flight to Paris to see me at the finish line! Three weeks later and with subsequent weekly long runs of 14, 14 and 17 miles under my belt, I was on the Avenue des Champs-Elysses awaiting the marathon start. It was pretty darn exciting, but the recurring thought going through my head was that 42 kilometers is a long ways!

First, let's be clear that this just may be the greatest big city marathon course in the world. The marathon starts at the Arc de Tri-



# Long Distance Relationships

## Faire de la Course! continued

omphe, traverses up the Champs, past the Place de la Concorde, the Grand Palais, the Louvre, the Eiffel Tower, Roland Garros (home of the French Open), through the tunnel where Princess Diana died, along the Seine, by Notre Dame Cathedral, Place de la Bastille, and much, much more...

The crowd support is awesome with Parisians out in force to cheer runners along for most of the route. At a few points of the run, spectators were so thick and on top of us that we had about a four-foot wide path to run through – reminding me at the time of the scenes you see of cyclists racing in the Tour de France!

The marathon markets itself as having 100 musical acts on the course, and I believe it with drum lines, horn players, bag pipers and bands galore. The overall experience was surreal with the crowds, music and tremendous history at every turn of the course!

That said, the Paris Marathon does have shortcomings as water stops were 5 kilometers apart and usually at the foot of a hill – combine that with the sloshed water, bottle caps, the orange peels and raisins that were also given at the stops and it led to some very slippery (cobble stone) slopes!! The only sports drink (Powerade) stop was at the half-marathon mark.

The marathon bills itself as being a sustainable event, but 12 ounce water bottles (with caps still on them) were given out at the stops – no cups, just plastic water bottles – 436,000 of them as it turned out. So, instead of wa-

ter stops being littered with cups for 100 yards or so like at most races, the entire 26 miles of the course were strewn with plastic water bottles and their caps!! Good branding for Vittel Water, but not for much else.

As it turns out, 42 kilometers is a long ways! My poor training came to bite me at mile 15, with my second half quite slower than the first half of the race. My worst marathon finish time actually turned into the best of times as my only expectations going into this race were to have fun, not get hurt, take lots of pictures (I carried my phone) and to run the last mile in with my wife, which we did all the way through the finish line!







**SATURDAY, JUNE 21, 2014**  
**7:30 AM**  
**FAY LAKE WILDERNESS PARK**  
**6300 FAY BLVD**  
**PORT ST JOHN, FL 32927**

**PROCEEDS BENEFIT:**

Port St. John educators Pete & Barbara Arroyos who are battling cancer.

**COURSE**

Race starts in the park and runs through the surrounding neighborhood before returning to the park to finish.

**AWARDS**

Top 3 Overall Male/Female  
 Overall Masters (40 and up) Male/Female  
 Awards 3 deep in Male/Female 8 & under, 11-12, 13-14 10-14 and five year age groups thru 75 & up

**ENTRY FEE**

**Early:** Thru May 31 - \$20  
**Timely:** June 7 - June 20 \$25  
**Race Day:** \$30 Cash or Check Only  
 Packet Pick-Up Encouraged  
 Fay Lake Wilderness Park  
 Friday June 21, 2014 4:00PM- 7:00 PM

**REGISTRATION**

**Make checks payable and mail to:**  
 Space Coast Event Management  
 7 Indian River Ave. #605  
 Titusville, FL 32796  
**SORRY NO REFUNDS!**

**CONTACT:**

Marty Winkel • 321-537-3526 • runsalot@cfl.rr.com or  
 Kathy Camick • 321-693-2696 • kcamick@cfl.rr.com

ON-LINE REGISTRATION AVAILABLE AT [SCEVENTMGT.COM](http://SCEVENTMGT.COM)

NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_  
 PHONE NO. \_\_\_\_\_ E-MAIL ADDRESS \_\_\_\_\_ GENDER:  M  F

Please Circle Shirt Size: Men's: S M L XL XXL Women's: XS S M L XL

**INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED**

Waiver: 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

\_\_\_\_\_  
 Signature of Parent If Under 18

\_\_\_\_\_  
 Date

# Long Distance Relationships

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



## THE YUENGLING SHAMROCK MARATHON 2014

- > YUENGLING MARATHON
- > ANTHEM 1/2 MARATHON
- > TOWNEBANK 8K
- > OPERATION SMILE FINAL MILE

– Report by Christine Engel

Virginia is one of my favorite states. So when I heard Yuengling was hosting a Marathon/Half Marathon in Virginia Beach, it was a no brainer. The race was on a Sunday. My husband Ed, my brother Rob, his wife Stephanie and I flew in on Saturday and headed to the expo which was very nice, well organized, and offered lots of merchandise.

We stayed at a Holiday Inn on the Beach. It was not the preferred hotel, however it was very nice and inexpensive. The best part of about the hotel was it was only a block from the finish line.

When Sunday morning arrived, we got up at 5:30 for a 7:00 race. “Not too bad,” I thought. The temperature was a perfect, 45 degrees. We had to walk about 10 blocks to the start. We lined up, took some pics, and 5 minutes later, we were off.

The course itself was very flat. I was hoping for a little more diversity of scenery while I was running, as it got a little boring at times, but it was a pretty course. It would have been better to have run on the boardwalk for the last couple miles instead of only the last quarter mile. There were not very many spectators on the course, but there were a couple of bands and adequate water stops. As the day went on, the weather was getting colder. It was 40 degrees at the finish, perfect for the people running the full.

The finish was the best part of the race. We got great medals, beach towels, and hats. The typical post-race food was being served at the end of the finish line walk. We then went back to the room, grabbed a jacket and pullover pants, ran back down and went into the big tent. The tent was Awesome! They had a live Irish band playing music, with people dancing and singing. They also had hot chocolate for the kids, more merchandise to purchase, and hot soup for the runners. Yuengling was the sponsor, and even though we were suppose to only get 4 beers each (which I thought was great) the guys at the kegs would keep crossing off the same spot on our bibs,



**Top:** Christine and Ed Engel enjoyed a seemingly endless beer fest at the finish after the Sunday morning race.

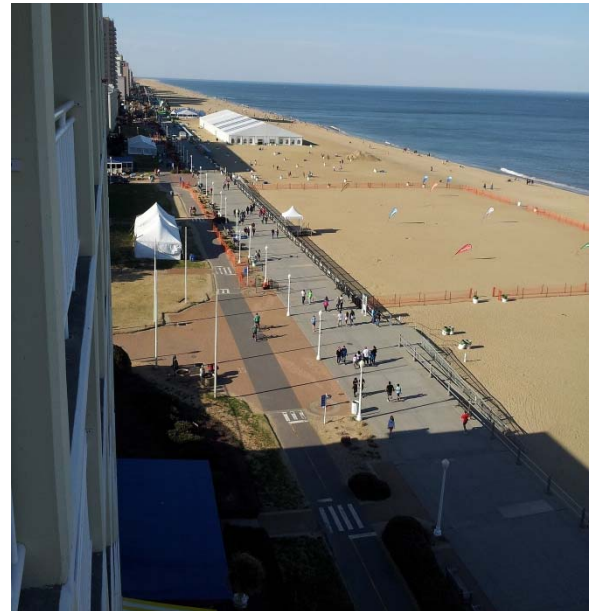
**Bottom:** Christine and her sister-in-law, Stephanie are ready to check out the expo at this multi-race event.

# Long Distance Relationships

## Shamrock Marathon Weekend continued

and towards the end of the day you would see marks on foreheads, noses, etc. So, needless to say... we had many, many beers, and there was lots of dancing and singing. The after-party went on until 4pm. We only made it until about 1pm, and then went back to the hotel and took a long nap.

Overall we really enjoyed this getaway weekend. We had a lot of fun and everyone was very nice and friendly. I would rate it a 7 out of 10.



**Above:** A bevy of bands kept the post-race party and all the finishers rockin' on the beach.

**Top Right:** The view from the hotel showcases the Atlantic as well as where the post-race party will be held.

**Bottom Right:** It might have been a St. Patrick's Day themed marathon but these two ladies were pretty in pink.

## The 2014 Yuengling Shamrock Weekend numbers...



Marathon—2,792 finishers

Half Marathon—8,976 finishers

8K—8,319 finishers

Final Mile—4,523 finishers

Dolphin Challenge (8K & Half) — 750 finishers

Whale Challenge (8K & Marathon) — 190 finishers



**Saturday,  
May 17, 2014  
Riverfront Park,  
Cocoa Village  
\$20/person  
(in advance)**

**\*\*Additional Parking available at  
Lee Wenner Park\*\***

**Sponsored by:**



**To Register Online:**  
<http://secure.runningzone.com/>



**Time Table:**  
6:30 a.m.—Registration  
7:30 a.m.—3K Starts  
Awards Ceremony —  
Immediately Following Race

Participant Name: \_\_\_\_\_ Company Name: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age On Race Day: \_\_\_\_\_ SEX: MALE FEMALE (Circle One) Shirt Size: YM S M L XL

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Paid by (check one): Check  American Express  Master Card  Visa

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_

Signature: \_\_\_\_\_ (Must accompany all credit/debit card payments.)

**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, waive and release Cocoa Beach Regional Chamber of Commerce, Running Zone 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 part of the persons named in this waiver.

Signature (Parent if under 18 years old): \_\_\_\_\_ Date: \_\_\_\_\_

Send application & entry fee to:  
Cocoa Beach Regional Chamber of Commerce (CBRCC)  
400 Fortenberry Rd., Merritt Island, FL 32952  
Phone: (321) 459-2200 Fax: (321) 459-2232

A COPY OF THE OFFICIAL REGISTRATION (RCH-8155) AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 1-800-435-7352 WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE. THIS ORGANIZATION RETAINS 100% OF ALL CONTRIBUTIONS RECEIVED.

# Long Distance Relationships

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



**M**uch has been written on the city of Boston and the 118th running of the Boston Marathon. It seemed that Boston Strong was on everyone's mind whether a runner or not. On April 21st, the Boston Marathon was everywhere you looked. A great group of Space Coast Runners headed north to participate in this historic race. It meant something different to each. Here's what was shared.

## WHAT THIS YEAR'S BOSTON MARATHON MEANT TO ME



### **CINDY BISHOP**

*Two time Boston participant*

The 2014 Boston Marathon was one of the highlights of my life. This race wasn't personal - it was patriotic. Everyone who ran, volunteered, and watched the race was there to show the world that good beat evil. I was proud to be a part of this effort.



### **DANIELLE HUSTOLES**

*First time Boston participant*

Going to Boston to run the marathon was a bucket list thing to do! I made the most of the run.. Took breaks, high fived the crowd, Kissed the Wellesley girls.. And hugged my husband at mile 25. It was an incredible experience.. And a humbling run for a Florida girl! Hilly!



### **BETSY BUTLER**

*First time Boston participant*

Overwhelmingly positive, spiritual experience~ led to personal affirmation.



### **SUSIE MELTZER**

*Two time Boston participant  
Ran last in 1989*

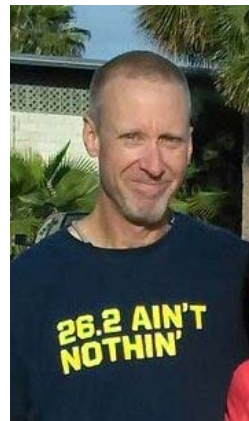
I was honored to be a part of such a monumental running event. The 2014 Boston Marathon experience far eclipsed anything else in all of my running years!



### **JIM CAPRARA**

*Two time Boston participant  
Ran last in 1997*

Boston was my 31st Marathon and although it wasn't one of my better days on the course, there was an energy among both the runners and the spectators that was special. The day felt like a victory march for the city and the runners overcoming last year's tragedy.



### **DOUG NICHOLS**

*Two time Boston participant*

It was the opportunity to run a world class race with great crowd support.

# Long Distance Relationships

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

## WHAT THIS YEAR'S BOSTON MARATHON MEANT TO ME



### STEVE CHIN

*Two time Boston participant*

I am very fortunate to have been part of such a meaningful event. Never have I felt such energy from runners and spectators.



### SHANE STREUFERT

*Three time Boston participant*

Soon after the bombings of last year's marathon, I knew I wanted to go back in 2014 to run and show the resilience of the city and the running community.



### SUZIE ENLOW

*First time Boston participant*

It means that I chose not to let anyone or anything apart from God define me. It means finding hope, compassion, strength and unity in our world.



### MARIE THOMAS

*First time Boston participant*

Running in Boston was a dream come true - a time of healing for the city and the runners.



### CHRISTINE KENNEDY

*First time Boston participant*

To me it meant being a part of running history. I was honored to have been a part of "taking back the finish line"



### KATHRYN VAN ARSDALL

*Three time Boston participant*

I have run two previous Boston marathons but this one was different because of the bombings last year. It was amazing to see the mass of spectators, police, and unbelievable volunteers-it speaks volumes as to the character of the Bostonians. I truly felt like a rock star-it was my four plus hours of fame-I will never forget it-ever. I ran for the people who lost their lives or had their lives changed forever.



*"Triathlete's Choice Best of 2013"*  
Finalist for:

*"Best Bragging Rights"*  
*"Most Scenic Race"* and  
*"Bucketlist Race"*



OCTOBER. 12. 2014.

WE ARE GO FOR LAUNCH



Open to a limited field, athletes compete in a Classic + and an International + distance – each featuring a stunning bike ride inside the secured gates of the Kennedy Space Center, around all of America's major space program landmarks. Start with a swim in the protect waters of the Indian River and finish with a run alongside the historic aircraft at the Valiant Air Command Warbird Museum!



**RocketMan  
Florida** Triathlon

CAPPED AT 1,000 - REGISTER NOW! [ROCKETMANFLORIDA.COM](http://ROCKETMANFLORIDA.COM)

# Trail Mix

contributed by Greg Reverdiau

*Greg (pictured left) with two of his running buddies, explores new trail territories around Brevard County.*



Do you remember the feeling you had when you first conquered the distance? 3 miles? Then 4 miles? Then your first long run? How liberated you felt? Then sometimes the monotony of road running hit you, you started looking for new routes, new adventures. I have great news! You can feel like a beginner again and hit the runner's high... in the trails... Brevard hosts some beautiful trails, from north to south, and even west!

## Fresh Air

Let's face it, running in the middle of cars, traffic, exhaust fumes, and concrete is something we tolerate. How about a fresh bowl of air in the middle of pine cones, tall grass, grapefruit trees, single tracks, and wildlife? How about a different scenery every time you run, especially when you get lost! How about not having to worry about GI-distress emergency pit stops or even waiting in line at a port-a-john?

## But It's Dirty...

I remember as a kid, getting dirty in the mud and rain all day, coming back to my (understanding?) mother who could not wait to try to remove those grass stains from my

clothes. I also remember how much fun getting dirty was. Somewhere along the way of adulthood, we seem to lose this sense of enjoyment, I guarantee you will get it back in the trails. How often can you determine how much fun you had on a run by measuring the amount of dirt on your calves?

## Did I mention it makes you faster?

By now you understand trail running is fun. It will also make you a stronger runner. The miles will never feel long, even the disoriented ones. Your calves will be on fire for the first few sessions, so will your ankles, but you will quickly realize you are getting stronger. Your balance will improve. So will your mood. Yes, you will run slower but will notice a difference when you get back on the road. Addiction will come fast.

## More gear?

You don't really need more gear for trail running. Some runners use an older pair of shoes, I would recommend a discounted pair of trail shoes from your favorite local or online closeout store. The rest of the equipment is simple: water bottle for longer distances and summer running, hat, sunglasses, a good sense of directions,



Greg has enjoyed participating with fellow Brevard County runners at trail events like Dances with Dirt Green Swamp



and a cooler full of beer for the finish. If your GPS watch has a map option, learn how to use it, it will help if your fast friends drop you or take the wrong turn, but they would never do that, would they?

### Treasures everywhere

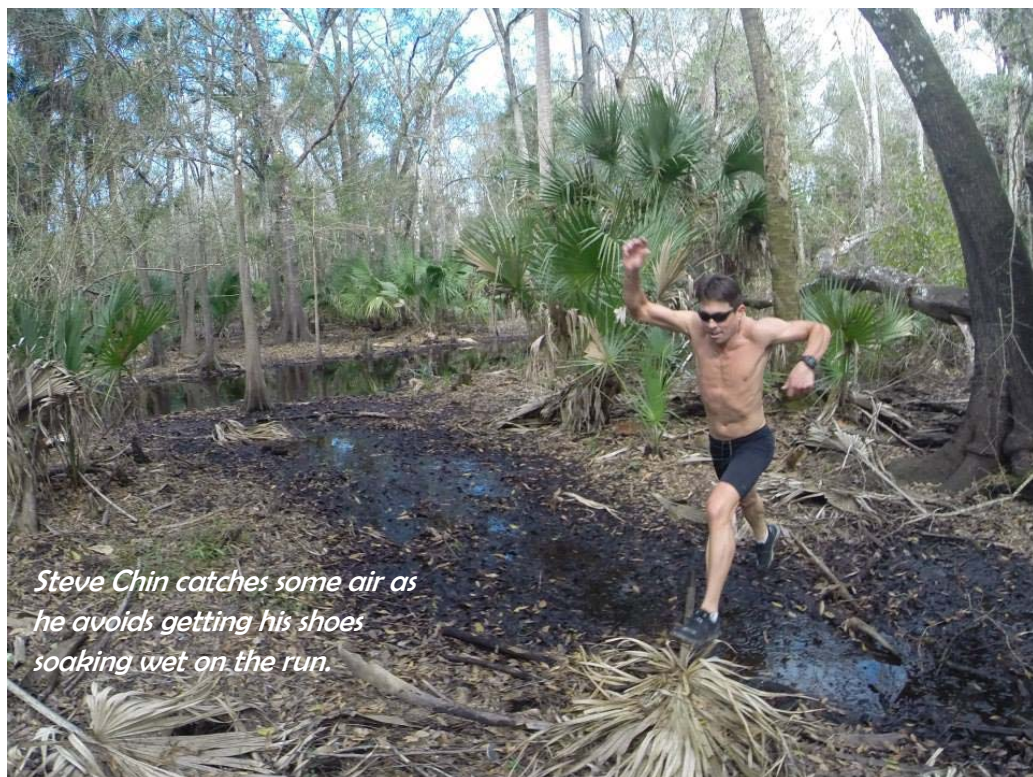
Now that you are convinced, where can you go? You have a few options here in Brevard: Malabar Trails, Wickham Park, Moccasin Island tract, Sebastian Preserve, Bull Creek, Triple N Ranch. The list is not exhaustive by any means.

### Malabar Scrub Sanctuary/

**Turkey Creek** is located near US1 between Port Malabar Blvd and Malabar Rd. There are multiple trail heads, my favorite is a small park at the intersection of Marie St and Malabar Rd, right past Brevard Hardwoods. From there you will have access to nearly 10-12 miles of well-maintained and well-marked trails. Blazes are red, yellow, and blue. Be careful, there's more than one red trail... If you feel adventurous, you can even get off the marked path and discover new routes. My favorite route is an 8-mile loop on Red-Yellow-The other Red- Blue and back through the Slivering Tall Grass.

**Wickham Park** is well known of many runners but some may not realize that it also hides some really cool trails. Home of Matt Mahoney's Wickham Park Marathon, you will find several miles of well maintained and well (mostly) marked trails, all in the middle of Melbourne. The main loop is around 3-4 miles, depending on your sense of direction.

**Bull Creek/Triple N Ranch** is located is a Wildlife Management Area west of Melbourne, on the southern part of 192. From I-95, drive 15 miles west to the Levy entrance or drive 20 miles to Triple N Ranch. Bull Creek boasts dozens of open and quiet miles, some technical, some fast, but all of them fun. Most trails are well marked and are part of the Florida Trail system. If you feel like a



*Steve Chin catches some air as he avoids getting his shoes soaking wet on the run.*

very long run, you can even follow the old Florida Railroad system, beautiful landscapes guaranteed. My favorite route is a very technical and muddy 7-mi loop that starts from the Triple N Ranch campground. Warning, it is technical, it is muddy, it is slippery and you may even catch yourself laughing out loud for no reasons. Side effects include feeling re-energized and extremely happy.

I am not overly familiar with Moccasin Island and Sebastian Preserve but I have heard good reports from fellow trail runners. Look them up online and go explore!

### Everywhere else

The fun part of trail running for me is exploring. There are so many areas that are still unknown. The best feeling, after trail running itself, is trail running on a newly discovered path. Taking every possible turns, connecting all possible routes, and realizing that you actually know (or think you know) where you are. And it's even more fun when you do it with friends.

Get out there, trail friends, get muddy, get stinky, get lost, you will be exhausted, and you will love every single mile of it. And remember there's always something fresh waiting for you in the cooler.



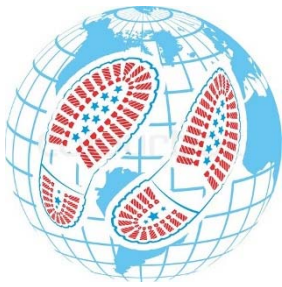
**5K Run/Walk**

**Max K. Rodes Park, Melbourne**

**Saturday, June 14 @ 7:30am**

**ALL Proceeds Support Scholarship Program**

**Register ONLINE at [secure.runningzone.com](http://secure.runningzone.com)**



# Where in the World are Space Coast Runners Running?

MAY 2014



**Lansing Half Marathon** 5/4—Lansing, MI

Pat Mister



**Long Island Marathon** 5/4—  
Long Island, NY

Sal Farino, Molly Kirk



**Bloomsday 12K** 5/4— Spokane, WA

Carol Ball, Lisa Hamelin, Barbara Linton

**Palm Bluff Trail  
Race & Ultra**  
5/4— Osteen, FL

Nan Pond



**Mountain Goat Run (10  
Miles)** 5/4—Syracuse, NY

Skip Oswald

**Copenhagen Marathon**  
5/18— Copenhagen,  
Denmark

Abe Oros



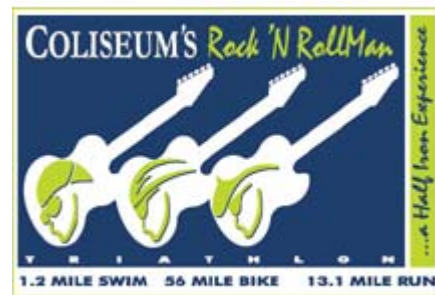
**Green Bay Marathon**  
5/18— Green Bay, WI

Micah Vanatta

**Boulder to Boulder 10K**

5/26— Boulder, CO

Karen Suarez

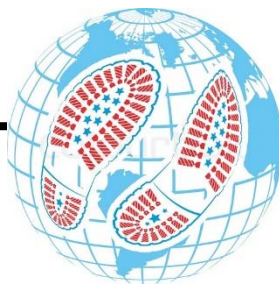


**Coliseum Rock 'N Roll Man Half Ironman**  
5/31—Macon, GA

Cyndi Bergs, Suzie Enlow, Theresa Miller, Christy Zieres,

Did you register for a "FALL" Race?

[CLICK HERE TO EMAIL](#)



Where in the World are Space Coast Runners Running?

JUNE 2014



**Les Courants de la Liberte' 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**

Andy & Tracy Dutra, Pat Kiesselbach, Loran Serwin, Christy Zieres

AUGUST 2014



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

Carol Ball, Donna Neill

SEPTEMBER 2014



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

Cathy Friedel



**Beat the Blerch Half Marathon 9/21—**  
**Carnation, WA**

Barbara Linton

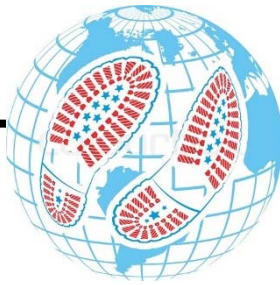
COLORADO



**Equinox Half Marathon 9/21—**  
**Fort Collins, CO**

Brett White, Dick White

Add your next Race to the SCR Calendar! [CLICK HERE TO EMAIL](#)



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

OCTOBER 2014



**Mohawk Hudson River Marathon  
10/12— Schenectady, New York**  
Howard Kanner, Steve Oliver, Kristin Tinker



**Wineglass Marathon 10/13— Corning, NY**  
Marie Thomas, Micah Vanatta



**Marine Corp Marathon 10/26—  
Washington, DC**  
Abe Oros

NOVEMBER 2014



**New York City Marathon  
11/2—New York City, NY**  
Steve Chin, Stephanie  
Kutteroff, Shane Streufert



**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

Where are you Running next? Tell us! [CLICK HERE TO EMAIL](#)



# CPR Day 5k

May 31, 2014 7:00 am  
Space Coast Stadium Viera, FL

Saturday, May 31, 2014 will mark the 6th Anniversary of Health First's "Free CPR Day." In celebration, we're adding more activities for the family and a focus on keeping our community "Heart Healthy." The CPR training, 5K run/walk, and all activities are free to the public. Registration is required to participate in the CPR training and 5K run/walk.

**TIMETABLE:**  
**Thursday-Friday, May 29<sup>th</sup> & 30<sup>th</sup> at Running Zone**  
 (10 am until 6:30 pm)  
 Packet Pickup & Registration  
 3696 N Wickham Road, Melbourne, FL 32935

**Saturday, May 31 – Space Coast Stadium**  
 5800 Stadium Parkway, Viera FL 32940  
 6:00 am Packet Pickup & Registration  
 6:45 am Registration Ends  
 7:00 am 5k Start!!!

- Amenities:**
- Heart-healthy cooking demonstrations
  - Physician lectures
  - Pizza Gallery & Grill be will hosting the "Magic" Pizza Oven for the kids
  - Free personal pizza from Pizza Gallery & Grill to everyone that completes CPR training on Saturday.

**FEES:**  
**This is a FREE event!!!!!!**  
**New This Year- Official Timing!**

**Awards:**  
 Top Overall Male & Female, Top Masters (Age 40+)  
 Top 3 Male & Female in Age Groups

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



## OFFICIAL ENTRY FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (daytime) \_\_\_\_\_ Email address \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_\_ Sex  Male  Female

Please check shirt size YM YL S M L XL XXL

**INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED**

I intend to be legally bound and do hereby for myself, my heirs, and executor, waive all rights and claims for damage which may occur to me against Health First, Running Zone Race Management, Inc. and other named organizations of this event, or any subsidiary or political division thereof, its officers, agents, successors, representatives, assigns from all claims and liabilities of any kind that may arise from the CPR Day 5K event though that liability may arise out of negligence or carelessness on behalf of the persons on this waiver. If I should suffer injury or illness, I authorize officials of the race to use their discretion to have me transported to a medical facility. 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



# 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](http://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!

May 2014

Birthstone: Emerald

Flower: Lily

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Tom Ward Jeanine Nolan Lina-Maria Ruiz	2 Keith Kowalske	3 Donna Davis Julian Scott <b>Chuck Mathews</b> Christine Hetzel Steve Hedgespeth Greg Apotsos
4 Angela Wells <b>Molly Kirk</b>	5 Wolfgang Jensen	6 Mike Duncan <b>Chris Reesh</b> <b>John Newlove</b>	7	8 Emily Maltby Skip McCoy	9 <b>Aubrey Fortmayer</b>	10
11 Rachael Brecken- ridge Callie Hardwick Anne Dockery	12 Amanda Crook	13 Ritch Workman	14 Daniel Foster <b>Pat Kiesselbach</b>	15 Tim Unrue John Lucas Graeme Burns Carina Jacobs	16 Meisje Connor Jerilyn Bird	17
18	19 <b>Kelly Jackson</b> Jack McCluskey	20 Kira Furton- Sparks Patricia Lucas <b>Alicia Ruiz</b> Rhett Collins Amy Farner	21 James Chiravalle <b>Devon Engel</b> <b>Janna Griffin</b>	22 Tommy Enlow Xavier Cabrera	23 David Bills Debbie Rescott	24 Ken Smith
25 John Holmquist	26 Nancy Wingo Ian Reesh <b>Michael Higgins</b> Tristan Webbe Ed Springer	27 John Gahres Rebecca Bond Robert Hasto	28 Norman Miller	29 Sandy Walker Tyler Piercy	30 Pat Mister <b>Jeffrey Holst</b> Danielle Hustoles	31 Carol Scott Bethany Demoss Richard Doyle Rick Foresteire Ron Ritter

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