

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

MAY 2017



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Ways to Stay Visible & Stay Safe While Running

Run a Mile with Coach Lyons & her Mother

3 Ways to

Display your race medals



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On Our Cover: Show those medals girls! SCR Racing Team members, Jessica Barone, Andrea Lucas, Kristen Klein and Yheimy Jarman pose at the Space Walk of Fame 8K. Photo credit: Andrea Lucas

Above: (Left to right) Greg Choate, Joe Lento and Micah Vanatta take the podium for the men's 45-49 age group during the 8K awards ceremony. Photo credit: Matt Mahoney

SCR Membership Information

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

www.spacecoastrunners.org

SPACE COAST RUNNERS

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

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



Where to find Space Coast Runners on Social Media?

Like us on [Facebook](#) to stay updated on our weekly and monthly events and everything run related on the Space Coast.

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

Check out the [SCR Blog](#) on our website for good stories and interesting tidbits.

HOWARD KANNER
SCR President

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SPACE COAST RUNNERS

P.O. Box 541837

Merritt Island, FL 32954



Our mailbox is always open to our readers.

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

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

Advertise in this newsletter.

* FREE Ad * \$25 Half Page *
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To advertise your business or race in the SCR newsletter contact Lisa at lisahamelin@gmail.com.

Newsletter Positions Available:

Editor In Chief
SCR Series Writer

Social Media Positions Available:

SCR Social Reporter—capture the excitement of race day

Website Positions Available:

SCR Blogger—twice monthly posts

If you have any interest in our open positions please email:

info@spacecoastrunners.org



"The fear of running out of wine seems to be a great motivator for me. I had an 8:40 burst near the finish line." -Angela Leeds

MAY BOARD MEETING

May 15, 2017 — 7:00pm, Pro-Health Viera

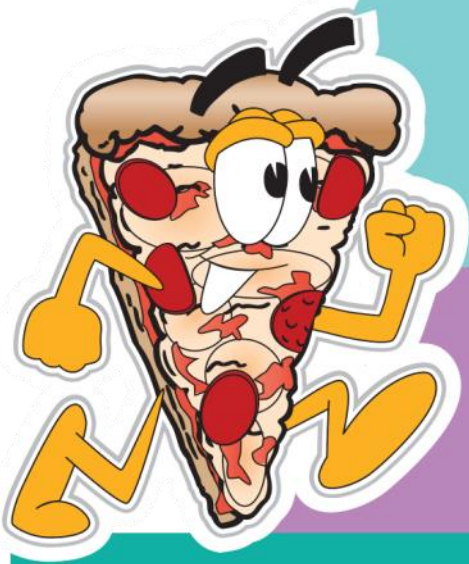
Learn more about your club. All members are invited and encouraged to attend this meeting.



FOLLOW US ON

Instagram

Catch SCR daily on Instagram!



Eat My CRUST

5K 2017 Viera, FL



MAY 7, 2017 — 7:00 AM

LAST CHANCE TO REGISTER! EATMYCRUST5K.COM

- Run or Walk the Only Point-to-Point 5K Course in Brevard County!
- Benefits Viera High School Athletics, Special Olympics and the Early Steps program of Brevard County.
- Free race shirt guaranteed with pre-paid registration
- Free Lil' Pepperoni Run for kids (8 & under)
- Super Post-race Pizza & Breakfast Buffet at Viera High School
- Finisher medal option available to commemorate the event
- Grand finale of the Runner of the Year series



**SCR
Runner
of the Year
SERIES**

**OVERALL & AGE GROUP AWARDS | PIZZA DELIVERY CHALLENGE | FAST TRACK AWARD
TEAM COMPETITION | TOP HIGH SCHOOL FINISHERS | SCR YOUTH SERIES RUN**



PRESIDENTIAL Ponderings

A Monthly Column from SCR President, Howard Kanner

To drink or not to drink, that is the question when you are racing. There is a lot to be said about hydration, and each person responds differently to lack of fluids (and electrolytes). We live in Florida, and we are going to run in conditions that a lot of people consider “dreadmill” weather, being hot and humid, which starts for us in March and lasts through November ;-). Of course, there are some who dub those same conditions as “heat training” knowing their goal races should be much less extreme in heat and humidity.

For starters, consider the guidance from RRCA (<http://www.rrca.org/education/hot-weather-running-tips>).

Personally, I have modified my training/running schedule, running mostly in the morning before or around sunrise. Yes, this was very difficult adjustment at first because it just seems strange to go to sleep as early as you remember your parents conking out, and you called them “old.” Okay, maybe I am getting old, too, but morning runs without the blazing sun are a nice way to jump start the day. Even on the worst mornings, when dragging out of bed is a very difficult achievement, you know that just after sunrise, you are done and ready to conquer the day (or that box of donuts someone brought to your morning meeting ;-).

But I digress... The average human adult is 55-60% water. Slightly more for children, and slightly less for our more “seasoned” friends (and actually slightly less for those who are more buoyant than others because muscle tissue holds more water than fat tissue).

And to get all science-y on you (what did you

expect from me?), the best water for quick rehydration is distilled (such as rain water), followed by filtered, then tap water. Cool water is better than warm or hot water. Water with a slight level of alkalinity is better than neutral or slightly acidic water. The science and alt-science folks probably will argue until they are blue in the face about the benefits of minerals in your water, but that is not my focus. You do need to consider how much salt you lose while sweating when you start adding electrolytes to your workout regimen.

We, as runners, need to definitely hydrate before we run. And, if we are running longer than 20 minutes, we ought to hydrate during the run. Once you start feeling dryness in your mouth, you are already starting to get dehydrated. But be careful to not over-hydrate without balancing your electrolyte needs (Hyponatremia can be just as bad as dehydration).

Check out this Runner’s World article about the [8 myths of hydration](https://goo.gl/gnHqIh) (<https://goo.gl/gnHqIh>).

Be safe, and stay healthy.

See you on the road.

-Howard

Howard Kanner, SCR President
president@spacecoastrunners.org

PS — One more race left for the SCR Runner of the Year Series, Eat My Crust 5K. And, we are just about a month away from the SCR Awards Night, where we will recognize everyone’s accomplishments as well as holding a Silent Auction.



Space Coast Runners Runner of the Year Series

Race #10 is the Eat My Crust 5K on 05/07/17.
To register online: www.eatmycrust5k.com



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ACROSS FROM BREVARD COMMUNITY COLLEGE

LOCAL FUN RUNS

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



Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (mcbergs@att.net)
Sun	Oars & Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars & Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Sun	Sandpoint Park, Titusville	6:00 am	Janet Canfield — jcanrun@hotmail.com 321-745-0122
Sun	Murrell Road Running Group (MRRG) Spyglass parking lot, Viera	7:00 am	http://goo.gl/HHfG3C
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St John	5:30 am	Kim Badgett (kbadisrunning@gmail.com)
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	Long Doggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon	Florida Beer Company Taproom Fun Run Club , Cape Canaveral	6:30 pm	Madeline Marx, Maddym1984@gmail.com
Mon	Running for Brews Melbourne, Charlie & Jake's Brewery	7:00 pm	http://www.meetup.com/Running-for-Brews-Melbourne/ - Marcus Smith
Tues	Iron Oak Post Run Club, Melbourne	5:45 pm	321-327-8479
Tues (1st/3rd of each mo.)	Playalinda Fun Club Runs, Playalinda Brewing Company	6:30 pm	Donna Scott (225-8978)
Tues	Running for Brews Satellite Beach, Long Doggers	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Pineapple Park, Eau Gallie	6:00 am	Running Zone (erin@runningzone.com)
Wed	Intracoastal Run Club, Eau Gallie	5:30 pm	Amy Ustjanowski (amy@theyogiperogi.com)
Wed	Cocoa Beach Fun Runs Long Doggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:30 pm	Judd Spitzer (judds@gmail.com) and Craig Piepmeier (cpiepmeier@gmail.com)
Wed	Village Idiot Pub, Cocoa Village	6:00 pm	321-301-4487
Wed	Run Amuck Running Group, Taco Bell across from Titusville High	6:30 pm	Robert Schneider (rschneider85@gmail.com)
Wed	Long Doggers, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	Running Zone, Melbourne	5:30 pm	Running Zone (erin@runningzone.com)
Thurs	CrossFit Rise Above, Melbourne (1st Thurs of month), Chase Bank, Indialantic (all other Thursdays)	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	Running for Brews Viera, Long Doggers	7:00 pm	Sean & Sandra Christian (IDLifeteamChristian@gmail.com)
Fri	Find Your Fitness with Gina 5K Fun Run, 2101 S. Waverly Place, Melbourne	5:30 pm	Gina: http://goo.gl/1vxqSL

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

LOCAL FUN RUNS & WALKS



Running for Brews, Viera



Intracoastal Run Club, Melbourne



Running for Brews, Satellite Beach



Village Idiot Pub, Cocoa Village



Long Doggers, Indialantic



Running Zone, Melbourne



Cocoa Beach Runners, Cocoa Beach



Up & Running Fitness, Indian Harbour Beach



Join us for the last race in the 2016-2017 Running Zone Foundation Race Series:

REGISTER TODAY!



#runforthegecko5k



Run for the Gecko 5K

14th Anniversary Celebration!



Health Plans

Saturday, May 13, 2017 @ 7:00am

Wickham Park Community Center, Melbourne, FL



- Pancakes & eggs for all finishers by Pizza Gallery & Grill
- Champagne (21+), strawberries & birthday cake!
- Free Kid's Run with Zippy the Gecko
- Random Giveaway of a Dell Laptop!

Benefits Leukemia & Lymphoma Society's Team In Training

www.runningzone.com/series

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

A BIG Thanks to our SCR Sponsors!



THANK YOU FOR YOUR GENEROUS SUPPORT



Congratulations!

3 Races — 3 Different Distances — Done

Great job! We had **118** participants complete the 33K Challenge which consisted of the Space Coast Classic 15K, Eye of the Dragon 10K & the Space Walk of Fame 8K.



SCR Central

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



**Chris Campbell
Gwen Campbell
Suzanne Hynes
Debra Sloane**

If you are a new member to SCR and have not picked up your Space Coast Runners New Member Welcome Packet, they are available at Running Zone in Melbourne.



Thanks to everyone who dined at Pizza Gallery before the Boston movie!

The Pizza with a Purpose fundraiser before Boston: An American Running Story was a super success. SCR received **\$403.24** from Chris Conneen and his staff at Pizza Gallery & Grill. Krysti Dixon was the winner of the 2 ticket giveaway contest. Her guess was only one second off from the winning time of this year's Boston Marathon.



CONGRATULATIONS SCR BOSTON 2018 QUALIFIERS!

To many a runner the holy grail of marathon racing is stepping across the finish line with a time that qualifies them for the prestigious Boston Marathon.

The list of SCR qualifiers continues to grow.

Julie Hannah 3:23:31
Boston Marathon

Jonathan Howse 3:05:16
Boston Marathon

Ralph Miller 3:54:16
Boston Marathon

Alison Nolan 2:53:04
Boston Marathon

John Ouweleen 4:05:41
Boston Marathon

Angela Wells 3:55:14
Boston Marathon

If you've recently qualified for the 2018 Boston Marathon please send the club an email at info@spacecoastrunners.org. We would love to include your marathon and time in our next issue.

SCR Central

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

SCR HELPS SATELLITE HIGH SCHOOL STAY ON TRACK



You've seen the ongoing efforts of **Satellite High School** to raise \$300,000 to repave and rubberize their track. Last month, Space Coast Runners had the pleasure of contributing \$5,000 to the cause.

A large part of the school's effort is built around the community getting involved and using the track. Satellite coach, Doug Butler intends to have the track open year round, two nights a week (Tuesday and Thursday) to all residents of Brevard. Plus SHS will be able to host meets that will benefit area track athletes all around Brevard County.

If you would like to make a personal contribution to the track project you can do so online at the Go Fund Me page: <https://www.gofundme.com/sdrbc-tuf?ssid=849417984&pos=8>. To make the donation direct to the school, make check payable to: Satellite Distance Runners Track Refurb and mail it to: Satellite High School, 300 Scorpion Court, Satellite Beach Fl. 32937. Any questions please contact Doug Butler at 321-749-9778 or send him an email at coachbutler@gmail.com.

Cheryl Ritter is Running for Charity

Cheryl Ritter's name was not selected in the 2017 NYC Marathon lottery. This was quite a disappointment as her husband Ron had secured an entry. So rather than sit back and pout, Cheryl decided to become a charity runner. She partnered up with the Melanoma Education Foundation which made a lot of sense since Cheryl is a PA at Brevard Skin & Cancer Center in Rockledge.

With the help of Facebook and friends, she got the word out that she was raising money to run the marathon. Her goal was \$3,500. She met this goal by the end of March and was informed by the foundation that she had raised her money in the shortest amount of time on record. Cheryl's competitive spirit now has her aiming at raising the highest amount ever. She's currently at \$3,894. If you would like to contribute to Cheryl's campaign you can donate online at: <https://goo.gl/yT3Tx4>.



SCR Central

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



Nolan Notches Top SCR Time at Boston 2017

Space Coast Runner's fastest Boston Marathon finisher, Alison Nolan poses pre-race with her father, James after they picked up their bibs for the 121st running of the Boston Marathon.

On Monday, April 17, Nolan, a former Ursinus College standout, completed her fifth Boston in 2:53:04. This is almost four minutes faster than her time in 2014 where she was the number one finisher of women from the state of South Carolina where she resided.

Not to be outdone by any means, Alison's dad recorded marathon finish #29 by running 3:33:52. James is a member of the QCC of the Boston Marathon. That's right. He's in the Quarter Century Club which means he has run the Boston Marathon no less than 25 times in a row.

Congratulations to this dynamic father-daughter duo!

(Photo credit: Todd Sukolsky)

CADENCE KITCHEN



Lori Nedescu is obsessed with cappuccinos, beets, and fun cycling kits! She holds a master's degree in human nutrition and practices as a consult dietitian, recipe developer, and elite athlete. As a sub 3-hour marathon runner and CAT1 road cyclist, Lori knows how important quality nutrition is to athletic performance as well as overall well-being. When she's not training or consulting clients, you can find Lori putting her creativity and photography passion to use in the kitchen making delicious, colorful, and nourishing whole food based meals.



Visit her at TheCadenceKitchen.com or @CadenceKitchen for more!

SCR Central

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

CONGRATULATIONS!

ED DONNER IS GOING TO IRONMAN KONA

April 22, 2017 — The Woodlands, TX

After a decade of narrow misses, Satellite Beach's Ed Donner has accomplished his ultimate goal. Donner earned entry into the 2017 IRONMAN World Championship in Kailua-Kona, Hawaii with his qualifying time of 9:27:38 at the Memorial Hermann IRONMAN North American Championship Texas on April 22.

"Ten years ago, I set the goal of qualifying for Kona by joining the beachside tri camp and Bernie Sher's marathon running camp. Getting to Kona was the sole goal of doing triathlon", said Donner. "Although I felt my short course speed eventually was fast enough to qualify, I could never have the perfect race and have luck on my side."

All of that changed in Texas for the forty-year old athlete who completed the 2.4 mile swim in 1:00:04, the 112 mile bike in 4:51:22 and the 26.2 marathon run in 3:29:28. His age category (40-44) along with 35-39 typically has the most competitors vying for one of the coveted Kona spots. Those stats didn't hold much weight with the triathlete's family. "My wife and family wanted to go to Kona more than I did. After several years of great training and still failing to qualify, they still believed that I would one day do it while I just went through the motions", reflects Donner.

With temperatures rising to the mid-70's, the Southeast Texas region race was not easy for Donner, even after training in Florida's grueling tropical climate. "The Irony is that my training was the toughest it's ever been the past three months" said Donner. Coupled with the high workload in his professional career at Donner Wealth Management, he felt he was racing on limited training.

Still the passion to compete kept Donner going. His wife, Kaitlyn, throughout race day posted live feeds on her Facebook account to keep Ed's friends and family updated on his progress. When all was said and done, Donner finally took home an official entry into Kona.

"I have so many training partners to thank — running on tropical trail, running with Coach Butler's Camp, local triathlon training partners and especially my wife and family", he says. "I'm sure as I look back the qualification process will be a major part of my life."

It's easy to see that Ed Donner has come a long way, truly exemplifying dedication and perseverance. Following his race in Kona he may be ready for a break. "Training and finishing for one Ironman is a HUGE endeavor no matter what level people are at", the endurance athlete states. "Kona will most likely be my last Ironman as I would rather end the Ironman journey on this race." — by Brittany Streufert



Ed Donner celebrates with wife, Kaitlyn after accepting his official entry into the 2017 IRONMAN World Championship.

Share your finish line success with SCR. If you have results you would like featured in an upcoming newsletter, email socialmedia@spacecoastrunners.org

Runnigal Memorial

August 12, 2017



Beneficiary



Race Day Schedule

Saturday, August 12, 2017

6:00 am - Day of Race Registration

6:00 am - Pre-registered Packet Pickup

8:00 am - Race Start

Post-Race Party

Pizza will be served. Runners 21 and over can enjoy a complimentary beer.

Early Registration

Before Aug. 1, 2017 - \$25

Registration

Aug. 2 - 10, 2017 - \$28

At Packet Pickup or Day of Race

Aug. 11 or 12 - \$30

Early Packet Pick-up

August 11th, 3 - 6 pm

The Running Elements,

5521 S Williamson Blvd. #440, Port Orange, FL 32128

Course / Location

The Red Solo Kup 4K course runs a modified loop around The Pavilion at Port Orange, located just north of Dunlawton Ave, 5501 Williamson Blvd., Port Orange, FL 32128

Awards

Shirts guaranteed to participants pre-registered by Aug. 5th.

All finishers receive finisher's medal. Unique awards to:

Top 3 Overall Male/Female • Overall Active/Reservist Military Male/Female • Overall Retired Military Male/Female • Overall Masters (40 & up) Male/Female • Overall Grand Masters (50 & up) Male/Female
Awards 3 deep in 5 year age groups (9 & under, 10-14, thru 80 & up)

2015 • 2016 • 2017

Run all 3 years, receive the Series Charm in 2017.

Contact Information

katrina@therunningelements.com

Make checks payable and send to:

The Running Elements

5521 S Williamson Blvd #440, Port Orange FL 32128



ONLINE REGISTRATION AT: TheRunningElements.com

Follow Red Solo 4Kup on Facebook

First Name: _____ Last Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Date of Birth: ____ / ____ / ____ Age on Race Day: ____ Gender: Male Female I Ran Race Last Year

Shirt Size: Youth YM YL Adult S M L XL 2X Active/Reservist Military Retired Military

Phone: _____ - _____ - _____ Email: _____

I know that participating in this event is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely compete. I assume all risks associated with participating 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. 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 Children's Home Society, The Pavilion at Port Orange, The Running Elements and any 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 on the part of persons named in this waiver. I am aware that the foregoing organizations assume no liability in the event of cancellation of this event for any reason and that the entry fees are not refundable. Further I grant permission to all the foregoing to use my name and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic record of this event for legitimate purposes.

Signature _____ Date _____

Parent if race participant is under the age of 18

SCR Central

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



New location at the Cocoa Civic Center.

New start time is 4PM. New Silent Auction.

[Click here to purchase tickets online.](#)

June 4, 2017 is a night to honor the top individuals of the **2016/2017 SCR "Runner of the Year"** racing season.

It's a Space Coast Runners' event where runners and walkers come together to celebrate our local running scene and what makes it so special. Join us for dinner, dessert and lots of fun.

The **People's Choice Awards** are back! We are now accepting nominations in the following categories:

Best Finish Line Photo

Most Improved Runner

Best Local Race

Most Inspirational Athlete

NEW! *Best Legs*

NEW! *What Were You Thinking Award*

Email your nominations to
info@spacecoastrunners.org

And we'll be recognizing those who gave it their all for Volunteer of the Year and the Run+1 program.

Tickets are on sale. \$15 Adult — \$5 Child (12&under)

https://thedriven.net/event.race_reg/eid/8287123456

"The Runner's Rite of Spring" in the Nation's Capital Cherry Blossom 10 Mile Run



April 2, 2017 — Washington, D.C.

It's not easy to get into the Credit Union Cherry Blossom 10 Mile Run but for those that did in 2017 it proved to be perfect running conditions. The race is a lottery pick with over 27,000 runners submitting applications for this year's race. The event was limited to 17,409 finishers by the National Park Service. Space Coast Runners had seven lucky members — Shane and Brittany Streufert, Timothy McGee, Jeff Hizer, Betsy Butler, Scott Larson and Jessica Vanatta — score entries.

They made the most out of their good fortune as each ran a personal best 10 mile time. Leading the way was Viera's Shane Streufert, who won the men's 45-49 age group with his time of 57:22. It was good enough for 73rd overall in the race.

Scott Larson ran 1:04:39, Timothy McGee ran 1:14:42 followed by Brittany Streufert in 1:19:33. Jeff Hizer finished in 1:23:17, Betsy Butler in 1:27:39 and Jessica Vanatta completed the picturesque course in 1:57:06.

The National Cherry Blossom Festival is happening during race weekend. There's tons of things to do and there's even a free Run with a Ranger meetup where you can run and learn about the cherry trees. The 2018 lottery opens on Friday, Dec. 1.



SCR Central

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

76-year-old marathon runner Johnny Ouweleen continues to make headlines



Photo credit: Susie Meltzer

Sebastian resident and SCR member, Johnny-O was back in the news upon his return home from running the 2017 Boston Marathon. TCPalm (part of the USA Today network) ran an article on Ouweleen titled, “Leader of the Pack”. It highlights Ouweleen’s quest to place in his age group at all six of the Abbott World Marathon Majors which include Tokyo, Boston, London, Berlin, Chicago and New York City.

Ouweleen’s World Marathon Majors times are:

Tokyo: 03:27:47 2015

Boston: 03:28:11 2014

London: 03:22:58 2016

Berlin: 03:41:47 2014

Chicago: 03:21:14 2013

New York: 03:32:34 2010

To read the full article on Ouweleen, visit: <http://www.tcpalm.com/story/specialty-publications/vero-beach/2017/04/26/leader-pack/100664016/>

COMING SOON!

THE BATTLE

of Brevard fun run 



SCR Prediction Fun Run

SUMMER 2017



Global Running Day is a day for people around the world to celebrate the joys of running. Participation is easy—just pledge to take part in some type of running activity on June 7, 2017. It can be a solo lap around the block, a long run with friends, or even a game of tag with your kids. The key is to share your passion for the sport and inspire others to get moving. **#GlobalRunningDay**

You are encouraged to pledge ahead of time to take part in the 1 Million Kid Run. www.globalrunningday.org

Fifth Annual
 Indialantic
Boardwalk
 Triathlon & SUPnRUN



Benefits The Town of Indialantic & Handicap Mats for Beach Access

www.boardwalktri.com

REGISTER TODAY!

SUNDAY, JUNE 25, 2017
START 7:00 AM

NANCE PARK, INDIALANTIC, FL

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

SUPnRUN: Paddle 2 miles, Run 5k

- 🌸 Pre Party Beach Bash at Long Doggers Indialantic
- 🌸 Clean ocean swim
- 🌸 Dedicated bike lane
- 🌸 Great awards for all finishers
- 🌸 7-11am Post Race Beach Bash
- 🌸 10:15am Awards
- 🌸 Awesome race shirts
- 🌸 1 Paddleboard Winner



Fifth Annual
 Indialantic
Boardwalk
 Triathlon & SUPnRUN



REGISTER TODAY!

SUNDAY, JUNE 25, 2017
START 7:00 AM

NANCE PARK, INDIALANTIC, FL

- 🌸 Packet Pickup:
 Friday - Running Zone, 12-6pm;
 Saturday - Long Doggers, 4-8pm
- 🌸 Ocean SUPnRUN: 2 Mile Paddle,
 5k Run
- 🌸 Free First Timers Training Clinic:
 Saturday, June 24, 2017, 2-4pm

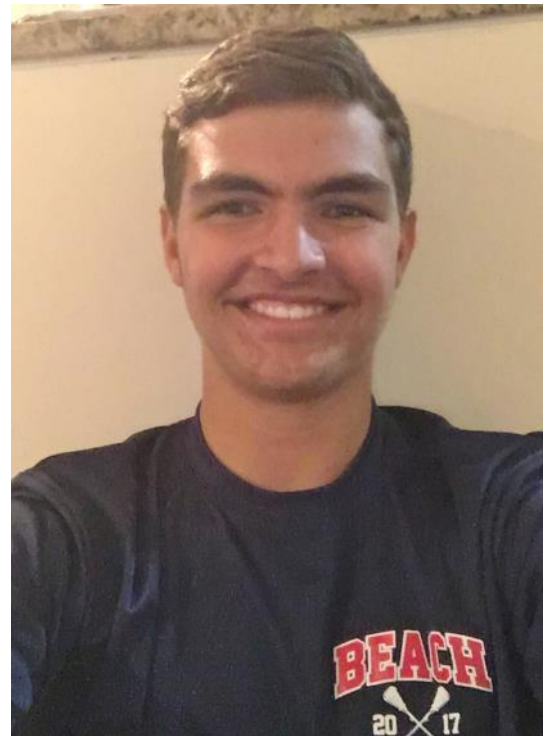
Contact Race Director Trish with any questions: Tfacciobene@gmail.com

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



SCR Scholarship Recipients Announced

Each year SCR awards two high school seniors, a male and a female, a scholarship in the amount of \$1,500.



Students must be a member of SCR and/or a member of their school's track and/or cross country team, and are chosen based on the strength of their essays, which address the prompt "how running has impacted my relationships with family, friends, and/or community." This year, Hannah Fleming from Astronaut High School and Kevin Tezel from Cocoa Beach High School are the recipients. Hannah ran both track and cross country; she is a member of the National Honor Society and Student Government Association, all while maintaining a 4.34 grade point average. Kevin ran cross country, played football and lacrosse, participated in the marching band, and is a member of the National Honor Society with a 4.0 grade point average. He is also a Boy Scout, earning the Eagle Scout designation.

Join us for the SCR awards night on June 4th to meet these outstanding students and hear their winning essays.

(Pictured top right: Hannah Fleming, bottom right: Kevin Tezel)



SUNDAY, MAY 7, 2017 — VIERA

Runner of the Year Series Race #10

SCR Member Race Discounts

SPECIAL DISCOUNTS EXCLUSIVELY FOR CLUB MEMBERS

FEATURED RACES



- ◆ **NEW!** Lest We Forget Virtual Run presented by Virtual Strides. Receive a 20% discount on all [Virtual Strides](#) events by entering the club discount code **SCRmember20** during registration. Choose 5k/10k/Half Marathon distances all of which benefit the National Military Family Association that serves the families of our armed service members.
- ◆ **NEW!** [St. Pete Run Fest 2017](#) is offering SCR members a 5% discount to either the half marathon, half marathon relay or 5K race. It's two full days of festival fun, including running events, a health & fitness expo, local food, music and craft beer. The fun begins on November 19, 2017. Use Code: **TIAPET5**
- ◆ **EXTENDED!** SCR Members can now save \$10 on any and all of the [Rock 'n' Roll Marathon Series](#) events. Use code **SCROCKS** on marathon, half marathon and relay races. Please note that discounts do not tend to apply during early bird pricing, series sales or in conjunction with another code. Valid until 07/15/17.
- ◆ **EXTENDED!** [Vacation Races](#) is extending a 15% discount to all SCR members. Save on upcoming 2017 races like the Yellowstone Half Marathon (06/17), Rocky Mountain Half Marathon (08/17) or the Grand Canyon Half Marathon (10/17) use code **16RC84784**.
- ◆ **EXTENDED!** Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPAC-EMOAT**. Events are on 7/16 (Marathon), 10/22 (Half Marathon)..
- ◆ **EXTENDED!** [MultiRace](#) will extend a 10% discount to all its events! Use code: **SCR17**. (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor).
- ◆ Exclusive \$5 SCR club discount to the [Riverside Dash](#) races — choose the 5K or 15K distance. You'll get to run along the mighty St. John's River on roads that are unavailable to runners at any given time. To register for the races make sure to use code: **SpaceCoastRun**.
- ◆ Receive a nice 10% discount to the [Shipyard Maine Coast Marathon and Half Marathon](#) (and 39.3 Challenge) on 5/13-14/17, in Kennebunk and Biddeford, Maine. Experience the Maine Coast in May. Use code: **SpaceCoastRunners**.
- ◆ Run into the KSU stadium in the only half marathon in Manhattan, KS on 5/20/17. The [Bill Snyder Half](#) point-to-point race will take runners into town on the Bill Snyder Highway. You will then wind around City Park, through Aggieville, through KSU campus and finish at the Bill Snyder Family Stadium! \$10 off the Half or 5K using code: **original**.
- ◆ Girls—grab your girlfriend for the [Thelma & Louise Half Marathon](#) on 6/3/17 in Moab Utah. Runners World named this one of the 10 races to do with your girlfriends. Don't miss the Brad Pitt water stop! Register before 5/3/17 and SCR gets \$10 off using code: **TENOFFHAKU**
- ◆ Run Maine this summer! [Black Bear Marathon, Half Marathon & 10K](#) will take place on 6/4/17. Start in the UMaine Football stadium track and a run through the beautiful campus, along the river and return to campus via a paved bike path through the woods. SCR members get a 25% discount through 5/4/17. Use Code: **Spacecoast17**.
- ◆ Receive a 10% discount to the [Shipyard Old Port Half Marathon and 5K](#) on 6/8/17, in Portland, ME. Portland's premier summertime running event cuts

SCR Member Race Discounts

SPECIAL DISCOUNTS EXCLUSIVELY FOR CLUB MEMBERS



- through the heart of the old port district, featuring sweeping views! Use code: **SpaceCoastRunners**.
- ◆ Baseball lovers, this is for you: [Race the Lake Marathon & Half Marathon](#) (6/10/17) in Cooperstown, NY. Run around beautiful Otsego Lake, past many famous landmarks, including The Baseball Hall Of Fame! \$10 discount to SCR. Use code: **Spacecoast**.
- ◆ Receive a 10% discount to the [Rock Lobster Relay](#) (200 mile team relay from Bar Harbor to Portland, Maine) 6/23 & 24/2017. You and your friends will be running and enjoying Maine's eastern rocky coast in its most beautiful time in the summer. Use code: **SpaceCoastRunners**
- ◆ **NEW!** Looking for a Boston Qualifier Marathon? The [Wausau Marathon](#) in Wisconsin is happy to offer Space Coast Runners \$20 off the registration of the Wausau Marathon and Half-marathon and \$60 off the marathon relay. For the \$20 discount on the marathon and half-marathon use **SPACECOASTRUNNER**. For the \$60 discount on the marathon relay use **SPACECOASTRELAY**.
- ◆ Run the September 2017 [Pocatello Marathon, Half Marathon, 10K or 5K](#) in Idaho and receive a \$10 discount on any race. Fast, scenic course awaits you. Great late summer running weather. Use code: **SCR10**.
- ◆ Receive a 10% discount to the [Pumpkinhead Trail Relay](#) at Pineland Farms (128 mile, 8 person relay teams) on 9/8 & 9/2017, in New Gloucester, Maine. Unique trail relay race in the woods of Maine! Grab your tent, running shoes, and 7 friends to complete this fun two day relay race. Each person on the team must complete three independent loops during the race. Use code: **SpaceCoastRunners**
- ◆ [Atlas Trail Series](#) is extending a 10% discount to SCR. With miles of amazing trails, incredible food and camp life at every main hub, and 3 days of racing, you and your friends will form memories to last a lifetime. Do this trail event in St. George UT, 10/27-29/2017. Use Code: **space4atlas10**

Please note: Discounts are negotiated exclusively for Space Coast Runners members only. Sharing and distributing is highly discouraged and jeopardizes our ability to bring these added benefits to our membership.

.....
**SILENT
AUCTION
ITEMS** **NEEDED**
.....

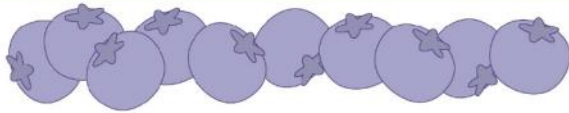
Mark your calendar!

SCR Awards Night is on **Sunday, June 4th**. We're excited to announce this year's event will include a **Silent Auction**. We've created a Facebook event for **Awards Night** which can be found at:

<https://goo.gl/nSSG9Z>

We need your help!

The **Procurement Team** is looking for unique, creative and/or run-related auction items. If you or your workplace has something to donate, please talk to or email Nancy Foresteire at wingon@bellsouth.net.



BLUEBERRY 5K RUN / WALK

Holland Family Blueberry Farm

4400 Bouganvilla Drive, Mims, FL 32754

Saturday, May 6, 2017

Registration 6:45am | Race 8:00am

Pick a **FREE** Pint of Blueberries



Benefiting

All proceeds will benefit Parrish Early Care and Education at The Children's Center, a partnership of seven agencies that provides services to children of all abilities and their families. Our vision is to develop "strong families for life!" For more information, visit: parrishchildrenscenter.com



Entry Fees

Early Bird: \$25 by April 21* \$30 by May 5
\$20 up to 12 years old \$35 Day of Race

*T-shirts only guaranteed if registered by April 28

Chip timed and managed by Space Coast Event Management.

Contacts

Questions: 321-264-0855

Sponsorship Inquires: 321-269-4066

Packet Pickup – Friday, May 5

8:00am-1:00pm – The Children's Center
5650 S. US 1, Titusville, FL 32780

4:30pm-6:30pm – Playalinda Brewing Company
305 S Washington Ave., Titusville, FL 32796

For online registration or more information, visit www.runsignup.com. Make checks payable to JPMF.

The 6th Annual Blueberry 5K Run/Walk Registration Form – May 6, 2017

Last Name _____ First Name _____ M.I. _____ Male Female

Address _____ City/State/Zip _____

Telephone _____ Email _____ PMC/NBMS/PMG Employee

Date of Birth _____ Age on Race Day _____ Adult T-shirt Size: XS S M L XL 2XL

Signature (Parent, if under 18) _____ Date _____

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 any 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 doctor'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 recording of this event for any purpose 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.

Ways to Stay Visible & Stay Safe While Running



By Personal Injury Help Team

As a runner, you have rights but you also have responsibilities. You enjoy running and it is a great way to stay in shape, but you also need to make sure you take the proper precautions to make sure you are visible so you can avoid being hit by a car or being involved in some other accident while you are running a few miles. By making sure you are aware of your surroundings, adhere to traffic laws, and make yourself as visible as possible to drivers, you are setting yourself up for a safe, enjoyable run.

Running Safety Tips

Run on the Sidewalk

As foot traffic, you should stay on the sidewalk when at all possible. This will also put a farther distance between you and cars so you are less likely to be struck by a passing vehicle.

Dress Brightly

Wear clothing that will make you stand out and get noticed. This means that you need to wear fluorescent colors, such as bright green, yellow, orange, red, or hot pink. These colors get atten-

tion and will help drivers notice you.

Running After Dark

If you are running early in the morning or late in the evening, bright colors aren't enough to make you stand out. You will need to make sure you have plenty of reflective gear on. This means reflective strips or tape on your back and chest as well as strips on your legs and bands for your wrists and ankles. Reflective tape on shoes can also help. Make sure you carry a flashlight turned on faced down so drivers will see a light. A flashing LED light pinned on your clothing can also help.

Adhere to Traffic Laws

When you approach an intersection, never run right through. Instead, come to a stop and look both ways before proceeding past a traffic light or a stop sign. Never cross a street without looking. Run in a predictable fashion and don't swerve in and out of traffic or around cars.

Run with a Friend

When possible, you should run with a buddy.

Ways to Stay Visible & Stay Safe While Running



Two people together are much more likely to be noticed by drivers. If there is an emergency, the other person can get help.

Have a Route and a Plan

You should establish a route and let someone know when you are going and when you expect to be back. Don't post your plans on social media because that isn't safe, but you need someone who will know your whereabouts and know when to expect you back.



Run in Well-Lit Areas

You need to run in places where you can see where you are going and see your surroundings. This means you should run in well-lit areas. Stay away from dark streets and areas that give you a bad vibe. Always pay attention to your gut feeling and avoid areas and situations that make you feel uncomfortable.

Stay Alert!



Stay focused and watch your surroundings. You need to look toward the ground to see if there is debris or something you could trip over, but also make sure you stay aware of who and what is around you.

Enjoy the Run!



By being prepared, staying alert, and knowing what to do, you can significantly reduce the chances of being injured while you take your run. You can enjoy many more years of running if you follow the proper protocol.

This article was created by Personal Injury Help, an organization dedicated to providing the public with information about personal injury and safety information. Nothing in this article constitutes legal advice or opinion, and is intended for informational use only. To find out more about them, you can go to www.personalinjury-law.com or contact them at help@personalinjury-law.org

Carry a Phone



You should carry your phone with you and have emergency contact information programmed in it. You might also want to consider taping your name and emergency contact information on the back of the phone as well.

Don't Listen to Music



You need to be alert and able to hear. While running with music can be enjoyable, you could miss out on some important alerts such as horns or sirens. You shouldn't run with headphones or ear-buds.



MARK YOUR
CALENDAR!

SCR Runner of the Year SERIES

2016—2017

Running on Island Time 5K

Saturday, August 27, 2016

Overall Male & Female Winners:
John Davis, Alison Nolan

Turtle Krawl 5K

Saturday, September 10, 2016

Overall Male & Female Winners:
John Davis, Alison Nolan

Space Coast Classic 15K & 2 Mile

Sunday, November 6, 2016

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

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

Space Coast Marathon & Half Marathon

Sunday, November 27, 2016

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

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

Reindeer Run 5K

Saturday, December 10, 2016

Overall Male & Female Winners:
John Davis, Holly Davis

Tooth Trot 5K

Saturday, January 28, 2017

Overall Male & Female Winners:
John Davis, Holly Davis

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

Sunday, February 19, 2017

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

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

Downtown Melbourne 5K

Saturday, March 25, 2017

Overall Male & Female Winners:
John Davis, Holly Davis

Space Walk of Fame 8K & 2 Mile

Saturday, April 8, 2017

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

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

Eat My Crust 5K

Sunday, May 7, 2017

at Viera Pizza/Viera High School
Viera



Eat My Crust 5K

FEATURED ROY SERIES RACE

Series Race #10 is this weekend! The grand finale of the SCR "Runner of the Year" series happens on Sunday, May 7th in Viera. We've saved one of the best for last so make sure you're registered.

Eat My Crust 5K is the only point-to-point 5K course in Brevard County. It starts at Viera Pizza, the presenting sponsor, and it finishes on the Viera High School Track.

The 5K is famous for their fun post-race party that features tones of fresh pizza, food and drink. Overall and age group winners to receive the cool Joey Pepperoni spinner medals. The grand prize drawing for a Golf Cart will be held at the conclusion of the awards. You must be present to win.

WHERE► Viera High School, 6103 Stadium Pkwy, Viera

WHEN► Sunday, May 7th at 7:00am

COST► 5K late registration \$30

WHAT TO EXPECT► A fast course that finishes on the VHS Track; some runners will be carrying pizza boxes as part of the Pizza Delivery Challenge

SCR YOUTH SERIES► Will follow the 5K; 200m dash

EVENT WEBSITE► www.EatMyCrust5K.com

5K COURSE RECORDS► \$100 for overall course records
Erica – 18:17.7 (2016)
Jonathan Campbell – 16:44.1 (2016)

2016—2017 SERIES SCHEDULE

05/07/17 Eat My Crust 5K

2016—2017 ROY Leader Board

OVERALL

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

MASTERS

- Jonathan Howse

GRAND MASTERS

- Keith Snodgrass

SENIOR GRAND MASTERS

- Sal Farino

2016—2017 ROY Leader Board

OVERALL

- 1 Annie Caza
- 2 Kristen Klein
- 3 Mary Hofmeister

MASTERS

- Michelle Longstreet

GRAND MASTERS

- Ilse Berube

SENIOR GRAND MASTERS

- Anne Dockery

2017/2018 ROY UPDATE

Space Coast Marathon Relay

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



ROY Series: With One Race Left the Leaderboard Starts to Shuffle

The end of the 2017/2018 ROY series is in sight. The Space Walk of Fame 8K is in the history books and the Eat My Crust 5K is on the horizon. The door is potentially open for a few more leaderboard shuffles.

The men's top three leaders are locked into their spots. — John Davis in first, Steve Hedgespeth in second and Shane Streufert in third. Right now Jonathan Howse sits in the Male Masters position but Gary Gates can knock him out if he runs Eat My Crust.

The women's series race has more opportunities for lead changes but one of them is not a top three appearance by Holly Davis who has won the last four series races. Davis signed up to become a SCR member after the start of the ROY season which means she is only eligible to score points from January 2017 to the end of the season.

Breathing a sigh of relief is Alison Nolan. She is currently

ranked #10 in the results but only sits there having missed running the Reindeer Run 5K and Space Walk of Fame 8K. If Nolan runs well at Eat My Crust she should leap to the top of the leaderboard when both of her drops are factored into the scoring.

This would mean another second place finish for Annie Caza and last year's series winner, Kristen Klein would take third. Michelle Longstreet would move down to win her age group and Mary Hofmeister would take Masters.

In the Age Graded division, the men's race is looking like it will end up Gates, Davis and Streufert while Nolan again is the dark horse who could take the whole thing. Carol Ball also has a shot for a top three position. If either woman strikes it will mean a reshuffling of Annie Caza and Ilse Berube. Anne Dockery and Janet Canfield have both scored well in age-grading but unfortunately have not run enough races this season.

Please note: the series standings reflect your age on August 27, 2016, the date of the first race of the 2016-2017 ROY series season. If you have any series questions, please email Loran Serwin at lserwin@cfl.rr.com.

Space Coast Runners RACING TEAM



Application Period Opening Soon

Join the Space Coast Runners Racing Team. We will contend as a team in the upcoming 2017-2018 race season all around Brevard County.

If you're a SCR Member you can apply! A committee will review all applications and choose the team based on commitment to the club, assessment of club/team representation and the submitted application responses. Stay tuned.



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The Rall Capital
Management Team



Youth Series down to final sprint



At the **Space Walk of Fame** races the little participants in the SCR Fun Runs got to run alongside the Indian River. As the breeze hit the youngsters faces, all you could see were happy faces. Each participant received the #9 button which this race represented a running rocket. The limited edition button series has one more unveiling which will be at the Eat My Crust 5K. We hear that Joey Pepperoni has given it his stamp of approval.

Every Youth Series participant can earn a custom button at the free series fun runs. Children who run five of the nine SCR series races also qualify to win a series participation award! The last run is Sunday, May 7th after the Eat My Crust 5K.

Learn more about the SCR Youth Series and download the waiver needed to participate in each race by clicking [here](#). The planning for the 2017/2018 season is underway and we're in need of volunteers to be on the Youth Series committee. If you would consider being a member of the committee or would just like to find out more about what's involved, please email info@spacecoastrunners.org.



SCR
Runner
of the Year
SERIES

COMING SOON!

Be on the lookout the week of May 8th for our annual Runner of the Year Series survey. We want to hear what you think!



Photo credits: Skip Oswald



Report by Brittany Streufert

5K OVERALL MEN

- Craig Booth, 21:53
- Jake White, 23:43
- Kaedin Delaney, 24:20

5K OVERALL WOMEN

- Erin Canfield, 21:36
- Deborah Satzko, 23:57
- Melissa Henry, 24:02

MASTERS

- Gran Krauss, 25:49
- Jennifer Mullins, 25:32

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

CANFIELD IS INAUGURAL 5K CHAMPION

Odyssey Charter School in Palm Bay hosted its very first 5K race on the evening of Saturday, April 1 at Field of Dreams Park in West Melbourne. There was a very good turnout to the inaugural event as 312 participants crossed the finish line.

Leading the field, in front of all the male runners was nineteen-year old, Erin Canfield of Titusville. She took the night's top spot with her overall win in 21:36.0 which is a fast 6:58 pace. Following 17 seconds behind her was Craig Booth, 40, from Palm Bay. He ran 21:53 to secure the top overall male win.

The kids came out to run. In fact, the 9-11 year age group had the most participants in the race for both males and females. Running to support your school is always an awesome experience. Winners received "green" awards — pretty plants from Lowe's.





Pictured left to right: Jacquelyn Kellner, Pat Kiesselbach and Linda DeYoung

Perfect Weather = Course Records

On April 8th, the Titusville weather and view could not have been more perfect for all the runners and walkers who lined up to race the annual 8K and 2 miler. The course started and ended at Space View Park near the Indian River. It was a flat, double looped course. Two-mile runners and walkers did the first loop and 8K participants ran a second loop of three miles. Both loops



Report by Krysti Dixon

OVERALL MALE 8K

Derek Beckett, 27:26.08
Steve Hedgespeth, 28:05.09
Shane Streufert, 28:07.47

OVERALL FEMALE 8K

Holly Davis, 29:48.3
Julie Hannah, 32:37.98
Annie Caza, 36:42.77

MASTERS

Gary Gates 29:55.2
Mary Hofmeister, 38:01.73

GRAND MASTERS

Keith Snodgrass, 31:45.9
Ilse Berube, 38:09.46

SR GRAND MASTERS

Sal Farino, 32:49.49
Anne Dockery, 38:22.97

CLYDESDALE DIVISION

Peter Orosz, 46:01.6

PHILLIES DIVISION

Ariel Burton, 51:26.62

8K WALK

Dave Farrall, 58:06.1
Lisa Farrall, 1:04.19
Richard Merritt, 1:07.04

OVERALL MALE 2 MILE

Michael Girard, 12:43.02
Jack Girard, 12:57.78
Max Walker, 14:15.55

OVERALL FEMALE 2 MILE

Kara Hedgespeth, 15:10.92
Kira Sparks, 15:12.73
Rebecca Sparks, 15:38.57

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



Space View Park is the first and only park in the nation that honors America's astronauts as well as the men and women behind the scenes who helped America lead the world in space exploration.



Shane Streufert, Derek Beckett, Steve Hedgespeth



SCR Youth Series Run

had plenty of shade and beautiful Indian River views.

There were 3 course records set at the 8K!

Men overall winner: Derek Beckett: 27:26:08

Women overall winner: Holly Davis: 29:48.3

Men Grand Masters: Gary Gates: 29:55.2

Along with the prestige of setting course records, they also received prize money!

The race was very family friendly, especially because of the walking divisions. All ages were on the course and having a great time. Before awards were given out, kids could participate in the free quarter or half mile race, conducted by volunteers. The kid races are staples at the ROY racing series races. Children get to participate and receive a button for each completed race.

THANK YOU TO ALL THE VOLUNTEERS. PHOTO CREDITS: KRYSTI DIXON



Pictured l to r: Austin Camps, Derek Beckett and Shane Streufert. Photo credit: Brittany Streufert

Camps claims victory at Pirate Plunder—RZ series title within reach

A hoy mateys! Gather round and listen to the tale of the Pirate Plunder, a very popular two-mile race held on the streets of downtown Melbourne. This Running Zone series race is a local favorite, featuring a pirate costume contest, great after-race party at Meg O'Malley's, and awesome treasure to be had including a three-day cruise for a lucky seafarer.

1,088 participants stormed the streets on a fine Saturday evening. The race proved to be an exciting duel, with the top three men separated by seconds. Austin Camps finished first in 10:31, Derek Beckett placed second in 10:37, and salty dog Shane Streufert came in third behind the young scallywags in 10:40. Alison Nolan won on the women's side in 11:12, Holly Davis came in second in 11:22, and Jennifer Absher took third in 11:54.

Pirate Plunder was the sixth race in the Running Zone series. Austin Camps leads the men's standings and Kaitlin Donner tops the women's field. The next and final race will be the Run for the Gecko on May 13th.



Report by Marisa Flint

OVERALL MEN

- Austin Camps, 10:31
- Derek Beckett, 10:37
- Shane Streufert, 10:40

OVERALL WOMEN

- Allison Nolan, 11:12
- Holly Davis, 11:22
- Jennifer Absher, 11:54

MASTERS

- Jonathan Howse, 11:26
- Julie Hannah, 12:35

TEAM COMPETITION

- Running Zone
- Viera Pizza Race Team
- The Has Beens

SCHOOL PARTICIPATION

- Westside
- Indian Harbour Montessori
- Manatee Elementary

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



Photo credit: TriHokie Images

Running Zone's Denise Piercy instructs the participants before the start of the race.

RUNNERS SCRAMBLE TO FINISH 5K



Report by Lisa Hamelin

OVERALL MEN

Daniel Schultz, 16:59

Joey Tierney, 19:41

Robert Thompson, 19:45

OVERALL FEMALE WOMEN

Natalie Bress, 19:21

Michele Terry, 22:54

Robin Moran, 23:14

MASTERS

Chadd Deo, 20:06

Jennifer Cook, 24:47

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

Photos provided by Space Coast Event Management



The 4th Annual Egg Scramble 5K was held at Palm Bay Regional Park on the evening of the 15th of April. The Egg Scramble is the longest running race in Palm Bay. It started and finished at the community center with the middle part of the course within the neighboring residential area.

The race, timed by Space Coast Event Management, offered dinner after the race along with a twilight Easter egg hunt and a kids' fun run. Chick-Fil-A was the title sponsor and the participants got a treat by seeing the Chick-Fil-A cow making rounds and even doing some running (along with the Easter bunny).

The race benefited two organizations – Promise of Brevard and Wesley Methodist Church. Promise of Brevard provides support for young adults with special needs and their families. They strive to provide a place where people can live a life of independence and opportunity. They are currently building a community near Hammock Landing in West Melbourne.



HabiTrot & Realtors Celebrate Earth Day with 5K Run



HabiTrot & Realtors Earth Day 5K



To benefit Indian River Habitat for Humanity and Habitat's Scholarship Program

Report by Brittany Streufert

5K OVERALL MEN
Eddie Branigan, 18:43

5K OVERALL WOMEN
Jessica Franco, 21:25

MASTERS
Chadd Deo, 19:06
Nikki McGuinnis, 22:19

5K WALK MEN
Troy Greenawalt, 47:57

5K WALK WOMEN
Robyn Guy, 38:43

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

On Saturday, April 22nd, our neighbors down south in Vero Beach held the Raise the Roof Earth Day 5K to benefit Indian River Habitat for Humanity and Habitat's Scholarship Program. The race had 94 finishers in the 5K run who raced around Vero's picturesque South Beach neighborhoods. In the walking division, there were 14 individuals who completed the 3.1 mile course.

Following the race awards were given to overall and age group winners as well as an award for the Best Earth Day attire. There was a Gummi worm hunt for kids, lots of music, food, and earthy green juice on hand.



Coach Lyons & her Mother

aka Alysson Lyons and Sara Griffin

Name: Alysson Lyons & Sara Griffin

Family: Coach's husband - Justin Lyons; Coach's dad - Greg Griffin

Originally from:
Space Coast born and raised (both of us)

Occupation:
Coach - PE Teacher
Coach's mom - Realtor

Dream Profession:
Full Time Runcationers

Number of years running: We have been running as a family consecutively the last 5 years.

Began running because/to: We did our first marathon, Rock N Roll San Diego in 2004, with Team in Training to raise money for the Leukemia and Lymphoma Society in support of our family member, Suzie, who was diagnosed with Non Hodgkin's Lymphoma.



Top: Jackie with Delaney and Caleigh are on the go.
Bottom: The entire Schmolz clan





I knew I was hooked when: When Coach moved back to Brevard County it quickly became a weekend tradition. We realized it was a fun way to exercise and spend quality time together. The family that runs together stays together!

Most satisfying race performance(s):

Being able to say we finished the Country Music Half Marathon in Nashville a couple years ago was quite an accomplishment. Not only was it in the 30's during the race, but it poured rain the entire time. It was a tough race for two Florida girls, and we still get cold just thinking about that race.

Favorite race(s): Why? Coach - My favorite races are Space Coast Marathon because of the locals support and Rock N Roll Las Vegas because there is nothing like running the strip at night.

Coach's mom - My favorite race this year was the new course for the Space Coast Classic since it was on the roads where we first started training 13 years ago. Some of our other favorite races are those we can dress up for and have fun while running.

Favorite race distance: We love the excitement and entertainment that comes from a half marathon, especially Rock N Roll Marathon Series races.

Favorite Place(s) to Run: River Road We love to travel pretty much anywhere for a good race.

Running Goals: Our goal is to set a personal record at each course. If there is a costume contest or a good theme then we might change our focus for that race and play along. It is not all about speed for us. We also enjoy running for the bling and door prizes.

Running partners: Our family runs all of the same races but we are all at different paces, so our iPods have become our favorite running partners.

Training Philosophies:

Coach goes to a Hip Hop Dance class 3 times a week and Coach's mom rides her Peloton every day. We only run at races.

One piece of advice that I would give to a new runner: Spend the extra money on good socks and shoes!

Other sports & interests: Dancing, cycling, cruising and traveling


Favorite Meal: Lambert's Café in Foley, AL and Hattie B's in Nashville, TN

Dream Vacation:

Coach - I would love to take a year off of school and complete a race in every state.

Coach's mom - I would love to do a runcation in the New England area, to have the opportunity to eat fresh lobster on the side of the road.

Why did you join SCR?: We wanted to be part of a team!



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

STAY CONNECTED SCR



Long Distance Relationships

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

Rock 'n' Roll San Antonio Marathon, Half Marathon, 10K and 5K



Running between the raindrops... by Marion Oswald

Statistically, San Antonio, TX, gets barely 2 inches of rain every month, if that. More than that came down upon the runners of the Rock 'n' Roll Marathon, Half Marathon and 5K on December 4. Dry at the start, a little drizzle at mile 2, a downpour between miles 5 and 8, and so on. It certainly did not spoil runners' fun however. We did the half marathon and started together with the runners of the full marathon and of the 5K, which made for a very large and happy crowd at race time. Rock bands and mariachi bands along the course lifted runners' spirits, and encouraging crowd support was provided from under umbrellas. Starting downtown with 2 minutes between corrals, the course took runners along some of San

Antonio's most historic and scenic sights. Pass the old Mexican market, cross the River Walk, and remember the Alamo! You will find it on your right between mile 3 and 4, for a quick picture by a strategically positioned photographer. Water and Gatorade stops around every 2 miles supplied more than sufficient hydration to all runners, with more to be had at the finish plus fruit and chocolate milk. The finish line festival was held at La Villita, San Antonio's historic arts village and one of the city's oldest settled neighborhoods, rock group Guster being the headliner band.

Course time limits were 4 hours for the half and 7 hours for the full marathon. Around 10,700 runners finished the half marathon; close to

Long Distance Relationships

Rock 'n' Roll San Antonio Marathon, Half Marathon, 10K & 5K



3,000 ran the full or participated in the relay. The 1,500 5K runners shared our first three miles. Already the day before the 10K had drawn 2,000 participants.

In short, if you are looking for a musical race weekend, with historical sights to visit and a wide variety of Tex-Mex and other cuisines to enjoy, San Antonio is well worth it. Allegiant and Southwest fly you there directly out of Orlando, and other airlines make you change in Houston. Packet pick-up at the expo is efficient, the size of the expo being somewhere in-between Gasparilla and Gate River Run, and the medals and shirts will add very nicely to your collection. And rain will be most unlikely.

Race results at: <http://www.runrocknroll.com/san-antonio/the-races/results/>

SCR Out-of-Town Race Recap

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

RUN THE BLUEGRASS

Lexington, KY on 04/01/17
Beverly Glenn, 2:43:16

CITRUS CLASSIC 5K,

Vero Beach, FL on 04/01/17
Anne Dockery, 23:12 **Senior Grand Masters**
Becky Oguete, 34:42
Katherine Vandiver, 36:12

CHERRY BLOSSOM 10 MILE RUN,

Washington D.C. on 04/02/17
Shane Streufert, 57:22 **1st AG 45-49**
Scott Larson, 1:04:39
Timothy McGee, 1:14:42
Brittany Streufert, 1:19:33
Jeff Hizer, 1:23:17
Betsy Butler, 1:27:39
Jessica Vanatta, 1:57:06

DISMAL SWAMP STOMP HALF MARATHON,

Chesapeake, VA on 04/08/17
Cristina Canales, 1:44:13
2nd AG 45-49

CHIMPATHON 16K RUN/WALK,

Port St. Lucie, FL on 04/09/17
Derek Stough, 1:16:58 **3rd AG 40-49**
Kurt Russell, 1:28:46
Christina Russell, 1:31:50
Michelle Smurl, 1:33:27
Jeanne Higbie, 1:44:16
Karen Suarez, 2:02:55

STORM THE CAMPUS 10 MILE RUN,

Orlando, FL on 04/09/17
Alison Vogelbacher, 1:39:35
Heather Mitchell, 1:53:49



2017 Boston Marathon jackets on. Beers in hand.
(l to r: Betsy Butler, Julie Hannah, Joe Hultgren)

MARINE CORP 17.75K in Washing-

ton D.C. on 3/26/17
Harry Prosser, 1:36:44
Kimberly Prosser, 1:48:18
Ron Roff, 1:53:03

BOSTON MARATHON,

Boston, MA on 04/17/17
Stephen Bernstein, 3:37:15
Betsy Butler, 4:10:13
Julie Hannah, BQ, 3:23:31
Jonathan Howse, BQ, 3:05:16
Joe Hultgren, 4:28:33
Matt Mahoney, 3:58:21
Ralph Miller, BQ, 3:54:16
Alison Nolan, BQ, 2:53:04

John Ouweleen, BQ, 4:05:41
Angela Wells, BQ, 3:55:14

STAR WARS DARK SIDE WEEKEND, Lake Buena Vista, FL on 4/21-23/17

10K
Jason Collins, 1:52:55
Lynnda Floyd, 1:52:21
Sarah Hart, 1:32:07
Jason Hart, 1:32:08
Joanna Kiel, 2:07:33
Carol Souve, 1:35:33

Half Marathon

Valerie Eastman, 3:09:49
Heather Felix, 2:51:21
Ryan Kiel, 2:28:18
Patricia Lucas, 2:45:39
Pat Mister, 2:44:15
Monica Overman, 2:40:59
Tom Quandt, 3:28:08
Brion Quandt, 3:28:16
Sophia Sardella, 2:33:25

SCR Out-of-Town Race Recap

Rachel Waldron, 2:53:08
Terry Weber, 2:54:14
Dark Side Challenge (10K + Half)
Mary Collins, 1:52:56, 3:06:32
James Dishaw, 1:01:33, 2:24:51
Dark Side Challenge (10K + Half)
Bryony Edwards, 1:38:08, 3:48:44
Sandra Edwards, 1:35:10, 2:58:55
Bill Floyd, 1:21:26, 2:36:47
Jeff Hathaway, 1:17:19, 2:58:32
Virginia Lamb, 1:52:55, 3:06:11
Joshua Maitlen, 1:13:45, 1:52:15
Becky Maitlen, 1:12:14, 2:33:05
Becky Oguete, 1:12:41, 2:42:08
Kelly Semenko, 1:13:46, 2:12:02
Jennifer Van Den Driessche, 1:36:45, 3:35:34



MOAT EARTH DAY: OFF ROAD HALF MARATHON,
Orlando, FL on 4/22/17
Keith Snodgrass, 1:26:08 **2nd OA**
Yasmin Jarman, 2:25:42 **2nd 55+**
5 Miler
Claudia Vargas, 56:40 **1st AG 45-59**
Karen Stout, 01:06:57
Shannon Leathlean, 01:07:10
Lori Rattay, 01:37:29



SAN MARCO WINE & CHOCOLATE RUN,
Jacksonville, FL on 4/22/17
Angela Leeds, 36:59

PALM BLUFF TRAIL RACE AND ULTRA MARATHON,
Osteen, FL on 4/30/17
Half Marathon
Keith Snodgrass, 1:41:27 **2nd OA**
Kenny Brodrick, 1:41:59 **3rd OA**
Jack Lee, 1:45:51
Aidan Montague, 1:51:23
Lisa Rose, 2:22:08
Nancy Lee, 3:08:20
Audrey Bernstein, 3:14:43
Susie O'Connell, 3:25:55

12K
Robin Moran, 1:02:40 **1st OA**
Kurt Russell, 1:06:19 **2nd OA**
Scott Rose, 1:08:31 **3rd OA**
Christina Russell, 1:22:14
Janet Erlacher, 1:22:14

BIG SUR INTERNATIONAL MARATHON,
Big Sur, CA on 4/30/17
Sal Farino, 3:45:31
Marie Thomas, 4:28:06
Molly Kirk, 4:54:46
Kelly Hunter, 4:54:47

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



May 2017

May 7
Eugene Marathon
Eugene, OR

Doug Nichols



May 7
Mountain Goat Run
Syracuse, NY

Marion Oswald, Skip Oswald



May 7
IRONMAN 70.3 St Croix
St. Croix, Virgin Islands

Lori Kruger



May 20
Fargo Marathon
Fargo, ND

Micah Vanatta



June 2017

June 4
San Diego Rock 'n Roll Marathon & Half Marathon
San Diego, CA

Bruce Vu, Diane Vu



June 17
Grandma's Marathon & Garry Bjorklund Half Marathon
Duluth, MN

Brittany Streufert, Shane Streufert



July 2017

July 9
Boilermaker 15K Road Race
Utica, NY

Marion Oswald, Skip Oswald



July 9
The Brandon Bay Half Marathon

Kerry, Ireland

Kristen Klein, Mike Walker



September 2017

September 24
Berlin Marathon
Berlin, Germany

Micah Vanatta



October 2017

October 8
Chicago Marathon
Chicago, IL

Doug Nichols



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

Mike Acosta, Carol Ball, Molly Kirk, Brittany Streufert, Marie Thomas



November 2017

November 5
New York City Marathon
New York, NY

Lori Kruger



Get your next race on the list!

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

socialmedia@spacecoastrunners.org

THANK YOU

HEALTH FIRST PRO-HEALTH & FITNESS CENTERS!

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



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

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

3 Ways to Display Your Race Medals

By Angela Leeds

Recently, I was hanging out at Playalinda Brewing Company and noticed medal racks displaying medals from members of Playalinda Run Club. Coincidentally, the next day, I delivered a medal holder to a friend. This got me thinking about the many ways to display to race bling.

Although my medals are mostly for participation, they remind me of goals achieved and fun times, so I have them out where they are easily seen.



1. **My Classroom.**— My husband made me a this awesome red medal holder. I put it in my classroom where I teach high school English. On Mondays after a race, I wear my race shirt and hang my race bling. When lessons get tough for the kids, having the medals and bibs in my classroom reminds me how hard lessons outside of your comfort zone can be. It also helps me set an example for the class. I'm not the best at everything, but I don't give up.

2. **My Dining Room.**—I rarely cook, so we don't really have a formal dining room. Christmas 2015, my friend gave me a beautiful picture frame with hooks. I added race photos and started hanging bibs and medals on it. Most people have fancy stuff in their dining room. My hutch is filled with my favorite travel souvenirs and racing memorabilia. Therefore, my racing medals fit right in with the décor.



3. **My Kitchen.**—Years ago, my mom bought me a rooster bell for my kitchen. I love it. However, when I first started running, it was a convenient place to drop off medals and many of them still live there. Every once in awhile, I'll think about relocating them to another spot, but I always get distracted so the memories still hang out there.

I know many of you have more creative ways to display your treasures. Send us your pictures to Space Coast Runners. We would love to share them!

SCR MEMBER DISCOUNTS!

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

SAVE 10% at these local businesses



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Group Fitness & Personal Training



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

SAVE 10% off one item per member



SAVE \$10 on a zoo membership



SAVE 10% on Hammer products at Nutrition Leaders in Indialantic



ENDURANCE FUELS & SUPPLEMENTS

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Race Calendar

DATE · EVENT · TIME · LOCATION · CONTACT

5/6	AIDS Orphans Mud Run	8:00 am	Teen Missions International, Merritt Island	mudrun@teenmissions.org
5/6	Get Active Brevard 5K Run/Walk	7:00 am	Viera Hospital, Viera	events@runningzone.com
5/7	Eat My Crust 5K	7:00 am	Viera Pizza/Viera High School, Viera	brittanystreifert@gmail.com
5/13	Run for the Gecko 5K	7:00 am	Wickham Park Community Center, Melbourne	events@runningzone.com
5/27	Lost in the Bay Duathlon	7:30 am	Bayside High School, Palm Bay	elizabeth.ring@yahoo.com
6/4	Pineappleman Triathlon	7:00 am	Ryckman Park, Melbourne Beach	http://www.pineapplemantri.com
6/10	Bottoms Up Beer Run 4K	6:00 pm	Wickham Park, Melbourne	annecgregg@earthlink.net
6/24	Shark in the Park 5K	7:30 am	Gleason Park, Indian Harbour Beach	Kcusimano@IndianHarbour.org
6/25	Indialantic Boardwalk Triathlon	7:00 am	Nance Park, Indialantic	Tfacciobene@gmail.com
7/4	Firecracker 5K <i>(New Location)</i>	7:00 am	Front Street Civic Center, Melbourne	events@runningzone.com
7/15	Run the Tide Beach 5K	7:30 am	Indialantic Shopping Center, Indialantic	elizabeth.ring@yahoo.com
8/20	Tailgate 2 Miler <i>(New RZ Series Race)</i>	7:00 am	Avenue Viera, Viera	events@runningzone.com
8/26	Running for Island Time 5K	7:30 am	Divine Mercy Academy, Merritt Island	debwells@cfl.rr.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.*



May

Happy Birthday

1	Debra Sloane, Tom Ward	16	Jerilyn Bird, Caleigh Schmoll
2	Keith Kowalske	17	
3	Ryleigh Curtis, Steve Hedgespeth, Chuck Mathews, Brandon Philbeck	18	Krysti Dixon, Kate Vandiver
4	Sean Black, Molly Kirk, Jennifer Mouritsen	19	Sara Ortiz, Monique St. Pierre, Jim Westermeyer
5	Sheila Hamblin, Wolfgang Jensen, Eric Larkin, Greg Scott	20	Kira Furton-Sparks, Patricia Lucas, Paige Murrill, Amy Pederson, Ben Yeargin
6	Brian Milligan, Robert Scheider	21	Jim Chiravalle, Mark Dent, Maria Dishaw, Devon Engel, Janna Griffin, Robert Longstreet
7	Steffanie Brown, Annette Cordero-Lais, Paul Kennedy	22	Kathy Bils, Kris Hansen
8	Joshua Williams	23	David Bills, Stephen Curtis, Juliet Fletcher
9		24	Rosemarie Cocker
10		25	John Holmquist, George Jarman, Michael McNees, Jennifer Penna
11	Anne Dockery, Callie Hardwick, Jeffrey Meister, Maria Eliza Talplacido	26	Aiden Fischel, Nancy Foresteire, Jessica Frank, Ed Springer, Tristan Webbe
12	Marion Oswald	27	
13		28	Kelley Lake
14	Pat Kiesselbach	29	Peter Petracco, Tyler Piercy, Sandy Walker
15	Patty Garten, Ron Getska, John Lucas, Gail Miksch, Tim Unrue	30	Pat Mister
		31	Richard Doyle, Rick Foresteire, Kyler Owen, Ron Ritter, Sarah Taylor

*Active members' birthdays are listed.