

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

NOVEMBER 2014



inside...

3 Trails to Consider Running & MORE

RACE REPORTS

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- >> Shrimp Shuffle 10K & 5K
- >> Witch Way 5K
- >> RocketMan FL Triathlon
- >> Fall Into Winter 5K
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RUN A MILE WITH

- >> Tena Hochard



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Photos by Doug Carroll

Some times it's easy to spot a member of the Space Coast Runners. Michelle Smurl waves as she runs by at the inaugural Caracara 5K that took place at the Viera Wetlands.

On Our Cover: Joe Deen receives his third place age group award with "Newbie" at the inaugural Precious Mammaries 5K.

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Photo by Doug Carroll

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

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



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

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SPACE COAST RUNNERS
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Like to Run? Like to write?

Or maybe you've always had a secret desire to try writing? How about writing about running or walking? Over the last couple of years, we've tried really hard to make this the best club newsletter that it can be.

Thanks to Brittany Streufert's creative tilt and skills, the newsletter looks better now than it ever has. And the writing has gotten better as well. Lisa Hamelin, Michelle Smurl and Michelle Au have all helped provide great stories that revolve around running/walking. We have monthly features on everything from fashion tips to training advice, from local race reports to "Where in the World" reports from all over the country and world.

But we need more. We know that many of you have some story to tell about your running or walking. Share them with us. You can help to make your newsletter and your club better by joining in, sharing your voice. There are more local races each weekend than we can possibly cover. We are simply outnumbered. There are hundreds, even thousands of events around the country and around the world that we would like to hear about. If you participate in a great, or not-so-great local event, or one that's out of town,

others would like to hear about it.

Or maybe you have other stories bouncing around your head. If they are about running or walking, let them out. Bounce them off of us...others may like to hear the info you can share and/or your point of view.

As you might be able to tell, we are looking for more writers and contributors for the newsletter. The pay is lousy, but the rewards are great. If you would like to explore how you might be able to help a great newsletter get even greater, get in touch with me.

In the meantime, see you on the roads.

See you on the roads,

BOB RALL,

Editor-in-Chief

Bob@rallcapital.com



Advertise in this newsletter.

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

To advertise your business or race in the SCR newsletter contact Bob Rall, Editor-in-Chief at bob@rallcapital.com. Give our members a discount and we'll give you a free small ad space (see page 34).

Like to write?

The newsletter staff has volunteer openings for those who love to report on the local race scene and current happenings in the running community. [Click here](#) to apply.



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CAROL'S CORNER

A Special Guest Column from SCR Treasurer, Carol Ball

Happy November!

It is Turkey Trot Season! Why are these races so popular throughout the country? Simply, it is a time for extended families to get together and do something physical before they gorge themselves on a great meal.

Of course, one local Turkey Trot held Thanksgiving morning in Cocoa Beach gets bigger every year! It is a 5K fun event that I have run many times as a part of a Turkey Team, carrying a 12 pound frozen bird using a variety of creative methods. Make plans now with your family to head down to Bailiwick Mall on Brevard Avenue and have a great time pre-burning calories before your post-dinner turkey coma. You will enjoy seeing all the costumes and creative, sometimes elaborate, turkey toting contraptions. Be sure to register in advance by November 8 to save \$5 and time standing in line to register on race morning. In fact, teams must register in advance. Also, at this time of thanks giving – bring a non-perishable food item for the food bank. Beneficiary for this race is the Cocoa Beach Junior/Senior High School Cross Country and Track Teams, so you are not only contributing to your health, but that of our area youth as well!

Another Turkey Trot in our area is held at the Suntree Country Club. Limited to the first 750 entrants, this is also a popular event that offers both a 10K and 5K distance. For this one you must register by November 12 for a discount, and also order and pay for your shirt if you wish one. Proceeds will go to the Dr. Brent R Gooch memorial Fund of the Juvenile Diabetes Research Foundation.

Now, if you are really ambitious, I have heard of runners completing the Cocoa Beach race, and then quickly driving to Suntree to run again! According to MapQuest, it is 17.61 miles and should take about 25 minutes. As long as you can run a sub 30 min 5K, you should be able to run the Cocoa Beach race at 7:30, and make it to Suntree for the 8:30 start! Go for it!

My personal plan for a Turkey Trot this year will be at the Zoom! Turkey Trot Half Marathon in San Jose, California. This will be my 24th State in my quest for a half marathon in each state. I will be accompanied by my daughter, Tracy, son-in-law, Peter, and grandson, Elliott. We will then be enjoying our Thanksgiving with Peter's sister and family.

The other premier post Turkey Day weekend event in Brevard County each year is the Space Coast Marathon & Half Marathon. Space Coast Runners will have a booth at the race expo on Saturday, so be sure to stop by and say hi and try your luck on the prize wheel. Then, after you run the race on Sunday, come by the SCR Tent in the park and hang out with other members. If you are not running this year, plan to volunteer, cheer on your friends, and enjoy all the festivities.

Happy Thanksgiving!

Carol Ball, Treasurer



If you ever have an interesting idea for an article or would like to contribute to the newsletter with an out-of-town race report, please contact Bob Rall, editor. Bob@rallcapital.com

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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 that meet regularly. If you are aware of any other groups that aren't listed, please contact lisahamelin@gmail.com and we will add them!

Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (landclearing@bellsouth.net)
Sun	Oars and Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars and Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	LongDoggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Christy Tagye (christytagye@yahoo.com)
Tues	LongDoggers Running for Brews, Satellite Beach	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Juice 'n Java Café, Cocoa Beach	6:00 pm	Michael Higgins/Christine Ellegood
Wed	Bob's Bicycle Shop, IHB	6:00 pm	Jesse Hall (239-390-6209)
Wed	Daddy Ultra Runs, Cocoa Village	6:00 pm	Hernan Garcia (info@daddyultraruns.com)
Wed	Squid Lips, Melbourne	5:30 pm	Running Zone (erin@runningzone.com)
Thurs	Running Zone, Melbourne	5:30 pm	Running Zone (erin@runningzone.com)
Thurs	Chase Bank (Riverside/Melb Cswy)	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	LongDoggers Running for Brews, Viera	7:00 pm	Jessica Schecher (runningforbrews@gmail.com)



Running Zone, Melbourne



Palm Bay Rec Runners, Palm Bay



Juice 'n Java, Cocoa Beach



Running for Brews, Viera



Oars & Paddles, Up & Running, IHB



Running for Brews, Satellite Beach



Long Doggers, Indialantic

SCR Central

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

welcome!

WELCOME NEW MEMBERS!

Eric & Susan Larkin
Marjorie Nelson
Craig, Patty & Aubree Piepmeier



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 2 locations: Running Zone in Melbourne and Daddy Ultra Runs in Cocoa Village. We look forward to meeting you soon!

SABAL ELEMENTARY AWARDED RRCA KIDS RUN THE NATION GRANT FOR 2014



The Road Runners Club of America (RRCA) recently announced its 2014 [Kids Run the Nation grant](#) recipients which included local Sabal Elementary in Melbourne. Sabal was one of twenty-five programs throughout the U.S. selected to receive a portion of \$20,000 in grants from the RRCA. In addition, the RRCA will donate copies of the Kids Run the Nation: A Running Guide for Kids booklets to be given to program participants.

Sabal Elementary Morning Mile – Melbourne, FL

The Morning Mile Program takes place every morning, weather permitting, from 7:30-7:50 AM. All students from Sabal Elementary, a Title I School, are invited to join the program. There are 229 kindergarten through 6th graders who participate. Three students from the emotional and behavioral difficulties unit at the school have been able to join the club and successfully participate. Starting at 7:30, all club members may walk or run the quarter mile track. Once a student completes a full lap they receives a straw. At the end of the 20-minute running period, the students check in with students from the National Honor Society or parent volunteers with the number of straws they received for the day. Program leaders keep track of laps each week and after completion of five miles, students receive a token for their efforts. Last year, several students completed as many as 200 miles. This year the program's goal is to see 100 students hitting the 100-mile mark.

SCR Central

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



CONGRATULATIONS SCR BOSTON 2016 QUALIFIERS!

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

- Ilse Berube, 49—3:56:20 Wineglass Marathon
- Howard Kanner, 44—3:21:52 Mohawk Hudson River Marathon
- Molly Kirk, 50—3:59:00 Towpath Marathon
- Cheryl Ritter, 46 — 3:53:38 Wineglass Marathon
- Marie Thomas, 49—3:39:24 Wineglass Marathon
- Kristin Tinker, 44—3:23:04 Mohawk Hudson River Marathon
- Micah Vanatta, 47—3:20:11 Wineglass Marathon

**DID YOU
KNOW**

The Space Coast Runners Challenge has been postponed until the 2015/2016 series season.

Help Wanted

The newsletter staff has volunteer openings for those who love to report on the local race scene and current happenings in the running community. [Click here](#) to apply.



Streufert Takes Masters at Beachside

10/11/14—Shane Streufert, 42, first ran the Beachside Half Marathon in Vero Beach back in 2009 where he snagged a third place age group win with his time of 1:39:36. Fast forward five years, Streufert improved his time by nineteen minutes to place second overall and earn the male Master's title with a 1:19:58 showing. Many SCR members also found their way to the podium at the race including Wade Dauberman (1:33:04) first men 20-24. Susie Meltzer took second in her 50-54 age group as did Andy Dutra (1:36:15) for the men's 30-34. Joan Meadows captured third in the 55-59 age group.

Other Space Coast Runners crossing the finish line at the Beachside Half were Mike Acosta (1:49:50), Andrea Lucas (2:48:50), Susie O'Connell (2:44:02), Kelly Semenko (2:14:04), and Brittany Streufert (1:56:53).



TURKEY TROT 5K

THANKSGIVING DAY

7:30 AM

A Cocoa Beach road race for runners and walkers through residential Cocoa Isles. Youth runs of 1/4, 1/2, and 1 mile for the little gobblers. Get your Thanksgiving off to a healthy start and create a great holiday tradition with family and friends!



GORDON & CORNELL
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Race benefits the Cocoa Beach Jr/Sr High School Cross-Country and Track teams

Location & Schedule

Race starts and ends at the **Bailiwick Mall**, located at 22 N. Brevard Avenue in Cocoa Beach on Thanksgiving, November 27

- 6:30 - 7:15 am Registration at **Bailiwick Mall** parking lot
- 7:30 am 5k Run / Walk
- 8:45 am Free Little Gobbler Runs
(register race day)
- 9:00 am Awards Ceremony

Amenities

- Short-sleeve women's or men's style race shirt. Register early to guarantee shirt size! (Women's shirt will be a smaller fit than men's corresponding size).
- Electronic timing by Space Coast Event Management
- Post-race refreshments in the grove by finish line
- Dozens of fabulous and festive door prizes

Awards

Seasonal Thanksgiving awards presented to:

- Top 3 Overall Male and Female
- Top Master Male and Female
- Top 4 Turkey Teams: All Female, All Male, Coed (any combination), Cocoa Beach Business
- Top 3 Male and Female in the following Age Groups: 0-9, 10-14, 15-19, and 10 year age groups from 20-29 through 80+
- Best costume: Adult Male and Female, Youth Male and Female, Turkey Team (must be present to win a costume award)

(No duplicate awards)



Second race in the Holiday Beach Series

Register for all three races to receive the Holiday Beach Series medal!

For details or to register for the series, go to <https://runsignup.com/holidaybeachseries>

<p>Cocoa Beach Race Series Steady and Surly</p>	<p>Downtown Cocoa Beach 2014 Thanksgiving Weekend Schedule of Events!</p> <p>Thursday - Cocoa Beach Turkey Trot 5K Friday - Main Street 5k/10k/15k/20k/25k/30k Saturday - Cocoa Beach 10k/5k Sunday - Cocoa Beach 5k/10k</p>	<p>THE HINGLE EST. 1988</p>
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Packet Pickup

- Tuesday and Wednesday, November 25 and 26, from 4:30 - 7:30 pm at **Cocoa Beach Health & Fitness**, 1355 N. Atlantic Avenue, Cocoa Beach
- Race day morning at **Bailiwick Mall** parking lot (22 N. Brevard Avenue) from 6:30 am - 7:15 am

Race Day Parking

Parking available 2 blocks west of the start at the Lutheran Church of the Resurrection on Minutemen Causeway, on numbered streets north and south of Minutemen, and area lots. *No parking on Brevard or Woodland between Minutemen and 2nd Street North.*

Community Outreach

Share the spirit of Thanksgiving and bring a non-perishable food item to packet pickup or race day to help the needy in our community. Donations will be delivered to the food pantry at **Lutheran Church of the Resurrection** on Minutemen Causeway.

Race hotline 321-783-6535

Email race director at TurkeyTrot5k@cfl.rr.com

Check out our **website** to see pictures from prior years!

www.cocoabeachturkeytrot.com

Register by Mail, On-Line, In Person

Entry Fees

- \$22 Individual entry mailed by Nov. 8
- \$27 Individual entry mailed after Nov. 8
- \$88 Turkey Team of 4 mailed by Nov. 8
- \$108 Turkey Team of 4 mailed after Nov. 8

(Entries for teams will not be accepted after November 25)

Turkey Team must carry a 12 lb. turkey over the course (supplied on race day). Turkey must stay with the team and the team must stay together throughout the 5k. *The turkey may not be pushed or pulled in a wheeled vehicle. Team keeps the turkey. **TEAMS MUST PRE-REGISTER BY TUESDAY, NOVEMBER 25!!***

(Race fees are non-refundable)

Mail

Check payable to **Cocoa Beach Kiwanis Foundation** and mail to:
 Cocoa Beach Kiwanis Foundation
 30 Country Club Road
 Cocoa Beach, FL 32931

On-Line

www.cocoabeachturkeytrot.com or
<https://runsignup.com/TurkeyTrot5k>

On-line registration closes Nov. 25 at midnight for individuals and teams!

In Person

Tuesday and Wednesday, November 25 and 26, from 4:30 - 7:30 pm at **Cocoa Beach Health & Fitness**, 1355 N. Atlantic Avenue, Cocoa Beach

Race day from 6:30 to 7:15 am at **Bailiwick Mall** parking lot, 22 N. Brevard Avenue

2014 Cocoa Beach Turkey Trot 5k

Name _____ Address _____ M F Age ____ DOB _____
 City _____ State ____ Zip _____ Phone _____ Email _____
 Race Shirt (included with 5k entry) YM YL S M L XL XXL Women's Shirt? ____ (Men's shirt if not checked)
 Team? Yes Team Name _____
 Team Division (circle one): Coed Female Male Cocoa Beach Business

Release form: I assume all risks associated with my participation as a participant in the Cocoa Beach Turkey Trot 5k including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled to act on my behalf, waive and release the directors of this race from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (Parent or guardian if under 18)

Date

SCR Central

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



COME JOIN US on the
SCR Fun Run Sunday Mornings!

The **Sunday Morning Fun Runs** from Cocoa Village are now heading **NORTH**. 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)



Left: Cheryl is all smiles during the Wineglass Marathon.

Right: Howard is relieved to have his first marathon in the books.

One & Done

The journey to qualify for the Boston Marathon takes many runners several races and sometimes years to finally secure the time that will allow them to register for one of the most prestigious races in the US, if not the world. Two Space Coast Runners set out to BQ (Boston Qualify) at their very first marathon and both made it happen.

Cheryl Ritter, 45, of Viera needed to run a 3:55 or better at the Wineglass Marathon in Corning, NY on October 5th. She crossed the finish line in 3:53:38. She is among the 14.5% of women ages 45 to 49 who qualify each year.

One week later at the Mohawk Hudson River Marathon in Albany, NY, Howard Kanner, 44, of Rockledge set out to run 3:25 or better. And better it he did by running 3:21:52 to secure his BQ.

Congratulations to Cheryl and Howard. Well run!

SCR Central

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



Fashion Police: “Kelly Semenko’s Super Star Style”

Everyone knows that Catholic schoolgirl Mary Katherine Gallagher lives to be the center of attention, so it was no real surprise to see her channeled at the Ghostly Gecko 5K by Miss Kelly Semenko.

Fearing she might get cuffed by the Fashion Police, the “Superstar” took off madly dashing down Pineapple Avenue. But fear not Kelly, we only wanted to commend you for your confidence in sporting a crop vest top with a lycra plaid skirt! It shows there’s no excuse to skip a run if you forget your workout clothes.

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.

SPECIAL SCR RACE DISCOUNTS

- ◆ [Florida Half Marathon, 10K and 5K](#) on 11/15/14 at Lake Louisa State Park in Clermont, FL is offering \$10 off the entry fee. Use the code "runwithme" to save \$10. Fun facts about this race: Oldest finisher - age 74, 5K course record - 18:23.40, 10K course record - 40:35.40, Half course record - 1:26.36
- ◆ The Inaugural [Bulow Woods Trail Race and Ultra Marathon](#) scheduled for Saturday, 12/13 in Ormond Beach has extended a discount on their race registration. Use code TOMOKA to save \$5.
- ◆ The beautiful town of Celebration will host the 2nd annual [Celebration Marathon & Half Marathon](#) on Sunday, January 25, 2015. Use discount code SCR2015 to receive a special savings.
- ◆ March 29th, 2015, will mark the second running of the [Tomoka Marathon](#), Half-Marathon and 5K Races. When registration opens save 10% with code SCR10.



WEEKDAY PACKET PICKUP VOLUNTEERS NEEDED at RUNNING ZONE

MON 11/24 — TUES 11/25 — WED 11/26 — FRI 11/28

2 people needed each day | Shift times: 10:00am—6:30pm

Give back to the race that so many SCR members have run by volunteering the week of the race in the packet pickup area at the Running Zone. It's fun!

[CLICK HERE](#) to volunteer or email info@spacecoastmarathon.com

SCR Central

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

Cocoa Beach Local Fun Run



It all started on July 23, 2014.

Local fun run Cocoa Beach may be the new kid on the block in terms of organized runs here in Brevard County but that hasn't stopped it from growing one bit.

Headed up by SCR members, Michael Higgins and Christine Ellegood, the Wednesday night run has had up to as many as 30 participants of all ages and paces.

Several members have joined the run within days of moving to Florida. Higgins tells us, "It is really exciting to be part of acclimating people to a new community and helping them start a network of like-minded friends. Our group has even facilitated the introduction and hiring of an Assistant Coach for the Cocoa Beach High School Cross Country team. It has given people the confidence and incentive to do their first race and has resulted in several new members of Space Coast Runners."

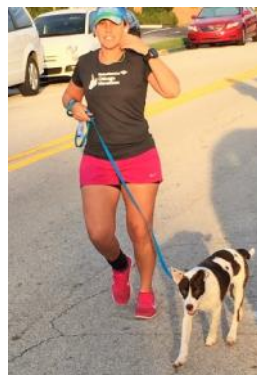
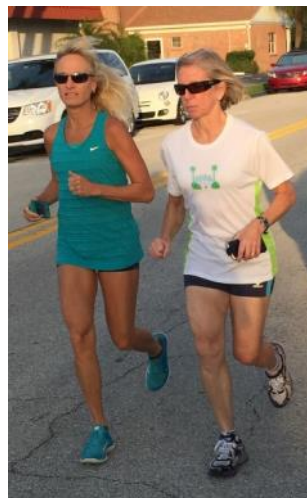
The run generally goes down Minutemen Causeway for 1.5 miles where water and Gatorade is set out. Some of the group turns back then, for a 3 mile run. The rest of the runners will run for another half mile before turning back for a total of 4 miles. The fun runners changed it up a bit and did a beach run the Wednesday before the Fall Into Winter 5K to "test" the course and they plan on doing the Turkey Trot course on one of their runs this month.

Afterwards, many go into Juice 'N Java for soup, smoothies, pizza, wine, and beer. There is live music and it is a great place to socialize.

To keep things lively, the fun run has been doing a drawing for a free race entry once a month since its inception. Any local race directors looking to contribute to this should contact Michael or Christine.

To visit the CB Fun Run's Facebook page, [click here](#).

For more info contact Michael Higgins at michaeldhiggins@gmail.com 321-514-6488 or Christine Ellegood at cellegood@gmail.com 321-480-0200.





NOW OPEN!

Parkside General Store is now open next to Daddy UltraRuns across from Cocoa Riverfront Park.

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RULES OF THE ROAD: Never run more than two abreast if you are running in a group. Don't be a road or trail hog.

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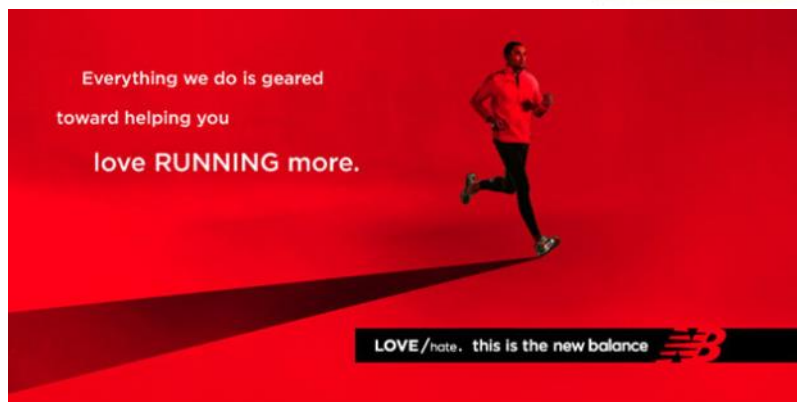
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RUNNING in Wild Florida

Bear Encounter

What would you do? Recently during a Saturday morning trail run at Wekiwa Springs State Park, located north of Orlando, Jerry Kielian encountered an adult black bear. Jerry needed to make some decisions in short order to successfully avoid a confrontation with the bear.



Here is my rehashing of the six tips from Trail Running magazine 's May 2014 article to help runners stay safe while enjoying "bear country":

1. Make noise to deter the bear before you have a chance encounter. This can include gasping for breath while running, talking to friends, singing and/or clapping your hands as you run. (my preference – talking to friends)
2. Avoid bear country or running in bear territory at dusk and dawn, when bears are most active. Stay away from momma bears with cubs!
3. Run with friends. (Note: You are more likely to avoid a bear attack if you are faster than your friends)
4. Keep the dog on a leash since canines can aggravate bears and escalate an encounter into a dangerous one.
5. Stay in the moment and leave the headphones at home. Be cognizant of noises and look for signs of bears.
6. Pay attention to this one – if you see a bear, stop running! If the bear sees you, standing up tall and waving your arms makes you appear larger, and thus, a less likely target. Do not turn your back on the bear. Slowly back away until you are out of danger.

In April 2014 a woman living near Orlando was attacked in her garage by a black bear. With urban expansion and a robust black bear population in Florida encounters between humans and bears is becoming increasingly more common. The incident resulted in the death of five bears that lived in that area. Black bears are docile, shy creatures. What then would cause a black bear to attack a person? The culprit most of the time is the feeding of wildlife. Feeding a bear increases the chance that bear will become aggressive. Biologists state, "A fed bear is a dead bear".

Back to Jerry – what did he do when he encountered a bear during his training run? He did the right thing and immediately stopped running. Jerry, an experienced hiker, has encountered bears in other states and is accustomed to them bolting into the woods to avoid humans. Not feeling threatened Jerry managed to snap a picture of the moment (see above picture). But, since the bear did not flee his gut told him to take the look larger approach (tip 6), and bark like a dog (Jerry mentioned that dogs are used to track bears in some states during hunting season). These actions may have encouraged the bear to saunter off into the woods. Jerry took it one smart step further to ensure his safety and banged on trees with a stick to make lots of noise when the bear was out of sight.

Jerry considers himself fortunate to have witnessed in person a "big, healthy bear". "It was a neat experience, normally I do not get the chance to capture a photo." His recommendation is to "respect wildlife, keep your distance and do not feed them".

Note—Jerry lives in Ft. Lauderdale, has been running for 16 months, logs 40 to 50 miles per week and is enjoying the Florida race scene. He trains with Beast Mode Running.

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

Volunteer!



The most important 90 minutes of your week may be the ones you give away

The Space Coast Marathon & Half Marathon truly could not happen without volunteers!



Volunteering at the SCR Post Race Cleanup is the perfect way to give back to your community and help keep up the race's positive image. Best of all, you can **RACE** your event and still **VOLUNTEER** in the same day!

We're in need of 40 volunteers to help clean up River Road after the race. The North Side clean up crew will consist of 20 volunteers who start clean up at 11:00 am. The South Side crew will be another 20 volunteers who will start at 1:30 pm.

Teams of two people will be assigned a designated mile which will need to be cleaned up of any litter or race debris. Two people allows for one volunteer on each side of the road. Estimated volunteer time is 90 minutes. SCR will provide gloves and trash bags as well as food and drink to keep you energized.

Here are the **Top 3 Reasons** why you should volunteer on Sunday, November 30th.

#3—It's good for you

Volunteering provides physical and mental rewards. It reduces stress and makes you healthier.

#2—You get a chance to give back

As a volunteer you help beautify the community and you help give Space Coast Runners a good name.

#1—You get some volunteer SWAG

Cleanup volunteers will receive a \$5 gift certificate which can be redeemed at Daddy UltraRuns or Running Zone, a Chick-fil-A voucher and a special SCR prize.

TO JOIN a Post Race Cleanup Crew e-mail Ed Springer (springer993@gmail.com) or Shane Streufert ([sstreufert@hotmail.com](mailto:ssstreufert@hotmail.com)). You can also RSVP at the SCR Post Race Cleanup event page by clicking [here](#).



Runner of the Year Series

TWO FAST 5Ks ARE IN THE RECORD BOOKS

2014—2015 LEADERBOARD

OVERALL — MEN

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

AGE GRADED DIVISION

- 1st Matt Mahoney
- 2nd Shane Streufert
- 3rd Doug Nichols

OVERALL — WOMEN

- 1st Lisa Petrillo
- 2nd Brittany Streufert
- 3rd Cheryl Ritter

AGE GRADED DIVISION

- 1st Leslie Faletra
- 2nd Jacquelyn Kellner
- 3rd Kaylee Kraver

With no Runner of the Year series race in October the current leaderboard remains the same. But never fear, November will see the addition of both the Space Coast Classic 15K & 2 Mile points as well as the Space Coast Marathon and Half Marathon points.

SCR Runners can score points in either the half marathon or the full marathon. Since a smaller number of runners choose to run the full marathon we may see a swing in the points standings. To view the ROY series standings, [click here](#).

ROY Standings are through the **Turtle Krawl 5K**. Please note these standings reflect your age on August 23, 2014, the date of the first race of the 2014-2015 ROY series season. If you have any series questions, please email lserwin@cfl.rr.com.

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



THANK YOU

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

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

**Atlantis Urgent Care
Millennium Engineering
& Integration Co.
New Balance Melbourne
Paddling Paradise
Up & Running Fitness
Viera Pizza**

Chik-Fil-A

Runner of the Year Series

WHAT'S COMING UP IN THE ROY SERIES

FEATURED SCR RACE OF THE MONTH



The 19th Annual Reindeer Run is scheduled for Saturday, December 13th at Cherie Down Park hosted by Lite Rock 99.3. The Reindeer Run is the final leg of the Holiday Beach Classic Mini Series featuring the Fall into Winter 5K and the Turkey Trot 5K. First 400 participants will receive shirts. Proceeds from the event benefit the Brevard County Police Athletic League.

WHERE ► Cherie Down Park 8492 Ridgewood Avenue, Cape Canaveral

WHEN ► Saturday, Dec. 13 — 8:00 AM 5K Run/Walk
9:00 AM SCR Youth Series Run

COST ► Early registration for SCR members is \$24 before 12/3/14.

WHAT TO EXPECT ► Always a holiday favorite in December, runners and walkers will take to the streets of Cape Canaveral for the 19th running of the Reindeer Run. Lots of post-race prizes and maybe a possible Santa sighting?

LAST YEAR'S WINNING TIMES ►

John Davis—17:07 Holly Wooley—18:33 — Master's Joe Hultgren—19:12 Annie Caza—22:29

SCR YOUTH SERIES ► Will start at 9:00 AM

ONLINE RACE REGISTRATION ► <http://goo.gl/qQeWHb>

DOWNLOAD RACE REGISTRATION FORM ► <http://goo.gl/IRqEmI>



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Management Team



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Like Words?

The newsletter staff has volunteer openings for those who love to report on the local race scene and current happenings in the running community.

[Click here](#) to apply.




Space Coast Runners Volunteer Incentive Program

The Space Coast Runners Volunteer Incentive Program (**SCRVIP**) was created to say THANKS to the SCR volunteers for their loyalty and giving of their time volunteering at various events connected to Space Coast Runners!

With those THANKS, we're offering our volunteers who commit their time to Space Coast Runners events some great perks.

HOW IT WORKS

 For every **SCRVIP** sponsored event you attend, you earn an incentive pack! Simply sign up to volunteer at a SCR event and then sign in AT the event! **SCRVIP** liaison, Linda Cowart will then keep a tally of all volunteer hours earned and hand out the **SCRVIP** packs. All volunteers will be considered for "SCRVIP Volunteer of the Year" which will be awarded at the club's annual banquet.


To find out about volunteer opportunities keep your email address up-to-date and check it for notices from SCRVIP, go to Facebook (Facebook.com/spacecoastrunners) and look for opportunities under Events or visit the club's website at SpaceCoastRunners.org.

SCRVIP OPPORTUNITIES

SCR Post Race Cleanup at the SC Marathon & Half Marathon	Nov 30, 2014
Eye of the Dragon 10K & Tail of the Lizard 2 Mile	Feb 28, 2015
Space Walk of Fame 8K	Apr 11, 2015

VOLUNTEER INCENTIVES FOR 2014-15

SCRVIP T-shirt

 \$5 Gift Certificate to Daddy Ultra Runs or Running Zone
Chick-fil-A voucher

Free Slice of Pizza from Viera Pizza



**When volunteering please let the race director or volunteer coordinator know you are a SCRVIP member. For more information contact Linda Cowart at linda@daddyultraruns.com .

RUN OR WALK WITH US TO CELEBRATE NATIONAL ADOPTION DAY!



Have a Heart  for Adoption

SATURDAY, NOVEMBER 22, 2014 
 START TIME: 8:30 A.M. / THE CHURCH AT VIERA

A FREE FUN-FILLED FAMILY EVENT!

Join your Brevard friends and neighbors and help us raise awareness about public adoption and the many children in our community who dream of being with a "Forever Family."

- Meet our community partners
- Free Chic-fil-A breakfast
- Door prizes and giveaways
- Bring your 4-legged friends - this is a "pet-friendly" event
- Plus, all participants receive a 9th Annual Walk and Run for Love 5K t-shirt

ENTRY FEES:

RUNNERS / Pre-registration
 Adult: \$25; Student/Team: \$22; Child: \$20

RUNNERS / Day of race
 Adult: \$30; Student/Team: \$27; Child: \$26

WALKERS / FREE

Visit brevardfp.org for more information and to register.

Donations to support programs for adoptive families in Brevard are welcome.



For more information visit www.brevardfp.org or call 321.752.4650.



Sponsored by Brevard Family Partnership and the State of Florida Department of Children and Families.



Brevard Family Partnership

Protecting Children, Strengthening Families, Changing Lives.

Foster Care – Adoption – Independent Living



Inaugural 5K teams up with New Balance

Satellite Beach Recreation teamed up with New Balance Melbourne to host the Inaugural Precious Mammaries 5K which was held at the Schechter Community Center. The 5K event was both runner and walker friendly. The 179 participants were treated to a delicious pancake breakfast, sponsored by the Satellite Beach Lions Club after the race.

Felix Hottenstein, 46, of Melbourne was the inaugural race winner who now owns the course record of 18:57. He was followed by Doug Nichols, 51, and Christopher Eastwood, 29, who ran 19:50 and 20:35 respectively. The male Master's Title was awarded to Melbourne's Kurt Holst, 52. He finished in 21:18.

Tracy Dutra topped the race results for the woman. Dutra, 41, completed the course in 20:08. She was followed by breast cancer survivor extraordinaire, Julie Hannah, 40, as she recorded a 21:37 second place finish. Third place went to Lisa Petrillo, 40, who ran 22:27. Betsy Butler, 45 was the women's Master's winner in 24:32.

The team competition saw six teams competing for the top spot. When times were tallied it was ROTC (Cameron Sutton, Kyler Hicks, George Davies, Brian Nyffenegger) taking the overall victory as the edged out Brevard Paralegal Association and Running Zone.

Proceeds from the race benefited the Cancer Care Centers Foundation. For full race results and photos, [click here](#).

Race report by Brittany Streufert.

Race photos courtesy of TriHokie Images.



Top: October is National Breast Cancer Awareness Month. Everyone (canines included) should show their support.

Middle: Teams of runners show their supportive spirit.

Top: (l to r) Julie Hannah, Jay Claybaugh, Doug Nichols, Lisa Petrillo, Betsy Butler and Kurt Holst pose for a picture with Newbie the New Balance mascot.



Hess, Higginbotham win 10K at Shrimp Shuffle

Christopher Hess, 35, won the men's 10-kilometer race in 40:16 while Haley Higginbotham, 15, took the top women's honor in 45:53 at the October 11th's ninth annual Wild Shrimp Shuffle 10K/5K at the Chain of Lakes in Titusville. The 10K along with the 5K is the opening event of the Titusville Racing Series.

Sloan Rawl, 31, was the top female finisher in the 5K running 24:02 while Jacob Carter, 16 earned the same honor for the men by finishing in 20:41. 5K participants started their race thirty minutes before the 10K. They were treated to cloudy skies but as the start time for the 10K approached the sun came out. It made running conditions Florida warm.

The race featured a revamped course that was much simpler and was well marked with signs and plenty of volunteers. The course allowed plenty of room for the fast 10K runners to pass the 5K walkers which made for a very enjoyable morning. Race winners received medals featuring that cute-as-a-button, shuffling shrimp.

The event benefits the United Way of Brevard County. For additional race results [click here](#).

Race report by Brittany Streufert. Race photos courtesy of Space Coast Event Management.



Above: Christopher Hess races to the finish to win the 10k race in the Wild Shrimp Shuffle at the Chain of Lakes in Titusville.

Left: The men's Master winner Sal Farino of Cape Canaveral accepts his medal.

Right: Titusville's Megan Owen is thrilled with her second place finish in the 10K.





Cacciapaglia runs away from competition at Witch Way 5K

Chris Cacciapaglia ran a spooky good race at the 7th annual Witch Way 5K which is put on by the Town of Indialantic and held at Nance Park. Cacciapaglia, 24, crushed the competition by running 16:23 which was 1:43 faster than second place winner Ahmad Naqi, 21, who ran 18:06. Alex Colon, 41, rounded out the top three finishing in a time of 18:09. Cacciapaglia's time is also the Witch Way's fastest finish on record.

Aubree Piepmeier, 22, of Cocoa Beach was the top female finisher in 19:07 which was also good for fifth overall in the race. Second place went to Sara Tranao, 29, of Satellite Beach in a time of 19:11. And little eleven year-old, Alexa Baker of Melbourne took third in 21:28.

In the Master's division, the men saw Canadian Ed Bickley, 56, of Calgary win in 19:34. Local Melbourne runner Lisa Petrillo, 41, captured the title for the women in 22:20.

The 5K also promotes a special Personal Record Challenge. This year's winner was Christie Waclawski who took 18:32 off her 2013 time of 51:52. Her new course PR is 33:20.

Race proceeds benefited the Indialantic Beautification Programs, Children's Hunger Project and local student scholarships to FIT. For additional race results and photos [click here](#).



Above: Overall winner, Chris Cacciapaglia crosses the finish line with his dinosaur headwear intact.

Below: Runners take off faster than a witch on her broomstick from the start line.

Race report by Brittany Streufert.
Race photos courtesy of Dave Berkman.





KENNEDY
SPACE
CENTER
VISITOR
COMPLEX



Racing Where Few Have Ever Raced Before

RocketMan Florida Triathlon is a wonderful venue for triathletes from around the world to compete and see some of the Space Coast's most treasured and historic landmarks. Even the locals get excited to compete on such "sacred" ground. The second running of the Sunday race was held in very hot and humid conditions in Cape Canaveral. The race had moved its

date from May to October but that didn't deter the Florida sun from beating down incessantly on the competitors as they started to swim at the U.S. Astronaut Hall of Fame, got on the bike and rode through Kennedy Space Center, the Canaveral National Seashore and the Merritt Island Wildlife Refuge; and finished with a run around the Valiant Air Command Warbird Museum. The triathlon offered classic, international and half-Ironman divisions.

SCR member, Ed Donner took top honors in the half-Ironman division. He completed the course in 4:21:35 ahead of John Horn who placed second in 4:27.31 and David Gay who took third in 4:47.03. The women need five hours to finish up. First place winner in the half-Ironman was Gina Donato with a time of 5:00.03. She was followed by Rachel Lee in 5:10.41 and Diana Twigg third who finished in 5:25.14.

For full results in all the different divisions, [click here](#).



Left: Daryl Gilbert of Viera rides past the Atlantis building at the Kennedy Space Center. SCR member, Gilbert completed the Half-Iron distance for the second straight year.

Above: Tri2One was the top team in the International Mixed Relay Team division. Out of the swim in second place, Tri2One pulled the fastest splits on bike and in the run to capture first place. (Photo credit: Tim Long/Florida Today)



The Holiday Beach Classic Series kicked off on Saturday, October 18 with the Fall into Winter 5K in beautiful Cocoa Beach. The Series also includes the Cocoa Beach Turkey Trot 5K on November 27 and the Reindeer Run 5K at Cherie Down Park on December 13. Participate in all three races and you'll bring home the creative medal pictured here.

Hurricane Gonzalo proved to be a challenge for race logistics but who can complain about running on the beach during a stunning and cool morning?

Chris Cacciapaglia of Melbourne outkicked Eric Kieffer of West Melbourne to capture the Male Champion Title with a time of 18:44 and a 6:03 mile pace. Eric completed the course in 18:45 for second place. Michael Gordon of Cocoa Beach, finishing the 5K in 19:40, rounded out the top three male winners. Joe Lento of Cocoa Beach grabbed the Male Master's Champion Title with a time of 20:02.

Aubree Piepmeier, of Cocoa Beach crossed the line in 19:34 and a 6:19 mile pace to earn the Female Champion Title. Sara Trane of Satellite Beach was close behind and finished with a time of 19:49. Finishing with a time of 21:45 Ceal Muldoon Walker of Cocoa Beach captured third place. Indialantic resident, Annie Caza, captured the Female Master's Champion Title with a time of 22:41.

All the kiddies that participated in the Fall into Winter youth fun runs took home a bobble head. The kid run options included a 1 mile, ½ mile, and ¼ mile run on the beach. This race is known for the fun, after race breakfast celebration on the deck of Coconuts Restaurant and serves as a fundraiser for Cocoa Beach Recreation Department Youth Camps.



Race report by Michelle Smurl. All race photos courtesy of Space Coast Event Management.

Top: The start of the Fall into Winter 5K and costumed participants

Right: Space Coast Runner Kurt Holst accepting his 1st place age group award

Bottom: Chris Cacciapaglia and Eric Kieffer battling it out for Male Champion Title and 5K finisher, Pillsbury Dough Boy



Runners Frightfully Fast at Ghostly Gecko

Race Report by Michelle Au



Ghouls and goblins gathered (don't worry, just runners dressed like them) to run/walk the Ghostly Gecko 5K on Saturday, October 18th at 6:30pm. The race was held at the Eau Gallie Civic Center and was a spooktacular good time. The spooky themed 5K also featured a ghostly post race party at Squid Lips and even a costume contest. The proceeds of the race benefited the Eau Gallie High School Health and Wellness Academy.



Coming in first, so freakishly fast that ghouls had a fright, was Chris Caciapaglia with a 5:05 pace resulting in a 15:47 finish time. Second was Shane Streufert at an impressive 16:35 and Tyler Roberts close behind in third at 16:43. Kaitlin Donner finished first for the females and nabbed a spectacular first place win with 17:20! Sara Trana triumphed in second with 18:34 and Kim Hunger came in third with a speedy 18:53.



It was one big Halloween party! Runners and walkers were fully dressed in costumes and finishers even received a trick-or-treat bag. Zippy the Gecko made an appearance to wish all the kid runners the best of luck during the kid run. If that wasn't exciting enough, two tickets to Universal's Halloween Horror Nights and a hotel stay was raffled off to participants of the race. It was a festive bash bringing families and friends together to celebrate Halloween before the 31st.

Don't miss this fun Halloween race next year! For complete race results, [click here](#).

Photos courtesy of TriHokie Images.

Ghostly Gecko 5K — Continued



Photos courtesy of Running Zone. To view all race pictures [click here](#).

RUN A MILE WITH... *Tena Hochard*

Name: Tena Hochard

Family: Ed, husband of 30 years; Sons Chris (newly married to Tina) and Kyle; and several fur babies

Originally from: Born in Michigan, moved to Brevard when I was 6 weeks old

Grew up where?: Lifelong Brevardian

Occupation: Engineering Specialist

Dream profession: Professional Dog Walker

Number of Years Running: 5 years

Began Running Because/To: Stay healthy and relieve stress

I Knew I Was Hooked When: Met so many amazing people

Race PRs (Personal Records): I am not that fast but I keep trying...5K – 25:54, Half – 2:14

Most Satisfying Race Performance(s): Too many to remember and hopefully so many more in my future

Favorite Race(s): Turtle Krawl 5K

Why? Awesome race director and truly wonderful event with a great cause.

Favorite Race Distance: Anything half marathon and under due to the time limits of training for anything further.

Favorite Place(s) to



Run: South Tropical Trail (O&P), Malabar Scrub, beach

Running Goals: To continue to run and enjoy it and to remain injury free

Running Partner(s): There are many - Coaches Elizabeth Ring and Karen Hughes (Up & Running Fitness), Lindsay Greer, Michele Duester, and Teen Sum to name a few

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: Robin Williams. Can you

imagine? He would have probably made a long run very entertaining.

Funniest or Oddest Thing I've Seen While Running: Just the other

evening while running repeats on the Melbourne Causeway with the Up & Running camp, there was this young man in a pink wig, colorful face mask and no shirt. He was



cheering us on as he walked past us. Just really bizarre!

Training Philosophies: Follow up a tough run with Yoga and/or a massage

One Piece of Advice That I Would Give to a New Runner: Have fun and don't get discouraged. It all pays off in the long run.

Other Sports & Interests: Reading and cooking. My newest interest is CrossFit (CFRA)



RUN A MILE WITH... *Tena Hochard*

Favorite Reads: Too many to list

Favorite Movies: Shawshank Redemption

When Nobody is Looking I Like to: Catch an occasional episode of the Real Housewives of New Jersey (are people really like that? ;-))

Favorite Meal: Greek salad, slice of cheese pizza and a glass of red wine

Dream Vacation: I love Hawaii but would like to visit Greece. Oh, and it is an ambition to hike the entire Appalachian Trail (not sure that is much of a vacation though).



Why did you join SCR? To meet other runners

I Think That SCR Could Do A Better Job: I can't think of anything. They already do such a fantastic job.



Marty Winkel

321-537-3526

sceventmgt@gmail.com



Help make this year's **Space Coast Marathon** a **BLAST!**



Over 350 volunteers are needed to make lift off possible at the 2014 Space Coast Marathon & Half-Marathon.

Consider volunteering for what could be an “out of this world” experience!

Areas in need of volunteers on Sunday, 11/3/14

- Bus Greeters (host hotels - 4:00am-5:30am)
- Course Marshals (2 shifts available)
- Set up crew and pre race participant assistance (3:00am)
- Finish Line (shifts available)
- Breakfast crew (shifts available)
- Clean up crew (12:00 noon)

As a volunteer you'll receive a

“Volunteer Appreciation Package” including:

- Space Coast Marathon & Half Marathon Volunteer T-Shirt
- \$10 Coupon to Running Zone
- Free Registration to one race of the Space Coast Runners, Titusville Racing Series or Running Zone Foundation Race Series
- Drawing for a free pair of shoes from Running Zone (up to \$100.00 value)

STUDENTS!

Earn volunteer hours

SCR MEMBERS!

Please consider if you are not racing

CLICK HERE to volunteer or email info@spacecoastmarathon.com

Where in the World?

ARE SPACE COAST RUNNERS RUNNING



NOVEMBER 2014

New York City Marathon 11/2—New York City, NY

Steve Chin, RC & Susie
Koontz, Stephanie Kutteroff



Wine & Dine Half Marathon 11/8— Lake Buena Vista, FL

Michelle Au



Rock 'n Roll Savannah Marathon & Half Marathon 11/8— Savannah, GA

Mike Acosta, Les Dunne, Rene
Dunne, Lisa Hamelin, Kira
Juraneck, Susie Meltzer, Gina
Rall



Soldier Marathon 11/8— Columbus, GA

Shelley Christian



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

Pat Kiesselbach

Pensacola Marathon 11/9—Pensacola, FL

Harry Prosser (full)
Kimberly Prosser (half)



St. Augustine Half Marathon 11/14—St. Augustine, FL

Wade Dauberman, Beverly Glenn



Wild Sebastian 100 11/15 & 16— Sebastian, FL

Jim Schroeder



Zoom! Turkey Trot Half Marathon 11/27—San Jose, CA

Carol Ball

Running at an Out-of-Town Race? [Click Here!](#)



Where in the World are Space Coast Runners Running?

DECEMBER 2014



**XTerra World
Championship
Trail Run 12/7—**
Oahu, HI

Bill Buonanni, Nancy
Buonanni

**Honolulu Marathon
12/14— Honolulu, HI**

Cindy Bishop



**Jacksonville Bank
Marathon 12/28—**
Jacksonville, FL

Debbie Molina, Harry
Prosser, Kimberly
Prosser, Nancy Wingo



JANUARY 2015



Key West Half Marathon 1/18—
Key West, FL

Shelley Christian, Dick White, Marlene White,
Rachel White



**Ocala Half Marathon
1/25— Ocala, FL**

Rene Dunne

FEBRUARY 2015



**Gasparilla Half
Marathon 2/22—**
Tampa, FL

Dick White, Marlene
White, Rachel White

Distance Challenge

Rene Dunne

MARCH 2015



**HITS Triathlon Ocala 3/28—Ocala,
FL (Full Distance)**

Wade Dauberman

APRIL 2015



**Boston Marathon
4/20— Boston, MA**

Molly Kirk

Tell Us Where You're Running Next. [Click Here!](#)



Jan 31 & Feb 1, 2015

5K • 8K



1/2 Marathon

1/2 Relay & Marathon

+ Dunkin Dash Kids Run  & Mascot Marathon

NEW FINISH AREA AT FRONT STREET PARK!

- 26+ bands • Post race concerts
- Tech tees & hats • Medals to Sunday finishers
- Costume contest
- Live webcast of the finish on Sunday
- Among the nation's greenest races!



REGISTER NOW!
TheMelbourneMarathon.com

3 Trails To Consider Running

Lots of local runners take to the trails each week. Depending on the time of the year you could be in for a muddy, mosquito-laden run or a pine-needle cushioned, exhilarating experience. It's recommended to set out on the trails in shoes made for trail running that have a low drop which helps keep your ankles more stable. Trail running shoes will also help drain any water you might have to run through on purpose or inadvertently. Here's a list of three nearby trail gems you can check out .

1. Tosohatchee Wildlife Management Area

These trails are located in Tosohatchee Wildlife Management Area. The main entrance is on Taylor Creek Road, 2.5 miles north of SR 520 and 3.0 miles south of SR 50. The Florida Trails section is recommended which is approximately an 11 mile stretch.

2. Enchanted Forest Sanctuary

Located on State Road 405, half-mile west of U.S. 1 in Titusville. Open 9 a.m. to 5 p.m. Tuesday through Sunday. Hiking trails wind through five major ecosystems with some truly fantastic trees.

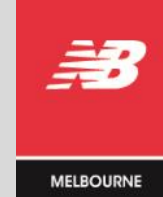
3. Turkey Creek Sanctuary

Down in the southern part of the county at 1502 Port Malabar Blvd NE. Offers a boardwalk nature trail and jogging trails that wind through the 130-acre sanctuary.



SCR MEMBER DISCOUNTS!

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



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

Pro-Health
& FITNESS CENTER

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](https://www.facebook.com/HealthFirstProHealth) page!




Race Calendar November



Nov 1	Space Coast Classic 15k/2 mile	7:15 am	Ryckman Park, Melbourne Beach	spacecoastclassic@gmail.com
Nov 1	Battle of the Branches 5k	8:00 am	Pelican South Housing PAFB	kim@avetproject.org
Nov 1	Sprint For Sight 5k	5:00 pm	Gleason Park, Indi- an Harbour Beach	Baab_books@cfl.rr.com
Nov 2	Beach Running Champi- onship 10k/Half Marathon	7:15 am	Cocoa Beach Pier, Cocoa Beach	info@themelbournemarathon.com
Nov 8	No Limits 5k	7:30 am	CCM Viera Cam- pus, Viera	fickelisa@gmail.com
Nov 8	Jailbreak Brevard Advent- ure Race	8:00 am	Brevard County Jail Complex, Sharpes	321-264-7755
Nov 8	PHFC to YMCA Run to the Gym 5k	8:00 am	YMCA, Titusville	321-537-3526
Nov 8	5k Gold Rush	8:00 am	Front Street Civic Center, Melbourne	goldrush5k@yahoo.com
Nov 15	Turkey Creek 5k Trail Run	7:30 am	Palm Bay Comm Center, Palm Bay	Ana.nesbitt@palmbayflorida.org
Nov 16	Space Coast Lightfest 5k	6:00 pm	Wickham Park, Melbourne	Shanna.michel@scouting.org
Nov 22	Run for Love 5k	8:30 am	Church at Viera, Viera	Stepha- nie.strodtman@brevardfp.org
Nov 27	Suntree Turkeytrot 5k and 10k Fun Run	8:30 am	Suntree Country Club, Suntree	steve@baerst.com
Nov 27	Cocoa Beach Turkey Trot 5k	7:30 am	Bailwick Mall, Co- coa Beach	turkeytrot5k@cfl.rr.com
Nov 30	Space Coast Marathon & Half Marathon	6:00 am	Riverfront Park, Co- coa	info@runningzone.com

HAPPY BIRTHDAY!

November 2014
 Birthstone: Topaz
 Flower: Chrysanthemum

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Rachel Friedel Sharon Loines Angie Preston
2 Randy Farnar Laszlo Kosa	3 Colby Enlow Joe Hultgren	4 Maryn Buchanan Scott Larson	5 Kimberly Badgett Kaleb Daniels Tessa Mitzlaff Ian Sardella Charlotte Varnes	6 Carol Ball Alysson Lyons	7 Carmine Lento Lisa Petrillo Anita Vanderwyst	8 Kristin Brach Trish Piercy Gina Rall Fiona Wright
9 Pat McKee	10 Steve Hofmeister	11 Mike Acosta Robert Bruckart Michael Thomas	12 Jorge Abreu Kristen Badgett	13 Janet Bainbridge Ray Brown Julie Hannah Theresa Miller Tammy Pierce	14 Allen Cowart Steve Joiner	15 John Davis Janet McCluskey
16	17	18	19 Karen Daniels	20 Shaina Anderson	21 Stephanie Castner Janet Erlacher	22 Ron Abel
23/30 Chenna Cook Daryl Gilbert <hr/> Maryanne McCarthy	24 Keith Dutter Rebecca Healy	25 Taylor Gannon Howard Kanner Jo Ellen Kanner Kaylee Kraver	26 Kimberly Budnick Lynne Cheek Samantha Lucas	27	28 Christine Davis	29

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



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.*