

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

# SPACE COAST RUNNERS

NOVEMBER 2015



**Run A Mile With  
Dana Maughn**

**3 Ways to Make a  
Post-Run Smoothie**

**SCR Central**  
Check out all the latest happenings!



# 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](http://SpaceCoastRunners.org). We also invite you to attend our Board meetings, which are open to the public and are held at 7pm on the third Monday of each month.



**Are you involved in Social Media?** Who isn't these days? Now you can connect with your fellow runners and walkers on Facebook, Twitter and now Instagram. 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!

**DICK WHITE**  
*SCR President*

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**SPACE COAST RUNNERS**  
P.O. Box 541837  
Merritt Island, FL 32954

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**Above:** Leanne Richards is awestruck as she receives her award from the original Jeannie, Barbara Eden at the Cocoa Beach Half Marathon.

**On Our Cover:** Kara Hedgespeth takes on the fun-filled Long Doggers Kid's Marathon. (Photos: Tri-Hokie Images)



**Above:** Stadium Parkway in Viera was a sea of pink on a sunny Saturday morning. The Making Strides Against Breast Cancer Walk was hosted by the American Cancer Society on October 24th.

*Space Coast Runners*

# RUNNER OF THE YEAR SERIES

*ready to run in 2015-2016*

November 29

**Space Coast  
Marathon & Half  
Marathon**

December 12

**Reindeer Run 5K**

January 30

**Tooth Trot 5K**



February 27

**Eye of the Dragon  
10K & 2 Mile**



March 26

**Downtown  
Melbourne 5K**

April 9

**Space Walk of  
Fame 8K & 2 Miler**

May 1

**Eat My Crust 5K**

For more  
details,  
[click here.](#)

See the complete ROY series ranking by clicking [here](#).

The SCR Runner of the Year Series was first run in 1982. It's one of the best local road race series with distances ranging from the 5K to the half and full marathon. Participants get the Brevard County experience with our wide variety of courses in Melbourne, Indialantic, Melbourne Beach, Cocoa, Titusville and Viera.

# EDITOR'S LETTER

November 2015

## GETTING TO KNOW THE NEWSLETTER STAFF

**Lisa Hamelin**



**Name:** Lisa Hamelin

**Favorite SCR series race:**  
Running on Island Time (even though it is the hottest!)

**Favorite Space**

**Coast area to run:**  
South Tropical Trail  
and A1A



**Running partner(s):**

Cami Waldon, Heather Zahner,  
Laurie Paul, my mind

**Little known fact/secret about yourself:**

If I am running from my house, I always walk to the stop sign at the corner of my house before starting to run and when I come back I must stop exactly at the stop sign. I'm superstitious about it for some reason (there is to be no running between the sign and my house!).



There are so many things I want to chat with our members about that I fear you might not know about. So, I'll add one thing in each monthly column. I want you to know about all the great things that our club does!

Here's my first one—do you know about our Run All Races award? If you've already run the first two races—Running on Island Time and Turtle Krawl, then listen up—you are off to a great start! If you run all 10 races in the SCR series, then you will get a beautiful award and be presented with it at our annual Awards Night Banquet. Here is what last year's looked like:



This month's issue is chock full of fun—we ran a mile with Space Coast Team Member Dana Maughn. And we have 10 race reports in this issue—a busy month back in October. That means race season is certainly in action! One of the favorites is the Long Doggers Kids Marathon and Half Marathon—the future generation of runners out there.

See everyone at the Space Coast Classic on the 7th!!

Keep moving forward!

**Lisa Hamelin**  
Editor-in-Chief

[lisahamelin@gmail.com](mailto:lisahamelin@gmail.com)



## 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](#).

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*We want you to feel good when you exercise!*

**10% DISCOUNT**  
**TO ALL SPACE COAST RUNNER MEMBERS**

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

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

# PRESIDENTIAL INQUIRY

A Monthly Column from SCR President, Dick White

## GREETINGS ALL!

How is YOUR Racing Season Going? What a GREAT Season so far!

I was at the Inaugural Cocoa Beach Half Marathon all of this weekend. (Oct 24/25) Outstanding Event! BIG Thank You to RD Mitch Varnes for giving a free Expo Booth to SCR as we were able to enlist new members and entries into our Space Coast Challenge from out of town runners that did not know about us previously.

I truly enjoyed the now balanced Wild Shrimp Shuffle 10K/5K in Titusville Oct 10 - The Chain of Lakes race course is Beautiful and Serene. (See Race Coverage in this Issue)

What an upcoming month ahead! Fall into Winter 5k Oct 31, Space Coast Classic 15K Nov 7, Rocketman Triathlon Nov 15, Cocoa Beach Turkey Trot Nov 26, AND the Space Coast Marathon Nov 29! I am going to be a VERY Busy person! I hope to see you ALL at these Great Races!!

Thank You, so very much to the individuals who have taken their time to write to me with suggestions and to those that have shared their input at the SCR table setup at the races.

Most Frequent Responses:

1) Too many (percentage) 5K in ROY series.

This would require adding more races to the series or removing existing ones. I, for one, am very pleased with all of our existing races and their Race Directors, so expansion might be an option.

2) Improve the quality of Space Walk of Fame 8K to equal SCC 15K and EOD 10K.

This year SCR has created the Space Coast Challenge 33K with that thought in mind. As a group we are offering more support and assistance to Marty to, hopefully, bring Titusville a little closer to our hearts.

3) Double ROY Points for the Marathon.

This debate goes on and on - Surely every runner knows that the taxing effort of marathon training takes time off the 5K pace. The question seems to be "who gets the advantage?"

4) Add a Team Competition to all ROY Series Races - All Teams to consist of ONLY SCR Members

This was recently submitted by Jonathan Howse and sounds like a GREAT Idea to me.

Anybody else want to give input on this one? SCROY Race Directors?

Thank You All again for your valuable input. Again, I set this column up this year just for the purpose of encouraging your suggestions. PLEASE, feel free to respond. I will respond individually to all and, with your permission, use excerpts for this column.

May your running season be healthy and injury free.

*Dick*

Dick White, SCR President  
[dickwhite@cfl.rr.com](mailto:dickwhite@cfl.rr.com)



## DECEMBER BOARD MEETING

Dec. 16, 2015 7:00pm

Pro-Health Merritt Island

All members are welcome  
to attend.

## Advertise in this newsletter.

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

To advertise your business or race in the SCR newsletter  
contact Lisa Hamelin, Editor-in-Chief at [lisahamelin@gmail.com](mailto:lisahamelin@gmail.com).

30th Annual



Saturday
November 7, 2015
@7:15am
Ryckman Park in
Melbourne Beach, FL

A classic car-themed Space Coast Runners series race! Last year was the Ford Mustang. This year is the iconic Chevy Camaro! True American spirit in a car! Finisher medals for all participants (15k and 2 mile)! Running Zone timing, shirts for first 400 participants, giveaways, and more! Visit our website for all the details of this Classic race—www.scc15k.com



TIMETABLE:

Thursday, November 5th

Online registration closes at midnight

Friday, November 6th 10:00am—6:30 pm

Packet Pickup & Registration at Running Zone (3696 N. Wickham Rd, Melbourne, FL)

Saturday, November 7th

Packet Pickup & Registration at Ryckman Park Pavilion (507 Ocean Ave, Melbourne Beach, FL)

- 6:00 am — Packet Pickup & Registration
7:00 am — Race Day Registration Ends
7:15 am — SCC 15k Start
7:20 am — SCC 2 mile Start
8:30 am — 2 mile Award Ceremony
9:00 am — Youth Series Kids' Runs (free)\*
9:30 am — 15k Award Ceremony



A Space Coast Runners-owned race and part of the ROY series!

\* SCR Youth Series—open to age 12 and under, 1/4, 1/2, 1 mile runs. Parent must sign waiver. Participation awards to all!

AWARDS:

15k—Overall, Master, Grandmaster, Sr. Grandmaster and Age Groups (5 year intervals from 10-80+)

2 Mile—Overall and Age Groups (10 year intervals from 10-80+)

FEES:

Sorry NO refunds

Table with 3 columns: Fee Category, Postmarked By 10/31, Postmarked After 10/31. Rows include 15k, 15k SCR Member, 15k No Shirt, 2 Mile, 2 Mile No Shirt, 2 Mile SCR Member, and Student (thru grade 12).

All proceeds benefit Space Coast Basket Brigade (https://www.facebook.com/SpaceCoastBasketBrigade)

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ SCR Member Yes No

Email \_\_\_\_\_

Event (circle): 15k 2 Mile No Shirt Student

Age on 11/7/2015 \_\_\_\_\_ Male Female

Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_

Shirt (Adult sizes): None XS S M L XL XXL

I assume all risks associated with my participation as a participant in the 2015 Space Coast Classic 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 Space Coast Runners, Road Runners Club of America, and other sponsors and officials involved 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 \_\_\_\_\_

Please make check payable to Space Coast Runners and mail to:

Space Coast Runners
303 Triton Ct.
Indian Harbour Bch, FL 32937

Race Director—Lisa Hamelin—spacecoastclassic@gmail.com
321.720.4127



# Local Fun Runs & Walks



Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (triathlontrainingstore@gmail.com)
Sun	Oars & Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars & Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Sun	Murrell Road Running Group (MRRG) Spyglass parking lot, Viera	7:00 am	<a href="http://www.meetup.com/Murrell-Road-Running-Group/">http://www.meetup.com/Murrell-Road-Running-Group/</a>
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Christy Tagye (christytagye@yahoo.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	Running for Brews Cocoa Beach, Hogan's Irish Bar	7:00 pm	Bo Trapnell (phogan330@gmail.com)
Tues	LongDoggers, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Tues (1st/3rd of each month)	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	Open Water Swim & Causeway Run, Squid Lips Beach/Eau Gallie Library	6:00 pm	Running Zone (erin@runningzone.com)
Wed	Cocoa Beach Fun Runs LongDoggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:30 pm	Michael Higgins/Christine Ellegood (michaeldhiggins@gmail.com) (cellegood@gmail.com)
Wed	Daddy Ultra Runs, Cocoa Village	6:00 pm	Hernan Garcia (info@daddyultraruns.com)
Wed	Running for Brews Melbourne, Fia's Ristorante & Pizzeria	7:00 pm	<a href="http://www.meetup.com/Running-for-Brews-Melbourne/">http://www.meetup.com/Running-for-Brews-Melbourne/</a> - Marcus Smith
Thurs	Running Zone, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	Hoover Middle School, Indialantic	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	Running for Brews Viera, Long Doggers	7:00 pm	Sean & Sandra Christian (IDLifeteamChristian@gmail.com)

**It's always better to run and walk with friends! Our fitness community offers several opportunities to find a group to train with. Please contact [lisahamelin@gmail.com](mailto:lisahamelin@gmail.com) to add your fun run!**

# Local Fun Runs & Walks



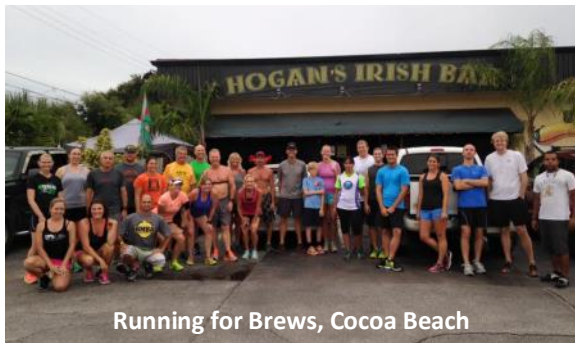
Running for Brews, Viera



Palm Bay Rec Runners, Palm Bay



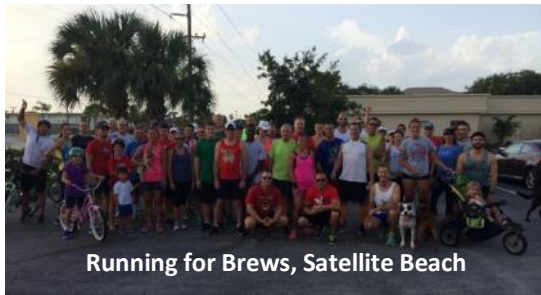
Long Doggers, Indialantic



Running for Brews, Cocoa Beach



Daddy Ultra Runs, Cocoa Village



Running for Brews, Satellite Beach



Running Zone, Melbourne



Running for Brews, Melbourne



Cocoa Beach Runners, Cocoa Beach



Up & Running Fitness, Indian Harbour Beach

# Space Coast Runners Presents

# SPACE COAST CHALLENGE

**Three Great Races – Three Challenging Distances**  
**Be one of the first to receive this limited edition medal from**  
**the INAUGURAL Space Coast Challenge**



## HOW TO QUALIFY

- Complete all 3 of the Space Coast Runners races during the 2015-2016 series :
  - Space Coast Classic 15k
  - Eye of the Dragon 10k
  - Space Walk of Fame 8k
- Individual race medals which attach to the 33k will be awarded at 15k, 10k and 8k
- Your 33k medal will be waiting for you at the Space Walk of Fame 8k

## THE RULES

- You can pre-register for all three races at one time or pre-register for each individually
- Race day registrants WILL NOT BE INCLUDED
- Register using the same first and last name, and date of birth for all three races in order for your records to match
- You must have a time posted on the official Race Results to get credit for each race
- Another person may not participate on your behalf

**SPACE COAST CLASSIC 15k**  
11/7/2015

**EYE OF THE DRAGON 10k**  
2/27/2016

**SPACE WALK OF FAME 8k**  
4/9/2016

# SCR Central

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

JOIN US on the SUNDAY RUN  
SCR is running on the **SOUTH** side.



**Sunday Mornings at Cocoa Village**  
club announcements 6:25 AM | run 6:30 AM

(Photo credit: Brenda Heidt)

The clocks have changed and we're changing directions!  
Please note that the SCR Sunday Morning run will now be run  
on the **South** side of River Road.

Hydration stations are set out approximately at Mile 2 and  
Mile 4 . We look forward to seeing everyone on the **South** side!

## welcome!

### NEW MEMBERS!

We look forward to running with you!

*William Boatwright*

*Lois Boxer*

*Sarah Chapman*

*Preston Edelstein*

*Mandy Gillespie*

*Miranda Givens*

If you are a new member to SCR and  
have not picked up your

**Space Coast Runners**

**New Member Welcome Packet,**

they are available at two locations:

Running Zone in Melbourne

Daddy Ultra Runs in Cocoa

## Many thanks

to the hardworking volunteers who unwrapped  
1,000's of medals for the Space Coast Marathon &  
Half Marathon and the Big Bang Series!



# 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.

**Berlin Marathon — Berlin, Germany**

Shane Streufert — 2:51:06

**Twin Cities Marathon — Minneapolis, MN**

John Ouweleen — 3:23:40 (1st AG)

**Chicago Marathon—Chicago, IL**

Danny Barrett — 3:23:30

Susie Meltzer — 3:48:56



**Christmas is  
coming soon!**

**The SCR Singlet  
makes a great  
stocking stuffer.**

Available at Running Zone.

## SPECIAL SCR MEMBER RACE DISCOUNTS

- ◆ Receive a 20% discount on all [Virtual Strides](#) events by entering the club member discount code **SCR20** during registration. Up next in honor of Veteran's Day is the Stop 22 virtual 5k/10k/Half Marathon on Nov. 15.
- ◆ [Best Damn Race](#) which offers 5K, 10K, Challenge, and Half Marathon distances is offering \$5 off registration to any of their events. Use code **RUNFAST**. Cape Coral is 12/13/15, Jacksonville is 1/16/16, Safety Harbor is 2/6/16, and Orlando is 3/5/16.
- ◆ Enjoy two discounts for the [Publix Florida Marathon & 1/2 Marathon](#) weekend. Save \$5 on the Florida Today 6K & 8K runs with code **JUSTFORSCR**. Save \$10 on the marathon, half marathon or relay by using code **SCRPERKS**. Both discounts available thru 1/6/16.
- ◆ Save \$10 on the [Town of Celebration Marathon & Half Marathon!](#) This year's event will take place on January 31st, 2016. Register today to guarantee your spot in the race. Use code **SCR**.
- ◆ Registration is open for the 3rd annual [Tomoka Marathon, Half Marathon & 5K](#) in Ormond Beach on Saturday, March 26, 2016. Save 10% on either race with code **SCR10**.
- ◆ [Vacation Races](#) is extending a 15% discount to all SCR members. To save 15% on upcoming 2016 races like the Zion Half Marathon (3/12/16), the Grand Canyon Half Marathon (5/7/16) and the Great Smoky Mountains Half (9/10/16), use code **16VACRC145**.

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.

# Turkey Creek 5k



Registration 6:30 am  
Race 7:30 am

RACE MANAGEMENT BY



# 11.14.15

Register On-Line at  
[www.PlayPalmBay.org](http://www.PlayPalmBay.org)  
or call 321.952.3443 for details



*The City of Palm Bay is partnering with the South Brevard Sharing Center to provide Thanksgiving meals to over 500 local families. Participants are encouraged to bring non-perishable food items on race day! All donations are appreciated.*



 Clear Channel Outdoor

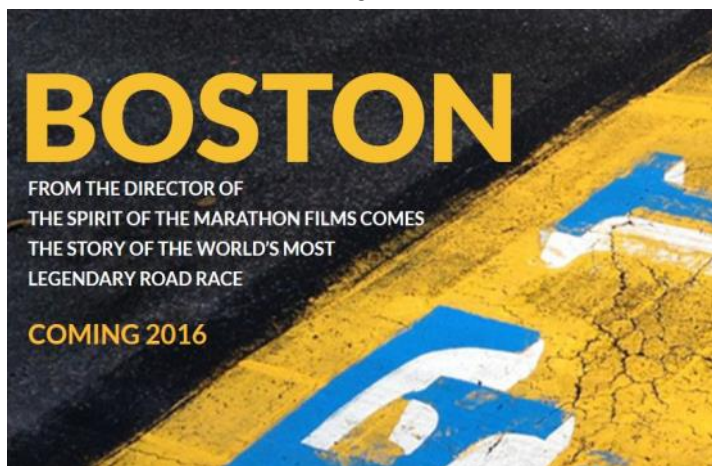
# SCR Central

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

FOLLOW US ON >>TWITTER: @SPACESTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS



## WILL YOU DONATE \$26.20?

Space Coast Runners is working to help fund and promote the film 'Boston' which is set to be released in 2016. The film will highlight the 2014 Boston Marathon while also delving into its history since the race began in 1897.

The first 100 teams (or individuals) to raise \$2500 will get a free screening of the movie in our city!

Help us reach our goal, show your support by donating online at: <https://crowdrise.com/SpaceCoastRunners>. To view the Boston film trailer, [click here](#).

## Johnny-O! Wins USATF 2015 Masters Marathon Age Group 75-79



**10/4/15 Minneapolis/St. Paul, MN —** Running like he was decades younger, John Ouweleen finished the Medtronics Twin Cities Marathon in 3:23:40 and was named the USATF 2015 Masters Marathon champion for the 75-79 age group. With his fast time, the 75-year old runner who lives in Sebastian and is affectionately known as Johnny-O received an age grade percentage of 87.11%. This ranked him 6th of the 73 male masters. Congratulations Johnny-O!

**JOIN**  
**THE SPACE COAST RUNNERS**  
**CORPORATE 5K TEAM**  
**MARCH 10, 2016**

**REGISTER SOON! THE FIRST 20 SCR MEMBERS TO SIGN UP FOR THE TEAM WILL GET A 50% DISCOUNT!**

**REGISTER ONLINE AT:** <https://goo.gl/tX3uHC>

**ENTER CODE:** SCRCORP2016

**QUESTIONS:** Feel free to email Team Captain Joan Meadows at [jmeadows25@cfl.rr.com](mailto:jmeadows25@cfl.rr.com)

# SCR Central

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

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>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS



Streufert accepts his award.

## 10/10/15 — Vero Beach

Shane Streufert's third attempt to race the Beachside Half Marathon resulted in his first overall win in Vero Beach. Having previously run the Berlin Marathon thirteen days earlier, Streufert was unsure how his legs would feel running the course that takes on two bridges in the first five miles of the race. "I lucked out that no one took off fast. I was able to ease into the run and was happy to come away with the win.", he said.

The race is popular among SCR members. Tracy Dutra took the Masters award for the females in a time of 1:33:54 and many others placed in their age groups including Cristina Canales (1:52:11— 3AG 45-49), Matt Mahoney (1:36:24—1AG 60-64), Joan Meadows (2:21:15— 3AG 55-59), Brittany Streufert 1:48:55—2AG 40-44), Marie Thomas (1:48:27—2AG 50-54), Michael Zeitfuss (2:15:48— 1AG 70-74).

Other Space Coast Runners crossing the finish line at the Beachside Half were Beverly Glenn (2:34:44), Susie O'Connell (3:04:53), Patricia Lucas (2:44:37), Tim Palko (2:56:23), Kelly Semenko (2:26:03), Lisa Rose (2:05:28), Scott Rose (2:02:38), Micah Vanatta (1:59:17), and Dean Worm (1:54:20).

## 10/17/15 — Orlando

With a newly revised course that finished on the UCF campus at the Bright House Networks Stadium, over 2,500 participants competed in either the Track Shack's U Can Finish 2 Mile, 5 Miler or both.

John Davis was the top Space Coast Runner in the 5 Miler. He finished sixth overall and ran a 5:31 pace, finishing first in his age group in 27:39.

### 5 Miler

John Davis (27:39— 1AG 35-39), Rick Foresteire (48:10), Greg Griffin (41:25), Sara Griffin (1:01:50), Alysson Lyons (53:44), Matt Mahoney (36:47), Heather Mitchell (54:22), Marty Ransom (54:05), Ned Vosak (57:14)

### 2 Mile

Rick Foresteire (16:38), Alysson Lyons (19:17), Matt Mahoney (13:30), Ned Voska (20:16)

### Distance Dare

Rick Foresteire (1:04:47), Alysson Lyons (1:13:01), Matt Mahoney (50:16), Ned Voska (1:17:28)



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Instagram





# COCOA BEACH



## 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  
ATTORNEYS AT LAW



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 26

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

### Amenities

- Women's or men's style soft-tech 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 ART SHOW</p> <p>Saturday and Sunday</p>	<p><b>Downtown Cocoa Beach Thanksgiving Weekend Schedule of Events!</b></p> <p>Thursday - Cocoa Beach Turkey Trot 5K Friday - Minuteman Mingle Reunion Street Fest Saturday - Cocoa Beach Art Show Sunday - Cocoa Beach Art Show</p> <p><small>Please click an event to learn more and how you can help keep tradition alive in downtown Cocoa Beach!</small></p>	<p>FRIDAY NIGHT</p>
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### Packet Pickup

- Tuesday and Wednesday, November 24 and 25, 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

**Results Posting** [www.sceventmgt.com](http://www.sceventmgt.com) or <http://mattmahoney.net/scr/index.html>

Check out our **website** to see pictures from prior years!  
[www.cocoabeachturkeytrot.com](http://www.cocoabeachturkeytrot.com)

### Register by Mail, On-Line, In Person

#### Entry Fees

- \$20 Individual entry mailed by Oct. 31
- \$25 Individual entry mailed after Oct. 31
- \$30 Individual entry on race day
- \$80 Turkey Team of 4 mailed by Oct. 31
- \$100 Turkey Team of 4 mailed after Oct. 31

**(Entries for teams will not be accepted after November 24)**

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 24!!**

*(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](http://www.cocoabeachturkeytrot.com) or <https://runsignup.com/TurkeyTrot5k>

*On-line registration closes Nov. 24 at midnight for individuals and teams!*

#### In Person

Tuesday and Wednesday, November 24 and 25, 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

## 2015 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

FOLLOW US ON >>TWITTER: @SPACESTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS



Pictured: John Wall with his son after the race.

## 10/25/15 — Port Orange

John Wall, 45 of Viera, placed first in the men's 45-49 age group with a time of 1:29:42. It was good enough for sixth place overall. When asked about racing the course for the first time Wall said, "It was very well organized-pre race, race and post race. The course was very nice-6 miles out on A1A with a lovely sea breeze in our faces, turning at the famous light-house, and 7 miles back. The last mile is a tester up and over the Dunlawton bridge to the finish....lots of fans cheering along the way was great. Our Up & Running Fitness team is looking forward to doing it again next year."

Not far behind Wall was Cocoa's Bret Halliday, 54, whose time of 1:33:12 was tenth overall and first in his 50-54 age group. In the men's 65-69 division, SCR landed a one, two punch on the podium with Ron Getska, 67 of Rockledge taking the top spot with his 1:53:45 finish. Palm Bay's Teen Sum, 67, placed second in 2:03:07. For the women, Willy Moolenaar, 74 of Indialantic, placed third in her age group in 2:40:34.

SCR members finishing the half were Arlene Allen-Buono (3:12:21), Michele Duester (2:46:22), Tena Hochard (2:12:21), Frank Hosey (2:05:13), Heide Jaksetic (2:58:51), Zach Jaksetic (2:35:21), Howard Kanner (1:42:29), Patricia Lucas (2:37:06), Chuck Mathews (2:05:14), Jessica McCaskill (2:30:31), Katrina Morrell (2:11:28), Abe Oros (1:58:13), Lisa Petrillo (1:52:31),

Mark Petrillo (2:36:00), Ron Roff (2:33:27), Jackie Schmoll (1:50:31), Kelly Semenko (2:19:11).

Running the 5K race were Jo Ellen Kanner ( 35:14) and Lori Rattay (43:28).

## Joe Lento Wins Back-to-Back 5K's

October 17th was a busy day for Joe Lento. He started the Saturday morning in Viera at Zonta's Will Run for Chocolate, Won't Stand for Violence 5K. Lento crossed the finish line first in a time of 19:12. He was 28 seconds ahead of the second place runner.

Later that evening, Lento ran the Florida Beer Company's Craft Action Heroes 5K in Cape Canaveral. He scored his second overall victory by running 19:05. He was 23 seconds ahead of the competition this time.



Photo by TriHokie Images

# SCR Central

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



## POST-MARATHON CLEANUP

### VOLUNTEERS NEEDED

**SUNDAY, NOVEMBER 29**

Shifts Available: 11:00am **or** 1:30pm

**Volunteering at the SCR Post-Marathon Cleanup** is the perfect way to earn hours as part of the RUN&1 Volunteer Program. Plus you give back to your community and you 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 50 volunteers to help clean up River Road after the race. The North Side clean up crew will consist of 25 volunteers who start clean up at 11:00 am. The South Side crew will be another 25 volunteers who will start at 1:30 pm.

**TO JOIN a Post Race Cleanup Crew** e-mail Ron Ritter ([rritter@cfl.rr.com](mailto:rritter@cfl.rr.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](#).



## Fashion Police: Road Rainbow

If a leprechaun is searching for a pot of gold at the end of the rainbow, he would surely find six-year-old Noelle. This cutie pie took on the Long Doggers Double Dare Challenge, which consisted of participating in both the 2.62-mile ("marathon") and 1.31-mile ("half marathon") kids' runs on October 3rd in Satellite Beach. Noelle sported rainbow colors from her fashionable, functional headband and stylish striped tank, to her rockin' running shoes. Her black capris pulled the look together, making her style on point. Best of all: the sight of this little athlete enjoying her run is pure gold.

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.

Join us for the next race in the 2015-16 Running Zone Foundation Race Series:



DECEMBER 19, 2015

# Jingle Bell 2 Miler



Santa and Zippy the Gecko bring this holiday favorite to Satellite Beach with jingle bells for your shoes & awesome Santa Hats for the first 500 registrants!

- \* Best Holiday Costume Contest
- \* Fun Stocking Awards

- \* Santa Arrival on Fire Truck
- \* Free Santa's Little Helper Kids' Run with Zippy the Gecko
- \* Cookies provided by Long Doggers!
- \* Random Giveaway: LED TV



#jinglebell2miler

Benefits Satellite High School Running Programs

**REGISTER TODAY!**

[www.runningzone.com/series](http://www.runningzone.com/series)

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

Saturday, December 19th, 2015 at 5:45pm, Satellite Beach Library

Join us for the next race in the 2015-16 Running Zone Foundation Race Series:



**REGISTER TODAY!**

# SLOTH skedaddle 3k



## 2 Start Times:

**7:00 am: Not Sloth like = less than 20 minutes to finish OR**

**7:35 am: More Sloth like = more than 20 minutes to finish**

This 1.8-mile course offers plenty of animal viewing opportunities and the chance to spend a fun day at the Zoo for 50% off the entry fee\*

[www.runningzone.com/series](http://www.runningzone.com/series)

- Check out Zoo Animals during the Run/Walk
- Fun Sloth Awards
- 50% Off Admission for All Participants on Race Day\*
- Free Li'l Sloth Kid's Run with Zippy the Gecko
- Breakfast catered by Pizza Gallery & Grill!
- Random Giveaway of one day Disney Tickets and 1 hotel night stay for two!
- AND for the 10th Anniversary we are giving away 2 Family Membership passes!
- Benefits Brevard Zoo

\*Must show participant's race number for discounts to Zoo.

Stop by Running Zone • 3696 N. Wickham Rd. • Melbourne, FL 32935 • 321-751-8890

Saturday, February 13, 2016 at 7:00am, Brevard Zoo



#sloth3k

# SCR Central

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FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

## Join Our TEAM

Race Reporter \* Health & Wellness Content Writer  
Have you ever considered writing for fun? Now's your chance! We're looking to add to our newsletter staff. You will love it. Plus, we've won an award. [Apply here.](#)



### Cristina Engel

Her photo was selected as the winner in the October "Show Us Your Pink & Win" photo contest.

Congratulations Cristina! You'll be receiving a \$25 gift certificate to Viera Pizza compliments of the SCR newsletter.

Many thanks to Brittany Streufert (right), Kimberly Prosser (center right), and Maria Agid (far right) for sending in their very pink photo submissions.



# SCR Central

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

## SO BAD, IT'S GOOD! CONTEST

Looking for fantastic, cringe worthy race photos this month.

**Who:** Anyone!

**What:** Share that horrid race pic that is so bad that it is actually good. Your photo could become a sensation and win this month's prize. All photos submitted will be featured in an upcoming issue.

**When:** Entries must be received by November 25, 2015. Winner will be announced in the December newsletter.

**How:** Submit your photo via email—[click here](#) or direct message our [Facebook](#) page. One submission per person.

**What You'll Win!** Winner will receive an entry to either the Florida Marathon Weekend 5K or 8K on Feb. 6, 2016.

Marty Winkel

321-537-3526

sceventmgt@gmail.com



# Peak When It Counts

## 4-Week Holiday Camp!

Nov 24 – Dec 15 Tuesdays 6:00PM

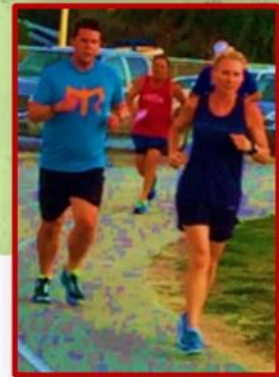
Hoover Middle School 2000 Hawk Haven Dr Indialantic

### Beginner Intermediate Advanced Training

- Cardiovascular endurance
- Muscle-specific strengthening
- Yoga

\$40 or \$50 incl a special edition holiday shirt

*(shirts exclusive to holiday camp participants)*



Register now!

<http://uprunningfitness.com/peak-when-it-counts/>

Questions? Email [info@uprunningfitness.com](mailto:info@uprunningfitness.com)



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# Let's Ask Our Readers!

## PRs—The Continuing Dilemma

By Dave Farrall



.....

I read Carol Ball's article about PRs in the SCR Newsletter and thought I really wish there were a statute of limitations for PRs, but there is not. I have never heard of any runners I have known say that the statute of limitations is up on their PR. That would not do any of use any darn good. Most of us have other times that are close to that time that was done away with and we would not be any better off.

But I sure wish that someone could rub her crystal ball and say PRs last only "X" amount of time. That would not help me because I am so far away from my best time, it's a crying shame.

I did have two PRs in 2013 for distances normally for sprint duathlons and not regular running distances.

As an older runner I have developed subdivisions to the PR to give me some drive and motivation. Here are some of my subdivisions: (1) Course PRs, i.e. the best time for each course that I run. This is not that rough. When a course has a change for some reason (add another turn, change the street), I have a course record! Most of the course PRs are not as fast as the distance PRs. (2) Age group records. These only last for 5 years and then you can start all over again. (3) Since I have become a power walker I have set another subdivision. This division can include the course record and age group PRs. Even with my imaginative subdivisions, I have already established times that I am finding hard to come close to.

**As Carol Ball wrote--PR: Two little letters that make every runner smile or in my case, CRINGE.**



# ALTER G

REAL RUNNING, LOW IMPACT.

CORA Rehabilitation and Sports Medicine hosted an AlterG open house on October 13th at their Titusville clinic to showcase the revolutionary anti-gravity treadmill. Clinic manager, Michael Ferguson, and SCR member and physical therapist, Kaitlin Donner were on hand to guide visitors through a test AlterG run or walk and to see the amenities the clinic can offer athletes in need of rehabilitation.

The AlterG utilizes patented differential air pressure (DAP) technology that was developed by NASA. It provides the runner with a workout that lowers the impact on joints and muscles from 20% to 80%.

To be honest I didn't plan to run on the AlterG but after watching another woman train on it I was intrigued. I'm so glad I did as it is quite an experience. Michael demonstrated what it felt like to have my body weight supported while I ran at different % levels. I felt like I was flying. Then he changed things up and the next thing I knew I was running backwards while watching the video monitor in front of me. He explained how this works different muscles than a runner typically uses. You can even workout on the AlterG sideways. This is kind of hard to explain so you should go check it out for yourself.

You don't have to be injured either. You can do strength training at CORA, workout to lose weight, as well as rehab. Or you can go simply to experience the joy of running without the impact on your joints. Believe me, it's well worth it..



Clinic manager Michael Ferguson and PT Kaitlin Donner

Report and photos by Brittany Streufert. CORA Rehabilitation Clinic Titusville is located at 712 Cheney Hwy. For more info on the AlterG call (321)269-8155 or email [mferguson@corahealth.com](mailto:mferguson@corahealth.com).



# VOLUNTEER WITH SPACE COAST RUNNERS

*There's 2 Ways to Win!*

## **TOP VOLUNTEER PROGRAM** – *for those who like to volunteer & be a part of the action*

SCR will recognize the top two volunteers based on volunteer points accumulated during the 2015-2016 season. The top two members will receive an official SCR jacket & a \$50 Amazon gift card. Volunteer point standings will be posted at [spacecoastrunners.org](http://spacecoastrunners.org). Winners to be announced at Awards Night 2016.

## **RUN&I PROGRAM** – *for those who like to race our events*

- ◆ Complete 8 of 10 Runner of the Year series races during the 2015-2016 season
- ◆ Volunteer at 1 SCR race or designated event during the 2015-2016 season.

All members who complete the above requirements will be automatically entered into an end of the race season drawing. Two members will receive either a FREE entry into the 2016-2017 SCR Runner of the Year series or into the Space Coast Marathon & Half Marathon in 2017 as a prize. Winners to be announced at Awards Night 2016. To check your participation, [click here](#).

### **RULES & RESTRICTIONS**

- Be an active member of SCR by May 1, 2016.
- Volunteer MUST sign-in with the designated volunteer coordinator at each event.
- Volunteer points can be accumulated from 8/22/15 to 5/1/16.
- You are not permitted to receive volunteer points and participate in a race on the same day. The only exception is the Space Coast Marathon & Half Marathon.
- Most volunteer shifts are 3-4 hours. You must be prepared to help out during the whole shift for which you are scheduled and fulfill your volunteer duties as described.
- You will forfeit your volunteer points if you do not complete your assignment or if you engage in inappropriate behavior.
- Another person may not volunteer on your behalf.

### **AREAS TO VOLUNTEER & EARN POINTS**

- Packet stuffing
- Packet pick-up
- Parking
- Race day registration table and Packet pick-up
- Course marshal
- Water station
- Finish line marshal
- Post-race food attendant
- Race prize/sponsor gatherer
- SCR tent attendant
- Set up crew
- Clean up crew

**For more information, please contact Volunteer Coordinator, Barbara Linton at [lintonbj@gmail.com](mailto:lintonbj@gmail.com).**

## Running to Save the Caracara



### OVERALL MALE

Keith Snodgrass, 20:05  
Devon Anselmo, 20:42  
Kole Romero, 21:32

### OVERALL FEMALE

Dina Viselli, 20:49  
Stacy Irwin, 29:22  
Lauren Price, 32:30

### MALE MASTER

Brent Cook, 30:34  
Vincent Mathias, 32:13  
Gary Castner, 32:48

### FEMALE MASTER

Beverly Glenn, 33:06  
Kerri Geach, 33:07  
Rhonda Creek, 33:08

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

Ritch Grissom's Memorial Wetlands in Viera was the place to be for the 2nd annual Caracara 5K. With a combination of hard-packed dirt trail and beautiful scenery, the 68 finishers had a great morning of running and walking. There was a lot of rain in the days leading up to it, but luckily it dried out just in time for the race.

The proceeds of the race went towards Brevard County Land Management in order to help the Caracara birds and their nests. There are only about 250 threatened birds nesting left in Florida.

Race report by Lisa Hamelin.



## Caracaras:

are birds of prey in the family Falconidae. They are found throughout much of the Americas. The range of the northern caracara extends as far north as the states of Arizona, Texas, and Florida in the United States.

Race photos: Steve Clark.





The 2015 Long Doggers Kids' Marathon & Half Marathon saw an increase of participation with over 400 children, ages 2 to 12, turning out to compete in either the Half Marathon distance of 1.31 miles or the Full Marathon of 2.62. And if that wasn't enough, 106 of these little participants did the Double Dare Challenge which had them running both races. The race was moved to Satellite Beach for the first time with the festivities kicking off at the Schecter Center.

It's great to see so many young kids having fun and being active. This year, funds raised at the event will benefit The Haven for Children, a group home for foster children who have been removed from their homes due to abuse, neglect or abandonment.

*Race report by Brittany Streufert. Photos courtesy of Running Zone.*



## **TOP 5 HALF MARATHON (1.31 Miles)**

Cameron Campbell, 8:38  
Michael Toppi, 8:41  
Charley Pavlick, 8:51  
Kaylee Kraver, 9:00  
Caiden Campbell, 9:08

## **TOP 5 MARATHON (2.62 miles)**

Charley Pavlick, 18:25  
Michael Toppi, 18:28  
Kaylee Kraver, 18:52  
Michael Girard, 18:57  
Cameron Campbell, 20:17

## **TOP 5 DOUBLE DOG DARE CHALLENGE (both races)**

Michael Toppi, 27:10  
Charley Pavlick, 27:17  
Kaylee Kraver, 27:53  
Michael Girard, 28:06  
Cameron Campbell, 28:56

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





George in his beloved Clare hurling jersey

Hi to all my friends and our running family. It is with great excitement and pride that we recently announced the inaugural staging of the Seize the Day 5K run and walk. This run/walk is in memory of my father in law, the late George Elliott. George passed away on Dec 3rd 2014 last after a lengthy illness. George was so much a larger than life character who left a huge impression on all those who met him. A great family man, he brought laughter and joy to all on a regular basis with his Liverpool wit and humor. When George and his young family emigrated from Liverpool, England in 1980 they set up home in Indian Harbour Beach, FL. After a career which took him all around the world, he returned to the Satellite Beach area in the late 1990's. Since then, George and his family have resided in Satellite Beach and George became very well known locally.

In thinking of how best to remember the good times and this great person, we came up with the idea of having a 5K run/walk here in Florida. A nice way to get friends and family together and celebrate his life. George more than anyone else I know embraced each day to get the most out of it. He always loved sports and for me personally he really loved to follow the various full and half marathons, even 5K's, I would participate in locally and around the USA. In some ways it kept him youthful and strong.

George was also a huge dog lover and in searching for a local beneficiary we chose the Coastal Boxer Rescue due to their great work locally in providing care for boxers. CBR is a non-profit organization that is dedicated to rescuing abused, abandoned and neglected boxers and securing them forever homes. In combination with other Florida boxer rescue groups, over 400 boxers are rescued and are provided loving homes annually. Coastal Boxer Rescue cares for more than 100 boxers each year.

As the race Director, and with the help of the Up&Running Race management team, I plan to make this initial race a success, with lots of fun along the way, the way George would want it....and to continue this tradition on an annual basis as we enter each new year ready to seize each day.

We look forward to seeing you all on the day and participating in a great experience. All are welcome, whether it is to run, walk, volunteer or just say Hi!!! The link below will take you to the registration page for the run/walk.

<https://runsignup.com/Race/FL/IndianHarbourBeach/SeizeTheDay5K>

Facebook page: <https://www.facebook.com/SeizetheDay5K>

Warm regards,

*John Wall*



**Seize the Day 5K  
Saturday, January 9th, 2016 @ 7.30am**

Location: Gleason Park, 1233 Yacht Club Blvd, Indian Harbour Beach, FL.

You won't want to miss out on our start of year 5K run/walk. This inaugural event is sure to become one of your favorite races! T-shirts for the first 150 to register. Race benefits the Coastal Boxer Rescue of Florida.

<b>Early Registration through December 31<sup>st</sup> 2015</b> <input type="checkbox"/> <b>\$25</b>	<b>Regular Registration from Jan 1<sup>st</sup> 2016</b> <input type="checkbox"/> <b>\$30</b>
<b>Checks made payable to: Up &amp; Running Fitness, 800 Poinsetta Drive # 5, Satellite Beach, FL 32937</b>	

One form per participant:  
Early Packet Pickup: Fri 1/8/16 4:30-6:30pm CrossFit Rise Above, 1054 Cypress Ave, Melbourne FL 32935

Name:		T-shirt (circle): S M L XL XXL	
Address:			
City:	Zip:	State:	
Phone:		Email:	
Date of Birth:	Age on Race Day:	Male Female (circle)	
<p>In consideration of my being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executives, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers and supporters of this race an any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Seize the Day 5K event. If I should suffer injury or illness I authorize the officials of the event to use their discretion to have me transported to a medical facility and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videos, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury. Knowing this I am entering this race at my own risk.</p>			
Signature:			
Signature of Parent if under 18:			Date:





## Pink: The Color of Hope

Everything sparkled pink as runners and walkers arrived to participate in the Exploration Tower 5K and Pink Ribbon Walk in Port Canaveral on October 3.

The 5K looped through several waterfront properties and back to The Cove. Cancer survivors such as Hope Sanders and her friends encouraged each other throughout the course and celebrated together at the end. "It was the first opportunity to do something with two of my sister survivors/friends: Vicki Allen and Marcia Wilson. The walk was a way to physically and emotionally stretch our way into a new normal," said Sanders.

After the race, others participated in a survivor walk and released butterflies as a sign of hope. The event raised money to help patients undergoing treatment and for cancer research through the Space Coast Cancer Foundation.

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



**Top:** Hope Sanders, Vicki Allen, and Marcia Wilson celebrate the completion of the 5K and the end of their treatment. **Bottom Left:** Walkers leave for the Pink Ribbon Walk. **Bottom Right:** Kay Achee, cancer survivor, releases a butterfly.

### OVERALL MEN

- Daniel Schultz, 17:14
- Joe Lento, 19:02
- Josiah Hackenberg, 21:20

### OVERALL WOMEN

- Judy Bailey, 25:44
- Jacqueline Eaton, 25:46
- Brie Henwood, 26:46

### MASTERS

- Don Larsen, 23:41
- Mary Russell, 27:31



About 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of her lifetime. (Breastcancer.org)

## Avitabile and Hochard win on new course



### OVERALL MAN

Vincent Avitabile, 19:36

### OVERALL WOMAN

Tena Hochard, 27:00

### MASTERS

Art Anderson, 20:05

Geraldine Avitabile, 31:28

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

**PHOTO:** Art Anderson takes home the Male Master's win.

It was a beautiful day for runners and walkers on a newly created 5K course that began and ended on the grassy grounds of Goode Park in Palm Bay running out through the scenic neighborhoods, circling the "twin lakes." Several participants reported back that they loved the new course and a few PRs were attained as well. One Up & Running Fitness team member Teen Sum, age 67, broke his 24 min 5k with a 23:51 personal best!

Palm Bay Mayor William Capote presented Ryan's Hope 5k Run/Walk with a proclamation recognizing October 2015 as Ryan's Hope Addiction Awareness Month during the award ceremony. Hope Ministries provides assistance to families suffering with addiction issues through Addiction Recovery Counseling, Education and Counselor Training Programs.

This was the 3rd annual event for Ryan's Hope with small participation and now that the venue has changed with an awesome new course, URRM feels this 5k has promise for future years!

*Race report by Up and Running Race Management.*



## Runners shuffle thru Chain of Lakes to begin the Titusville Racing Series

Over 200 people gathered in Titusville on October 10 to run the Dixie Crossroads' Wild Shrimp Shuffle.

Runners chose between a 5K at 7:45 A.M. and a 10K at 8:15 A.M. A Kids Fun Run began 9:15. All course options looped through Chain of Lakes, which offers charming views of lakes and wildlife. The course was changed slightly this year, and runners seemed to be happy with the change.

Kristin George, who placed second in her age group for the 10K, said, "The Wild Shrimp Shuffle was a great combination of asphalt and cross country trails. Beautiful scenery and wildlife to appreciate my first 10K. It was beyond my expectations: a well-planned race, positive and encouraging volunteers, and the love of running. You can't get much better than that!"

After the race, runners enjoyed fresh shrimp from Dixie Crossroads and other refreshments while cheering on the winners at the award ceremony. The Wild Shrimp Shuffle is the first of five races in the Titusville Racing Series. The United Way of Brevard was the benefactor of the race.

Race report by Angela Leeds and photographs provided by Angela Leeds and Space Coast Event Management..



Top: Runners head out for the 5K.

Above right: Lacy and Sarah Taylor finish the 10K strong in their shrimp costumes.

### 5K

#### OVERALL MEN

Nickolas Sexson, 18:21  
Joe Lento, 19:10  
T. Jarvis 21:20

#### OVERALL WOMEN

Katie Lancaster, 23:02  
Susan Snodgrass, 24:50  
Angela O'Brien, 24:54

#### MASTERS

Trevor Branam, 21:22  
Julie Pomerleau, 25:15

Complete 5K race results, [click here](#).

### 10K

#### OVERALL MEN

Joe Hultgren, 40:59  
David Melfi, 45:32  
Justin Morgan, 47:12

#### OVERALL WOMEN

Ceal Muldoon-Walker, 44:06  
Angela Wells, 45:07  
Christine Kennedy, 51:19

#### MASTERS

Rhonda Creek, 56:37  
Mark Dent, 50:30

Complete 10K race results, [click here](#).

## Wild Shrimp Shuffle — continued

### Joe Hultgren Comments on His Experience

I ran the Wild Shrimp Shuffle 10K this year and was really pleased with the changes in the Event. It started with a 5K race followed by the 10K 30 minutes later. The 5K course made one large loop around the Chain of Lakes Park. This was great for spectators as it was easy to see the race develop from start to finish. It's a treat to be able to actually watch a race while you are warming up. The 10K course made 2 loops around the park. The first loop followed the 5K course and the second loop was a little longer and brought runners around the North East lake for a full tour thru the park. The course was well marked and staffed and included 2 water stations, which made for 4 stops for 10K'ers who were really thirsty. The longer loops and 30 minutes of start difference kept the lapping of other runners to a minimum. I caught up to 3 or 4 5K runners on the first loop and another 3 or 4 10K runners on the 2nd loop. Each turn was well marked and staffed with volunteers to direct the runners.

The 5K awards started shortly after I finished my race, and the 10K awards followed about 40 minutes later. That left enough time in the morning to do the 2nd 10K loop again with Joe Lento who ran the 5K. We saw a couple of alligators in the lake and lots of fish jumping in the water. Congratulations to the team and volunteers who put on the event this year, it was very well done.

Regards, Joe

Joe Hultgren, the 10K race winner



**Pictured Top:** Joe Hultgren crosses the 10k finish line in first place. **Above:** Cassidy Michonski, Kristin George, Angela Leeds, Carol Souve, and Tammy Michonski display their Shrimp Shuffle medals. **Left:** The finisher's medal **Far Right:** Pat Mister, wearing her Space Coast Runners singlet, dashes to the finish line.

## Rain delay doesn't damper annual race



It was a dark and stormy night, with winds a-blowing, lightning flashing, and thunder pounding.

We wondered if we were going to get out alive! Folks left and right of us were fleeing for their lives, but we held on. A few of us brave souls weathered the torrential storm as the 8<sup>th</sup> Annual Witch Way was scheduled to start at 5:30pm on Oct 10.

It was a nightmare for any race director. Then, at 5:40 or so, the front blew through and the skies cleared with a few last snap, crackle, and pops. The RZ timing team hurriedly made their last minute preparations, and at 6:15, we were off! We were rewarded with a nearly 10 degree drop in the temps and a beautiful rainbow! Despite the torrential rain, the course was high and dry with very little puddle-dodging required.

Race Director Loren Goldfarb stated, "For the first time in the eight-year history of the Witch Way 5K, Mother Nature almost forced a cancellation. But the storm cell passed just in time, and we were able to sound the starting siren." Down from previous years, there were 483 registrants for the race but only 321 finishers due to the bad weather.

In 2010, Loren Goldfarb and the race committee came up with the idea of a PR Challenge. This was the 6th year of calculating a personal record for anyone that has done the Witch Way 5K in past years. 52 people bettered their time from anywhere between 00:40 and 22:31 (Marcel Lorente went from a 49:51 in 2012 to a 27:20 this year!) They were each awarded a PR Challenge Pin.

Race report by Carol Ball. Photos provided by Loren Goldfarb and Witch Way 5K.



### OVERALL MEN

John Davis, 16:37

Steven Baker, 19:59

Keith Moon, 20:08

### OVERALL WOMEN

Christina Apsey, 23:08

Anne Dockery, 23:19

Kalli Owen, 23: 53

### MASTERS

Derek Stough, 20:23

Keri Owen, 27:21

## WILL RUN FOR CHOCOLATE



## WON'T STAND FOR VIOLENCE 5K

<http://cadencorbin.com/img>

Hosted by Zonta Club of Melbourne

There were 108 finishers on the morning of Oct. 17th for the Will Run for Chocolate, Won't Stand for Violence 5K. The weather was ideal and the participants had a great time running and walking.

The 1st, 2nd, & 3rd Place Winners of the 2015 Chocolate Festival provided delicious chocolate items at the finish line, so participants truly were running for chocolate! The Chocolate Festival brings together Brevard's best chocolatiers, pastry chefs and restaurateurs to make delicious chocolate confections. Make sure you save the date for March 6th for next year's festival.

The host of the race was Zonta Club of Melbourne. Their mission is to raise awareness of violence against women and girls around the world and fight human trafficking.

For complete race results, [click here](#). Race report by Lisa Hamelin and photographs provided by Brooke Goldfarb.



### OVERALL MEN

Joe Lento, 19:12  
Michael Hoffmaster, 19:40  
Gusty Maat, 19:42

### OVERALL WOMEN

Michele Longstreet, 22:55  
Amanda Maudlin, 26:51  
Josephine Shim, 26:57

### MASTERS

Kevin Smith, 20:52  
Jessica Barone, 27:46



**Top:** Race Director Shannon Ferry is ready for the race.

**Middle:** Zonta Sisters participating in the race.

**Left:** Runners lining up at the start line just outside of the Space Coast Stadium.



## Runners are frightfully fast at the Ghostly Gecko 5K



Runners take over the roads at this year's Ghostly Gecko 5K.

Treats galore awaited runners at this year's spooktacular Ghostly Gecko. Among the runners were costumed super heroes, creepy clowns, cartoon characters, and super-cute costumed kiddoes, all eager to hit the streets of Eau Gallie. The race was well-managed by Running Zone with early packet pickup, pace markers at the start, and a well-marked course. Runners took off into the setting sun and enjoyed the early evening run, full of the promise of fall. After the race, participants were treated to a goody bag and souvenir headband while enjoying a smoothie. Inside the civic center, more treats awaited with photo opportunities against a themed banner or with ghoulish figures. Age group winners scored unique gravestone plaques. To add to the fun, runners could also enjoy complimentary appetizers and beer under the moon on Squid Lips' beach area. From start to finish, this race was a perfect celebration of fall. Race report by Lisa Hamelin.

### Ghostly Gecko 5K

OCTOBER 24, 2015



#### OVERALL MEN

Chris Cacciapaglia, 15:39  
John Davis, 16:14  
Troy Smith, 16:26

#### OVERALL WOMEN

Kaitlin Donner, 18:00  
Sarah Trane, 18:21  
Beth Mihlebach, 19:07

#### MASTERS

Shane Streufert, 17:21  
Tracey Dutra, 19:51

#### TEAM DIVISION

Longdoggers  
Running Zone  
Health First

#### SCHOOL PARTICIPATION

S Indian Harbour Montessori: 23  
Divine Mercy: 11  
Audobon Elementary: 7  
Holland Elementary: 7



Race director Denise Piercy is rocking her witchy hat.



A lovely lady starts the race with the national anthem



View all the Ghostly Gecko 5K pictures courtesy of Running Zone by [clicking here](#).



## Dreaming of Jeannie

There is nothing like being surrounded by over one hundred Jeannie-costumed runners, in addition to the over two-thousand other runners to get a race started! With a beautiful sunrise over the ocean, the race started near the old Officer's Club on A1A. The inaugural race had runners making their way north on A1A through Cocoa Beach and then heading back south via the sandy beach to finish at Lori Wilson Park.

There was a big after-race party at the park, with live music, food and drink, beer provided by Florida Beer Company, massages and photo opportunities with a giant inflatable genie bottle and a wooden cutout of the genie coming out of the bottle.

The highlight of the post-race party, however, was Barbara Eden stopping by to visit and hand out awards to the overall winners. Jeannie herself! She has aged gracefully since the infamous series, *I Dream of Jeannie* and at 84 years of age is still cute as a button.

Race report by Lisa Hamelin and photographs provided Doug Carroll and PeO Rydgren.



### OVERALL MEN

Marcus Dasilva, 1:23:41  
 Joe Dreher, 1:28:57  
 Patrick Sirois, 1:30:23

### OVERALL WOMEN

Heather Schulz, 1:29:11  
 Lisa Valentine, 1:32:26  
 Jessica Wagner, 1:34:44

### MALE MASTER

Trent Smith, 1:33:07

### FEMALE MASTER

Laure Blume, 1:35:44

### RELAY TEAMS

Team Black Sheep, 1:25:43  
 12 Years Running!, 1:31:46  
 The Pink Panthers of Death, 1:43:24  
 Team River Road Rats 1:45:51  
 Team Geiss Girls 1:52:16

### JEANNIE OVERALL

Terri Rejimbai, 1:37:56  
 Willow Bolton, 1:44:22  
 Bobbi Lynn Bolton, 1:57:36

### JEANNIE MASTER

Lea Anne Richard, 2:02:04

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

**Top:** Genie bottle finisher medals were a big draw for the race participants.

**Middle:** Lea Ann Richard tickled pink to receive her Jeannie division Master award from Barbara Eden.

**Bottom:** Runners making their way through Cocoa Beach, on the road and on the beach.

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



**Over 350 volunteers are needed to make lift off possible at the 2015 Space Coast Marathon & Half-Marathon.**

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

### **Areas in need of volunteers on Sunday, 11/29/15**

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

## **STUDENTS!**

**Earn volunteer hours**



## **SCR MEMBERS!**

**Please consider if you are not racing + earn volunteer hours for RUN&1 program.**

# THANK YOU

## HEALTH FIRST PRO-HEALTH & FITNESS CENTERS!

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

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

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



## 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



**SAVE 10%**  
off one item per member



**GET MOVING!**  
Group Fitness & Personal Training

**SAVE \$10**  
on a zoo membership



# Runner of the Year Series

ROY RACE #2 A BIG SUCCESS

## 2015—2016 ROY Men's Leaderboard

### OVERALL

- 1 Shane Streufert
- 2 Brad Thomas
- 3 Steve Hedgespeth

### AGE GRADED

- 1 Gary Gates
- 2 Shane Streufert
- 3 Joe Hultgren



Steve Hedgespeth and Brad Thomas

## 2015—2016 ROY Women's Leaderboard

### OVERALL

- 1 Kristen Klein
- 2 Cheryl Ritter
- 3 Annie Caza

### AGE GRADED

- 1 Anne Dockery
- 2 Annie Caza
- 3 Carol Ball



Kristen Klein

## UPCOMING SERIES RACE SCHEDULE

11/7/15	Space Coast Classic 15K & 2 Mile
11/29/15	Space Coast Marathon & Half Marathon
12/12/15	Reindeer Run 5K
01/30/16	Tooth Trot 5K
02/27/16	Eye of the Dragon 10K & 2 Mile
03/26/16	Downtown Melbourne 5K
04/09/16	Space Walk of Fame 8K
05/01/16	Eat My Crust 5K

## FEATURED RUNNER OF THE YEAR SERIES RACE



### REINDEER RUN 5K

- WHERE** ▶ Cherie Down Park  
8330 Ridgewood Ave,  
Cape Canaveral
- WHEN** ▶ Saturday, December 12  
8:00 AM
- COST** ▶ Early registration for SCR  
members - \$24 before 12/2/15

**WHAT TO EXPECT** ▶ Expect cool weather, a fast course and a Santa sighting at the 20th anniversary of this fabulous race! First 500 registrants receive a shirt. Race benefits the Brevard County Sheriff's Office Police Athletic League.

**SCR YOUTH SERIES** ▶ 1 Mile Fun Run

**ONLINE RACE REGISTRATION** ▶ <http://goo.gl/HGSCyr>



If you have any series questions, please email Loran Serwin at [lserwin@cfl.rr.com](mailto:lserwin@cfl.rr.com).

# Sponsorship Opportunities!

Local businesses—here is a great opportunity for you to help support Space Coast Runners and the three SCR-owned races.

Your sponsorship support helps Space Coast Runners put on the best events possible for the running and walking community and at the same time we'll be sure to promote your business in exchange!

The three races help benefit great local organizations—the Eye of the Dragon proceeds benefit the SCR High School Scholarship fund. Spacewalk of Fame proceeds help benefit the Space Walk of Fame Foundation. Space Coast Classic proceeds benefit the Space Coast Basket Brigade.

For further information, please contact Lisa Hamelin at [lisahamelin@gmail.com](mailto:lisahamelin@gmail.com)

## Space Coast Runners Sponsorship Levels

**Eye of the Dragon 10k/2  
mile**



**Spacewalk of  
Fame 8k/2  
mile**



**Space Coast Classic 15k/2  
mile**



	Olympic \$3000	Gold \$1500	Silver \$900	Bronze \$600	Supporter \$300
<b>Sponsorship Benefits</b>					
<b>Recognition on Start/Finish Line Banner</b>	Name and logo (large)				
<b>Free Race Entries with T-Shirts</b>	18 (6 to each of the 3 races)	9 (3 to each of the 3 races)	6 (2 to each of the 3 races)	3 (1 to each of the 3 races)	1 (Pick one of the 3 races)
<b>Recognition on Race T-shirt</b>	Name and logo (large)	Name and logo (large)	Name and logo (medium)	Name and logo (small)	Name (small)
<b>Recognition on SCR Website (for the entire season)</b>	Name and logo (large)	Name and logo (large)	Name and logo (medium)	Name and logo (small)	Name and logo (small)
<b>Recognition on Individual Event Websites (for the entire season)</b>	Name and logo (large)	Name and logo (large)	Name and logo (medium)	Name and logo (small)	Name and logo (small)
<b>Recognition on all Race Applications/Marketing Materials</b>	Name and logo (large)	Name and logo (large)	Name and logo (medium)	Name and logo (small)	Name (small)
<b>Recognition in SCR Newsletter (distributed to over 800 active members)</b>	Full page Sponsor Spotlight article	1/2 page Sponsor Spotlight article	1/2 page Sponsor Spotlight article	1/2 page Sponsor Spotlight article	1/2 page Sponsor Spotlight article
<b>Recognition on SCR Social Media</b>	Sponsor Spotlight article	Sponsor Spotlight article	Sponsor Spotlight article	Sponsor Spotlight article	Sponsor Spotlight article
<b>Race Packet Inclusion</b>	Yes	Yes	Yes	Yes	Yes
<b>Recognition at Event</b>	Yes	Yes	Yes	Yes	Yes

# RUN A MILE WITH DANA MAUGHN

**Name:** Dana Maughn

**Family:** Adam Ferguson, husband of 6 months.

**Age:** 27

**Originally from:** Newport News, VA

**Grew up where?:** Indian Harbor Beach, FL

**Occupation:** Talent Acquisition at Lockheed Martin

**Dream profession:** Applied Animal Behaviorist

**Number of Years Running:** 10

**Began Running Because/To:** Relieve stress or really just to die healthier

**I Knew I Was Hooked When:** I ran my first 5K race

**Race PRs (Personal Records):** 5K- 24:04; Half – 1:50:52; Marathon 4:08:55

**Most Satisfying Race Performance(s):** Nike Women's Half DC because I set out to finish in 2 hours but I kept up a good pace and got my PR.

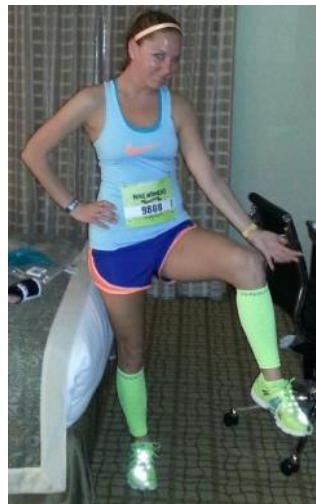
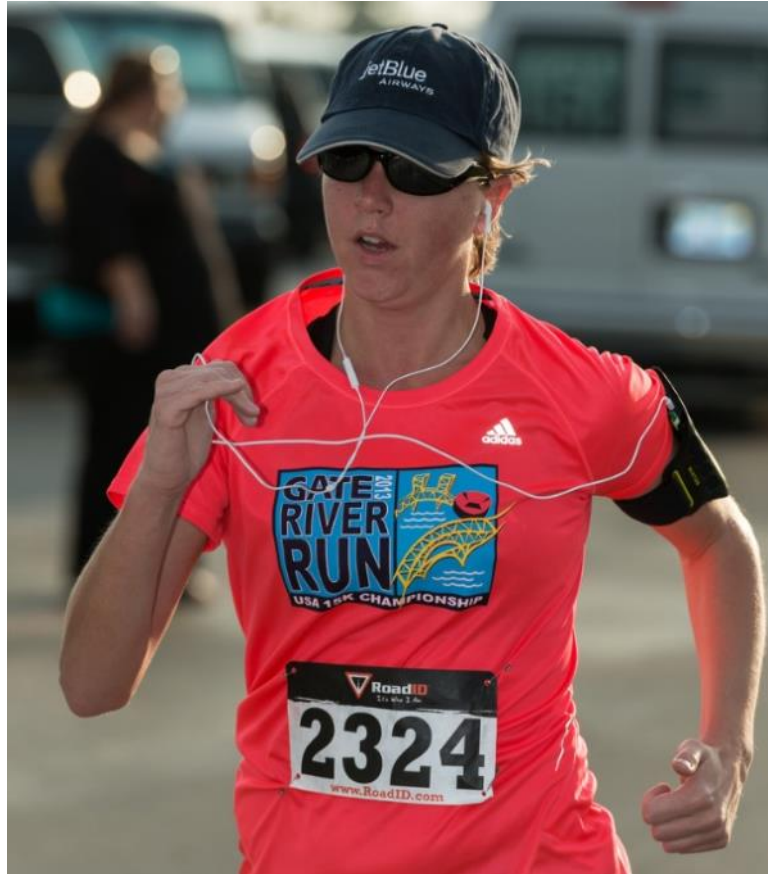
**Favorite Race(s): Why?** The Turkey Trot in Cocoa Beach because it is a great way to start off the holiday. My husband and I have made it a tradition because it is a wonderful course through the neighborhoods and a lot of residents come out in support. It is also fun to see all the different ways the teams dress up and carry their turkeys!

**Favorite Race Distance:** Why? Half Marathon because you push yourself but can still enjoy (remain standing) the after party celebration.

**Favorite Place(s) to Run:** Anywhere new. I like the rush of discovering new places on foot.

**Running Goals:** Currently, to finish the NYC Marathon in under 4 hours. But I want to run a race in all 50 states before I turn 50.

**Running Partner(s):** The Cocoa Beach Fun Runners/Walkers, they are truly the greatest, most welcoming people!



**Top:** Dana races towards the finish line at a local race.

**Middle:** Before and after the Nike Women's Half in Washington, DC.

**Bottom:** Racing the Bayside 5K9 with her dog, Kailani.

# RUN A MILE WITH DANA MAUGHN



**If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:** I would thoroughly enjoy Morgan Freeman coaching me through a long run. I think my performance would improve immensely.

**Funniest or Oddest Thing I've Seen While Running:** I saw a man laying motionless on the side of the sidewalk on an

early morning run and I panicked because I thought I was that morning runner that found the dead body. Turns out it was just someone who had a little too much to drink and found that spot to be particularly comfortable. I have never been so relieved.

**Training Philosophies:** Keep pushing yourself to reach new goals.

**One Piece of Advice That I Would Give to a New Runner:** Remember the reason you lace up and don't get discouraged if you have a bad day.

**Other Sports & Interests:** Traveling and exploring new places with my husband.

**Favorite Reads:** Everything from books, magazines, newspapers, blogs etc. I love learning and hearing other's opinions as well as being entertained in the written form.



**Favorite Movies:** A Few Good Men

**When Nobody is Looking I Like to:** Sing and pretend I can carry a tune.

**Favorite Meal:** Steak and lobster with a loaded baked potato mmmmmm

**Dream Vacation:** Scuba Diving the Great Barrier Reef

**Why did you join SCR?** It is a great way to meet other runners and support the running community.

**I Think That SCR Could Do A Better Job:** They do an amazing job already!



Running the Space Walk of Fame 8K



Participating at the SCR National Running Day event



If you would like to be featured in a future "Run a Mile with" profile, please contact SCR newsletter editor, [Lisa Hamelin](#).

**FOLLOW SCR ON**

>>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS



**Saturday, Nov. 21, 2015**

Start: 7:30 am | Registration: 6:30 am

The Church at Viera

**Celebrate National Adoption Day  
at this Fun-Filled Family Event!**

New 10K Course, Refreshments and more!

[www.secure.runningzone.com/runforlove](http://www.secure.runningzone.com/runforlove)

or call (321) 710-9488.



**THANK YOU SPONSORS!**



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





# Long Distance Relationships

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



## Ironman Maryland 2015 — Cambridge, MD — RRG Strong!

We've been planning this trip for 11 months. Those of you who know Ironman know you have to decide a year in advance which race you want to do, as some fill up in minutes! 8 of us had the bug this time! We buckled down and started our training.

We had meetings to discuss accommodations and transportation alternatives. We ended up opting for comfort vs. location when renting a 3 house property decked out with all the extras! We decided to try the auto train since none of us had ever tried it. The auto train travels from 4pm til 9am, allowing you the convenience of getting your traveling in during the night without actually having to drive!

After many months of planning, hot hot training, a few injuries, and lack of sleep we were finally packed and on our way. We left Sanford on Tuesday September 29 for our October 3 race. We arrived in Lorton, Va. on Wednesday. The cars were off loaded and we headed to

Cambridge, a mere 90 something miles, which took over 3 hours in that DC area traffic! We had 3 vehicles, 7 bikes and 7 women! We went straight to packet pick up, the expo and the athletes briefing.

The athletes briefing was at 2pm. We were hanging out under a shade tree because it was in the 80s and there was actually talk the water was warm and the swim might not be wetsuit legal. By 2:20 the speaker was telling random stories while telling us he was waiting for the race director who had a "special announcement". Well, that's never good!

The announcement came and it sort of went like this ".....due to hurricane Joaquin (and the preceding nor'easter) we will NOT be racing this weekend, we are hoping to postpone it, and we will not know anything until Tuesday at 6pm...." WHAT???? We just spent 17 hours on a train and 4 hours in a car to get to athletes village to

# Long Distance Relationships

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

hear our race is **cancelled!**

In true RRG fashion, we left our cars parked and walked to RAR - the local watering hole! Eventually we ended up across the street for a great Maryland style seafood dinner. Then off to check in to our 3 house property 40 minutes away. In the process we contacted our rental company and learned our property would not be available for the potential race weekend 2 weeks later. We would have to find other arrangements if our race was rescheduled.

Up early Thursday, October 1, we loaded up and headed back down 195. A mere 18 hours later we arrived home. 18 hours of torrential rain and multiple accidents along 95. Now we just had to wait 5 days to find out if we'd actually even get to race an Ironman!

Meanwhile, how do we train? We've built and tapered; now we potentially have 2 weeks before we race. Of course we defer to our coach...let him make the hard decisions! Another build week with another 100 mile ride and 20 mile run, then another taper week.....and we are ready to race again!

In the meantime, the town of Cambridge withstood the flooding rains and wind of the nor'easter. By Tuesday it was apparent the hurricane wasn't going to come ashore in the mid Atlantic. Ironman and the town of Cambridge worked closely to do something that has never been attempted in IM history. They agreed to reschedule the race for Saturday, October 17. If the town could pull this off, it would make IM history. If you know the logistics of Ironman races, you know it's a major effort to get roads closed, police support and especially volunteers for a 17 hour race! The town embraced the rescheduled event and most importantly embraced 2500 athletes returning to their town!

Another RRG meeting - how are we always outside The Village Idiot - and we've negotiated another rental property. This one is tiny, 8 of us in 3 bedrooms BUT it is literally .2 from the finish line!!! We never have to get in our vehicles from the moment we arrive til the moment we leave! It's perfect!

We decide on the auto train again, so we can sleep while someone else drives. Ok, in reality....we really don't sleep much but we did have a blast. Dinner, a bar car, a crazy card game, and a fun reunion with the crew from our trial adventure 2 weeks prior! We arrive at our rescheduled



race on Thursday, October 15th. This time we consolidated vehicles, rented a minivan and ended up with 2 cars, one with 4 girls and 3 bikes, the other with 3 girls and 4 bikes, all on the inside!!! Yikes, we are now really close friends :)

The talk of the race this week has again shifted to the weather! But instead of a hurricane and warmer than normal temperatures, the talk was about the "coldest weather of the season" coming in for the weekend. The nor'easter storms had dropped the water temp from a barely wetsuit legal 75 to a wetsuit required 63 degrees. Air temp dropped from a "find a shade tree" 85 to a brisk breezy 47! How the heck does that happen in 2 weeks??

Well, off to athletes' village to re-check in, do some IM shopping and back to the house. Grocery shopping, a quick stop at RAR and dinner out round out our evening!

Friday we are going to swim/bike/run as a warm up for the race. We get decked out in our wetsuits and walk the .9 to the swim start area - freezing. It's cold for us Floridians! I think it's about 52. We plan a 20-30 min swim on the practice swim course. There are lots of athletes out there. For the most part they are all talking about how the water "feels good" compared to their normal open water swims in some frozen lake somewhere up north! We get in the water.....and we freeze.

We go our separate ways, all dealing with our own mental demons. We learned that day that when you put your face in extremely cold water you gasp uncontrollably. You can't help it and you can't stop it! Some of us lasted 6 minutes, some less, and some a little more! We exited the water to a covered picnic area where we had left towels and warm clothes! We got dried off, and stopped shivering enough to make our way back to the house, to finish our workout. The ride was pretty and the run was nice. We packed our transition bags, our special needs bags and got our bikes ready to head to transition and bag drop. We walked the .9 to the start area, racked our bikes and dropped our bags. We leisurely walked back to the house, mentally preparing for our pre-race traditions. After dinner in, a rotation in and out of the kitchen to make our nutrition, we called it a night.

Up early, we checked the weather. It was 46 with 15-30 mph winds....wow that felt chilly to us. We got a little food, got our tri gear on and donned our wetsuits just to keep warm for the .9 mile walk to the start. We did our morning

# Long Distance Relationships

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



Pictured left to right: James, Theresa, Cyndi, Christy Z., Kelly, Suzie, Christy T., and Linda

rituals, pumped our tires, dropped our special needs bags, filled our transition bags with our nutrition, and headed to the swim start.

Music is playing and the announcer is talking. Then comes the first announcement ".....you will get to swim, but....there is a small craft advisory and we need to move the swim to a more secure area. The swim will be 1.2 miles instead of the normal 2.4 miles..." There are some who are happy with this and some who are not! 4 of us were at Ironman Florida last November when the swim was cancelled, so we were in MD to race a full course! But Mother Nature had other plans. After about 15 minutes there was another announcement. ".....we are able to adjust the course and you will now be able to swim 1.9 miles, almost the entire distance..." They spend another 15 minutes re-routing all the buoys and start the race at 7:30. For racers this means the sun came up as the course was being designed. When the gun went off we had not had a chance to actually see the course. We had no idea which way we were going, except to follow yellow until we got to red and turn! The swim was certainly cold, but we all conquered our demons and got it done! Several other racers were not as lucky as our group, and were pulled due to hypothermia.

Out of the water.....wow, it's cold!! Stripped from your wetsuit...wow it's colder! Shivering, we race to the first transition tent - thankfully heated (IM brought in heaters for the transition tents and heated buses for the course to help prevent hypothermia)!!

Out on the bike, it's sunny and windy. The course is beautiful. It's a 2 loop course, with lots of head wind; I mean....all head wind. One inspirational quote from the bike course....."how is it you can make 4 right turns and head into headwind each time?" So true!

Back to transition and those heated tents! Into running shoes and off we go. And.....it's still windy! And it's still cold.....but cold is good for a marathon. The run is 2.5 loops. The course is great. We run some along the water and the headwind is crazy.....but unlike the bike, in the run we actually get tail wind on the back of each loop. The run course runs past RAR 3 times and those folks were rowdy! Finally, after 26.2 miles of cheering fans, volunteers, water, Gatorade, Pepsi, chicken broth, pretzels, cookies and more cheering fans.....the best part of ironman is finally in your sight. The lighted, fan covered, carpet draped finish chute! We've been working our way toward this chute all day.....and to the most memorable announcement ever "YOU ARE AN IRONMAN"!!!!

Ironman Maryland was a beautiful course. And hands down, had the best local welcoming community we have ever come across at any out of town race! Mother Nature was a little cranky but after all was said and done, we all had PRs and great races!

Cyndi Bergs	(45-49)	13:45	54th AG
Linda Cowart	(50-54)	12:35	8th AG
Suzie Enlow	(50-54)	12:06	6th AG
Kelly Hunter	(50-54)	12:17	7th AG
James Miller	(25-29)	10:10	3rd AG
Theresa Miller	(55-59)	11:10	2nd AG*
Christy Tagye	(40-44)	12:04	18th AG
Christy Zieres	(55-59)	13:49	13th AG

**\*QUALIFIED FOR KONA**

Article submitted by Theresa Miller



**FEBRUARY 6|7, 2016**

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*"One of the prettiest half-marathon courses around."  
-Bill Rodgers (4x NYC and Boston Marathon Winner)*

# Where in the World?

ARE SPACE COAST RUNNERS RUNNING



**November 1**

**TCS New York City Marathon**  
New York City, NY

Suzie Biery, Betsy Butler, Jay Clay-  
baugh, Julie Hannah, Christine  
Kennedy, Dana Maughn, Natalie  
Oswell, Callie Philipson, Karen  
Stout

**November 7**

**Savannah Marathon & Half  
Marathon**  
Savannah, GA

Ragan Krupp, Tricia McBride,  
Marie Thomas

**November 7**

**Zonta ABC Walk/Run**  
Key West, FL

Jackie Kellner

**November 14**

**St. Augustine 10K**  
St. Augustine, FL

Ragan Krupp

**December 5**

**St. Jude Memphis Marathon**  
Memphis, TN

Sara Gielow

**December 13**

**Islamorada Half Marathon**  
Islamorada, FL

Kelley Lake

**December 13**

**Best Damn Race Half Marathon**  
Cape Coral, FL

Tonya George

**January 9**

**Walt Disney World Half Marathon**  
Lake Buena Vista, FL

Jason Collins, Mary Collins,  
Les Lake, Kelley Lake

**January 17**

**Key West Half Marathon**  
Key West, FL

Tonya George, Lisa Rose, Scott  
Rose

**January 17**

**Shark Bite Half Marathon**  
New Smyrna Beach, FL

Molly Kirk, Marie Thomas

**January 31**

**Town of Celebration Marathon &  
Half Marathon**  
Celebration, FL

Tonya George, Jonathan Howse,  
Kelley Lake

**February 7**

**Daytona Beach Half Marathon**  
Daytona Beach, FL

Molly Kirk, Marie Thomas

**February 13**

**Donna Half Marathon**  
Jacksonville, FL

Kelley Lake

**February 14**

**A1A Half Marathon**  
Fort Lauderdale, FL

Tonya George

**February 20**

**Gasparilla Distance Classic**  
Tampa Bay, FL

Tonya George

**March 12**

**Gate River Run 15K**  
Jacksonville, FL

Cheryl Ritter, Ron Ritter

**March 13**

**First Watch Sarasota Half  
Marathon & Relay**  
Sarasota, FL

Tonya George, Kelley Lake

**March 20**

**Publix Georgia Half Marathon**  
Atlanta, GA

Rachel Redlien

**March 26**

**Tomoka Marathon**  
Ormond Beach, FL

Molly Kirk, Brittany Streufert,  
Marie Thomas

**March 29**

**Storm the Campus 10 Miler**  
UCF, Florida

Kelley Lake

**April 18**

**Boston Marathon**  
Boston, MA

Cristina Canales, Jackie Kellner,  
Cheryl Ritter, Ron Ritter

**May 8**

**Tinkerbell Half Marathon**  
Anaheim, CA

Kelley Lake

See your next out-of-town race listed in the newsletter. **It's easy! Just click on the link.** [Click here](#)

3 WAYS TO

# Make a post-run Smoothie

By Angela Leeds

**Gather**

these healthy ingredients, drop them in your blender, press start & enjoy!

## 1. Runner's World Ultimate Post-Run Recovery Smoothie

- 1 cup of blueberries - reduces inflammation and soreness
- 1/2 banana - potassium
- 1 cup low-fat keifer - more probiotic bacteria than yogurt to keep your immune system strong
- 15 - 20 almonds - vitamin E for immune system
- 2 tablespoons wheat germ - protein, vitamin E, and zinc
- 1 tablespoon honey - quick-digesting carbs and antioxidant

<http://www.runnersworld.com/quick-bites/quick-bites-ultimate-post-run-recovery-smoothie>

## 2. Tropical Smoothie

- 1 cup of frozen raspberries
- 1 1/2 cups coconut water - I prefer my coconut water mixed with pineapple.
- 1 cup of spinach
- 2 tablespoons vanilla protein powder-

\*I like mine to be more like a slushie, so I also add ice. Sometimes, I add a banana, blueberries, or a splash of orange juice.

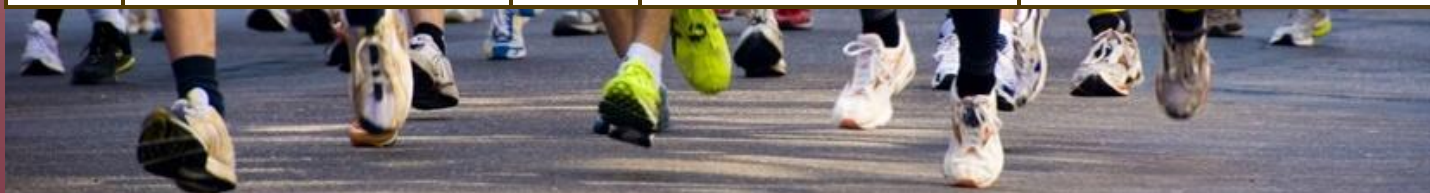
## 3. Chocolate Banana Smoothie — (makes an entire pitcher)

- 3 cups of chocolate milk
- 1 frozen banana
- 1 scoop whey protein powder
- 1 scoop PB2
- Ice

# Race Calendar



11/5	<b>FIT Homecoming 5K</b>	6:00 pm	Meg O'Malleys, Melbourne	bcampanini@fit.edu
11/7	<b>Space Coast Classic 15K &amp; 2 Mile</b>	7:15 am	Ryckman Park, Melbourne Beach	spacecoastclassic@gmail.com
11/7	<b>Sprint for Sight 5K</b>	4:00 pm	Gleason Park, Indian Harbour Beach	BAAB_books@cfl.rr.com
11/7	<b>Run With the Stars 5K</b>	6:30 pm	Fay Lake Wilderness Park, Port St. John	sceventmgt@gmail.com
11/14	<b>Turkey Creek 5K Trail Run</b>	7:30 am	Palm Bay Comm Center, Palm Bay	ana.nesbitt@palmbayflorida.org
11/14	<b>Represent (321) 5K</b>	8:00 am	Pelican Creek Estates, Satellite Beach	henry.matta-garcia@iapws.com
11/15	<b>RocketMan Florida Triathlon</b>	7:20 am	Astronaut Hall of Fame, Titusville	info@thefloridamarathon.com
11/15	<b>Space Coast Light Fest 5K</b>	6:00 pm	Wickham Park, Melbourne	shana.richardson@scouting.org
11/21	<b>Run for Love 5K &amp; 10K</b>	7:30 am	Church at Viera, Viera	info@runningzone.com
11/21	<b>The Doggy Run 5K</b>	9:00 am	Wickham Park, Melbourne	thedoggyrun@gmail.com
11/26	<b>Cocoa Beach Turkey Trot 5K</b>	7:30 am	Bailiwick Mall, Cocoa Beach	turkeytrot5K@cfl.rr.com
11/26	<b>Suntree Turkey Trot 5K</b>	8:30 am	Suntree Country Club, Melbourne	steve@baerst.com
11/29	<b>Space Coast Marathon/ Half Marathon</b>	6:00 am	Riverfront Park, Cocoa Beach	info@runningzone.com
12/5	<b>Up &amp; Running Adult Track Meet Event</b>	9:00 am	Merritt Island High School, Merritt Island	info@uprunningfitness.com
12/5	<b>Run 4 The Future 5K</b>	4:00 pm	Wickham Park, Melbourne	info@runningzone.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.*





**NOVEMBER**

Welcome to those in **RED**,  
who are moving up to a  
new age group!

<b>1</b>		<b>16</b>	Grace Shagena
<b>2</b>	Laszlo Kosa, Colton Anderson	<b>17</b>	
<b>3</b>	Joe Hultgren, Colby Enlow, Tyler Bowman	<b>18</b>	Sherri Lorraine, Jackson Bainbridge, <b>Susie Earwood</b>
<b>4</b>	Scott Larson, Maryn Buchanan	<b>19</b>	Dawn Brush
<b>5</b>	Kimberly Badgett, Charlotte Varnes, Ian Sardella, <b>Jackson McGinnis</b>	<b>20</b>	<b>Shaina Anderson, Robert Gleichauf</b>
<b>6</b>	Carol Ball, Alysson Lyons, Thomas Bliss	<b>21</b>	Stephanie Castner, <b>Marjorie Nelson,</b> <b>Sandy Walker</b>
<b>7</b>	Lisa Petrillo, Carmine Lento	<b>22</b>	Heather Lewis, Arlene Allen-Buono
<b>8</b>	<b>Trish Piercy, Fiona Wright, Gina Rall,</b> Kurt Tezel, <b>Christian Lake</b>	<b>23</b>	Chenna Cook, <b>Daryl Gilbert</b>
<b>9</b>	Lucy Haddock	<b>24</b>	Rebecca Healey, Keith Dutter, Charlotte Walters, Jack Girard
<b>10</b>	Steve Hofmeister, <b>Kristen Faust</b>	<b>25</b>	Taylor Gannon, Howard Kanner, Jo Ellen Kanner, Kaylee Kraver, Mandy Gillespie
<b>11</b>	Mike Acosta, Michael Thomas, Robert Bruckart, <b>Ned Voska</b>	<b>26</b>	Kimberly Budnick, Samantha Lucas, Caroline Runyon, Juliette Gates
<b>12</b>	Kristen Badgett, Seth Netterstrom, Jorge Abreu	<b>27</b>	Becky Maitlen
<b>13</b>	Ray Brown, Theresa Miller, Julie Hannah, Janet Bainbridge, Jane Garrard, <b>Naweed Akram</b>	<b>28</b>	Tricia Tezel, Tamara Pope
<b>14</b>	Patty Piepmeier, Joy Boucher, Kerry Philbeck	<b>29</b>	
<b>15</b>	John Davis, Rory Allen, Sue Perry	<b>30</b>	Cristina Canales, <b>Jenna Bliss</b>