

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

November 2017



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Run a Mile with
Holly Davis

Run Local
Sand Point Park



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On Our Cover: Derek Beckett was on fire as he led the 15K race along Tropical Trail and the beautiful Indian River.

Above: Participants gathered at the start of the 2 Mile race at the Space Coast Classic. Runners 14 & under score Runner of the Year points in this race while runners 75 & over can run the 15K or the 2 Mile distance to earn ROY points.

Photo credits: TriHokie Images

SCR Membership Information

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

www.spacecoastrunners.org



Running Safety Tip

DON'T WEAR HEADPHONES.

Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may miss during evening or early morning runs.

SPACE COAST RUNNERS

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

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



Where to find Space Coast Runners on Social Media?

Like us on [Facebook](https://www.facebook.com/spacecoastrunners) to stay updated on our weekly and monthly events and everything run related on the Space Coast.

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

Check out the [SCR Blog](http://SpaceCoastRunners.org) on our website for good stories and interesting tidbits.

LISA HAMELIN
SCR President

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SPACE COAST RUNNERS

P.O. Box 541837

Merritt Island, FL 32954

Ah, November: It starts with a party for us and ends with a party for the world.

Brevard's own race, the Space Coast Classic, always has warmed the heart, not least because it is an early-morning get-together of four or 500 of the most intelligent and friendly people anyone could hope to meet.

This is where you learn to dispense with calling participants in a foot race "competitors," because runners don't seem to spend the hours before the race plotting to beat other runners and definitely don't spend the hours after it boasting about how they did it, unless it's a joke.

The Classic, cool because it has a two-miler as well as that rare 15K, also has a cool course, which you drive along in pre-race hours and think, "Gleason Park. Tropical Trail. This is where I'd want to run. It's pretty. It's interesting. It's fall, and even here, that counts for a little, anyway."

I hope it stays where it is for the next 32 years because Space Coast Runners deserve it, but Ryckman Park did have its charms, did play a role in why some of us have such affection for this race.

It had doughnuts.

The first year I covered it, SCR members encouraged everyone there – kids, family members, even reporters – to partake of its many warm, glazed doughnuts, and that was grand, but grander still was the race director asking the reporter to take a box home. What? Lisa Hamelin, you scarcely know me and you're giving me a ginormous box of Krispy Kremes? Do you realize there's an 8-year-old nephew waiting at home and you've just made a hero of me? Wow.

THE party, of course, happens each Sunday after Thanksgiving, after much explanation about how no, you can't go away for the weekend, and yes, you do have to get up at 3 a.m.

Now a little seriousness: I've written and edited sports stories, whether I wanted to or not, since college, and that includes just about every game at every level in this country. No major event, matches the Space Coast Marathon and Half Marathon for pure congeniality. Nebraska and Clemson at the Orange Bowl were friendly. The Space Coast Marathon is ongoing-friendly. The only events that come close are . . . ready for it? Next month's holiday-themed races.

This is what sports is supposed to be about.

You stand in the dark on the sometimes chill, sometimes damp streets of Cocoa Village with a couple thousand people who are just so pleased to be there and just so pleased to say so. They tell you their stories and you could write 100 of them.

And do you realize how professional an operation the marathon is? Do you realize how good a job you do and how good a job Running Zone does? The people who run it, see it.

These races, the Classic and the marathon, express a little of us as Brevardians, rather than merely as runners; they tell the world we're pretty decent people who are not content to sit still, and the happy residents along the way, in the neighborhoods of Indian Harbour Beach and on River Road, confirm it.

One more thing: This being the month for Thanksgiving, thank you. Thank you for being so helpful. Thank you for taking time to talk when you're breathless and sweaty. Thank you for allowing this keyboard to run wild once a month. Thank you for being so understanding of someone who really ought to do more.

Just thank you.

- Lyn Dowling



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ACROSS FROM BREVARD COMMUNITY COLLEGE



LISA'S Musings

A Monthly Column from SCR President, Lisa Hamelin

Consistency. Can we talk about it for a few? Anyone else have issues with being consistent in their running? *Hand raised*!! There are various reasons why some people just can't seem to stay consistent – injuries, time management, motivation. Mine mostly is due to motivation. I carry a pretty fair load of things I do each day, but I am pretty good at managing my time. I get the majority of my workouts done in the wee hours of the morning before the family gets up. Occasionally I can sneak in some evening runs during soccer practices on the weekdays.

So, how can we stay motivated? Sign up for a goal race, meet with a friend or group for your runs, log your workouts, explore different courses, take off the Garmin, do something or go somewhere totally different. There are a variety of ways. Another option, while more drastic, is to take some time off, do another type of activity and perhaps your love of running will come back to you. Sometimes we have phases of interest in the things we do in our lifetime. A lot of times I can't decide if forcing it is the better idea or leaving it for a bit. Whatever you do, continue to do something active.

One thing is for sure, at least for me, is that the cooler weather is definitely more of a motivator than not. I love living in Florida, but running in the summer heat is not my favorite.

On to administrative pleas. We are getting into busy season with November here. The Space Coast Marathon & Half Marathon is on the 26th. One area where we need YOUR help is volunteering! Every year for the marathon, we unwrap all of the finisher medals prior to the race. Also for the marathon, we need volunteers for the post-race road cleanup. If you can help us, please sign up online!

[Medal Unwrapping](#) on 11/11

[SCM Packet Pickup](#) on 11/24

[SCM Post Marathon Road Cleanup](#) on 11/26

We thank you for your continued support! Our club can't put on these events without our volunteers.

See you on the road.

-Lisa

Lisa Hamelin, SCR President
lisahamelin@gmail.com

OCTOBER BOARD MEETING

November 20, 2017 — 7:00pm,
ProHealth Viera

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

Advertise in this newsletter.

* FREE Ad * \$25 Half Page *
\$50 Full Page (includes 1 eBlast)

To advertise your business or race in the SCR newsletter contact Lisa at 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, send the staff an email — info@spacecoastrunners.org.



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

LOCAL FUN RUNS

spotlight run of the month

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

Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (mcbergs@att.net)
Sun	Oars & Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars & Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Mon/Wed/Fri	Base of the bridge over 95 on Fay Blvd-East side, Port St John	5:00 am 5:30 am	Kim Badgett (kbadisrunning@gmail.com) - 321-626-2257
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	Long Doggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon	Florida Beer Company Taproom Fun Run Club, Cape Canaveral	6:30 pm	Madeline Marx, Maddym1984@gmail.com
Mon	Running for Brews Melbourne, Vincinos Ristorante & Pizzeria	7:00 pm	Larry Miller—lmiller4435@gmail.com 321-749-7591
Tues	Cocoa Village 6 miles @ 6am	6:00 am	Keith Dutter kdutter@cfl.rr.com
Tues	Iron Oak Post Run Club, Downtown Melbourne	6:00 pm	321-327-8479
Tues (1st/3rd of each mo.)	Playalinda Fun Club Runs, Playalinda Brewing Company	6:30 pm	Donna Scott (225-8978)
Tues	Running for Brews Satellite Beach, Beef 'O' Brady's	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Tues	Long Doggers Locals Running Club, Satellite Beach	7:00 pm	Erickson Jaquays, 321-773-5558 Eriksonjaquays@gmail.com
Wed	Pineapple Park, Eau Gallie	6:00 am	Running Zone (erin@runningzone.com)
Wed	Intra Run Club, Eau Gallie, Intracoastal Brewing Co.	5:45 pm	Amy Ustjanowski (amy@theyogiperogi.com)
Wed	Cocoa Beach Fun Runners/Walkers Long Doggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:30 pm	Judd Spitzer (judds@gmail.com) and Craig Piepmeier (cpiepmeier@gmail.com)
Wed	Village Idiot Pub, Cocoa Village	6:00 pm	321-301-4487
Wed	Run Amok Run Club, Space View Park, Titusville	6:30 pm	Becky Shealy Ahrens—Becky.ahrens@icloud.com www.facebook.com/groups/1423502080999358
Wed	Long Doggers, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	Cocoa Village 6 miles @ 6 am	6:00 am	Keith Dutter 321-576-3699
Thurs	Running Zone, Melbourne	5:30 pm	Running Zone (erin@runningzone.com)
Thurs	CrossFit Rise Above, Melbourne (1st Thurs of month), Chase Bank, Indialantic (all other Thursdays)	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	Running for Brews Viera, Long Doggers	7:00 pm	Sean & Sandra Christian (IDLifeteamChristian@gmail.com)
Thurs	The Downtown Melbourne lululemon run club	7:00 pm	Bryan Clarke (321-956-3089)
Fri	Find Your Fitness with Gina 5K Fun Run, 2101 S. Waverly Place, Melbourne	5:30 pm	Gina: http://goo.gl/1vxqSL

SCR Central

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



Welcome New Members

We look forward to running with you.

.....

Frederick Aumson
Heather Aumson
Hubert Aumson
Coleen Benson
Tom Benson
Aaron Fournier
Brian McCullough
David McCullough
JoAnn McCullough
Chris McMahan
Bryan Myers

.....

Photo credit: Marissa Flint

SCR is turning
40 in **2018!**



Celebrate the 40th anniversary of Space Coast Runners with this special-edition tee. Cut from soft, lightweight fabric, it features a run-inspired graphic that showcases club pride.

We're taking pre-orders now. Simply email your name, address and shirt size to info@spacecoastrunners.org. Shirts will be available to purchase for **\$15+** tax at the Space Coast Marathon Expo.

Available sizing:

Men: S M L XL 2XL | Women: S M L XL





BENEFITS:



West Shore
Jr/Sr High PTA

Make it a Holiday Tradition!

DATE:
Thursday, November 23, 17

LOCATION:
**Front Street Civic Center
Melbourne, FL**

TIME:
5K & 10K Start: 7:30 am

Participant Perks:

- Appearance by Mr. Gobbles
- Running Hats instead of Shirts
- Thanksgiving Costume Contest
- Light Breakfast After Run
- Stuffed Turkey Awards
- Beautiful Courses
- Pumpkin Pie Challenge

300 pumpkin pies will be given out at the finish line!

Space Coast Turkey Trot 5K & 10K (formerly, Suntree Turkeytrot 5K & 10K) is now a Running Zone Foundation event with a new location at Front Street Civic Center to accommodate more runners and walkers!

Find out more & register at SpaceCoastTurkeyTrot.com

SCR Central

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



CONGRATULATIONS SCR BOSTON 2018 QUALIFIERS!

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

Chicago Marathon Chicago, IL

Alison Nolan — 2:58:15

Detroit Free Press/Chemical Bank Marathon Detroit, MI

Sal Farino — 3:28:52
2nd AG Men 60—64

TCS New York City Marathon New York, NY

Holly Wooley — 2:54:52
2nd AG Women 20—24

John Davis — 2:54:52
Scott Larson — 3:07:07
Steve Chin — 3:24:44
Joe Hultgren — 3:33:20



Thank You for your Donations!

We would like to thank all the participants at the Space Coast Classic 15K & 2 Mile for your generous donations and support of the Space Coast Basket Brigade. This food drive was implemented by former SCC race director, Lisa Hamelin and is a wonderful opportunity to help local families in need at Thanksgiving.

We're happy to report that the Space Coast Basket Brigade collected enough donations of food and funds for 10 TURKEYS & PIES and 25 BASKETS OF SIDES. Way to go SCR!

SCR Central

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



Volunteers Needed

This Saturday! Help unwrap Space Coast Marathon & Half Marathon medals at Running Zone. We need 5 more people in order to have a full crew. Sign up online by [clicking here](#).

Are you available for packet pickup at Running Zone on Friday, November 24th? 3 Volunteers are needed from 2:30PM to 6:30PM to assist with Space Coast Marathon & Half Marathon packet pickup. Sign up online by [clicking here](#).

Volunteers are needed Saturday, November 25th at the Space Coast Marathon Expo. The afternoon shift (1PM to 5:30PM) for Packet Pickup could use your help. Running Zone rewards their volunteers with a Space Coast Marathon & Half Marathon Volunteer T-Shirt, \$10.00 Coupon to Running Zone, Free Registration to one race of the Space Coast Runners or Running Zone Foundation Race Series and you're entered into a drawing for a free pair of shoes from Running Zone (up to \$100.00 value) Sign up online by [clicking here](#).

SCR desperately needs your help on Sunday, November 26th. The club is in charge of all the course clean-up after the Space Coast Marathon & Half Marathon. The race is our major fundraiser and its our duty to make sure everything looks beautiful on River Road once the runners and walkers have gone by.

We need volunteers to fill 2 shifts (Early/11AM and Afternoon/1PM). Please consider helping us out. It's a 90 minute volunteer commitment IF we fill all of our slots. Sign up online by [clicking here!](#)

get involved.
join a committee.

SCR has several committees led by our board members in need of volunteers.

For more information, please contact Lisa Hamelin via email: lisahamelin@gmail.com



Last year's Early AM Clean Up Crew at the Space Coast Marathon & Half Marathon

FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

SCR Central

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



Fun Run Update! After daylight savings on November 5th, Running Zone's Thursday night fun runs at the store will move to **5:30pm**. Their Monday and Wednesday night fun runs will remain at 6pm and the Wednesday morning Sunrise Run will remain at 6am.

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WITH SPACE COAST
RUNNERS**



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Sunday



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SCR Central

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



Team Chilly Spooners takes 3rd OA at Oceans 50 Relay Race

On Saturday, November 4th five SCR members Aidan Montague, Kenny Rodrick, Jennifer Absher along with Lisa and Scott Rose started the 50-mile trek from Central Park in Palm Coast to Flagler Beach. The running relay winds through Flagler County along scenic trails, A1A and over a few bridges in Flagler County before it ends in a beachside celebration.

The Chilly Spooners team finished third overall in a field of 41 teams in a time of 6:15:25. Well done!



Space Coast Runners had quite the contingency of runners at the 40th Detroit Free Press/Chemical Bank Marathon & Half Marathon on October 15th. While race conditions in Detroit were less than ideal marathon morning, Sal Farino was able to run through the heat, humidity and formidable winds to secure second place in the men's 60-64 age group. Farino finished strong in 3:28:52, just 12 seconds off his personal best.

Affectionately known in his running circle as the "Lone Wolf", Farino took the Ambassador Bridge into Canada in stride and came out of the Detroit/Windsor Tunnel back into the US flying. It wasn't until the final miles of the marathon that the wind got the best of him, causing him to slow down. Overall Sal said he did indeed like Detroit, America's Great Comeback City.

Pictured above with the Ambassador Bridge in the background is Ilse Berube, Molly Kirk, Sal Farino, Marie Thomas & Gina Rall.



Join us for the next race in the 2017-18 Running Zone Foundation Race Series:

Jingle Bell 2 Miler

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#jinglebell2miler



runningzone.com/series

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HEY, SPACE COAST RUNNERS!

YES! WATER IS NOW ON SOUTH RIVER ROAD

SOUTH - MILES 2 & 4



SCR AT THE COCOA BEACH HALF MARATHON EXPO





EXCLUSIVE SCR RACE DISCOUNTS

save \$ = run more races

- ◆ **NEW! Eagle Pride Virtual Run** presented by Virtual Strides. Receive a 20% discount on all [Virtual Strides](#) events by entering the club discount code **SCRmember20** during registration. Choose 5k/10k/Half Marathon distances all of which benefits USA Cares provides financial and advocacy assistance to post-9/11 active duty U.S. military service personnel, veterans and their families. .
- ◆ **NEW! Palm Beaches Marathon**, starting on Flagler Drive in West Palm Beach has a Friday night 5K, a full & half on Sunday, December 1-3, 2018. The BQ marathon course is fast, flat and beautiful! Don't miss the world's biggest brunch as the after-party! Code **SCR20** gives you 20% off any distance except relay & doubles.
- ◆ **NEW! Flying Pirate Half Marathon & 5K**, Saturday & Sunday 4/14-15/18. A Pirate-themed half marathon on the Outer Banks of NC! Begin in Kitty Hawk, go into Nags Head, around the Wright Brothers Memorial, and the Woods Maritime Forest. Finish with a Pirate Jamboree ! First Flight 5K - Saturday. Double Dare Challenge - Both Days! Use code: **SPACECOAST18** for 15% off the half or challenge distances.
- ◆ The **Town of Celebration Marathon & Half Marathon** is offering a \$10 discount to SCR members. The race runs on January 28, 2018. Use code: **SCR**
- ◆ **Smooth Running Races** is offering a 15% discount for all their Publix Florida Marathon Races on February 11, 2018, with 20 lives bands on the half marathon course! Use code **SCRSTRONG**.
- ◆ You don't want to miss the 2018 [Sarasota Music Half Marathon](#) on 2/4/18. 20 bands along the run through Selby Botanical Gardens and over the Ringling Bridge. Wicked cool medal and T-shirt, then a rockin' after-party with live music, massages, beer garden and tons of fun! SCR gets \$5 discount with code: **SCR5**.
- ◆ Beautiful Tybee Island, GA, has their annual [Critz Tybee Run Fest](#), offering something for everyone—a 1 mile, 2.8 mile, 5k, 10K, and half marathon! This February 2 & 3, 2018 race should be great weather. Get an 18 percent discount with code **SCR18**.
- ◆ **EXTENDED! Vacation Races** is extending a 15% discount to all SCR members. Save on upcoming 2018 races like the Antelope Canyon Ultras (2/23) or the Coastal Redwoods Trail Fest (4/12/14/18) use code **16RC84784**.
- ◆ **EXTENDED! MultiRace** will extend a 10% discount to all its events! Use code: **SCR17**. (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor).
- ◆ [St. Pete Run Fest 2017](#) is offering SCR members a 5% discount to either the half marathon, half marathon relay or 5K race. It's two full days of festival fun, including running events, a health & fitness expo, local food, music and craft beer. The fun begins on November 19, 2017. Use Code: **TIAPET5**
- ◆ Ready for a cool seashore marathon? [Rehoboth Beach Marathon](#) in DE is for you! Held on 12/2/17, it should deliver a cool run. The after-party includes unlimited food (breakfast items, Mac & Cheese, burgers, veggie burgers, fruit, and other assorted items). Each person 21 and over gets 3 beer tickets. Get \$15 off using code: **spacecoast2017**.
- ◆ SCR members save \$2 on this fun, all-Santa race. Race the [Run Run Santa 1 Mile](#) in Viera (Dec 23) or Vero Beach (Dec 24) or both! Use code: **RRS2SCR** to receive the discount.
- ◆ The 5th [Tomoka Marathon](#), a Boston Marathon Qualifier, will take place in Ormond Beach, FL on Saturday, March 24th, 2018. Save 10% when you enter code **SCR10** for any of the 3 distances.
- ◆ **EXTENDED!** Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPACEMOAT**. Events are on 11/19 (Half Marathon).

Exclusive SCR Race Discounts

- ◆ Run the inaugural [Sunrise Half Marathon & 5K](#) on 3/25/18 in South Florida. This first time event will take place in the centrally located Markham Park and Sawgrass Industrial Park in Sunrise, Florida. Come and see why over a million people visit Markham Park each year. Save 20% on the half by using code **SCR20**.

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.

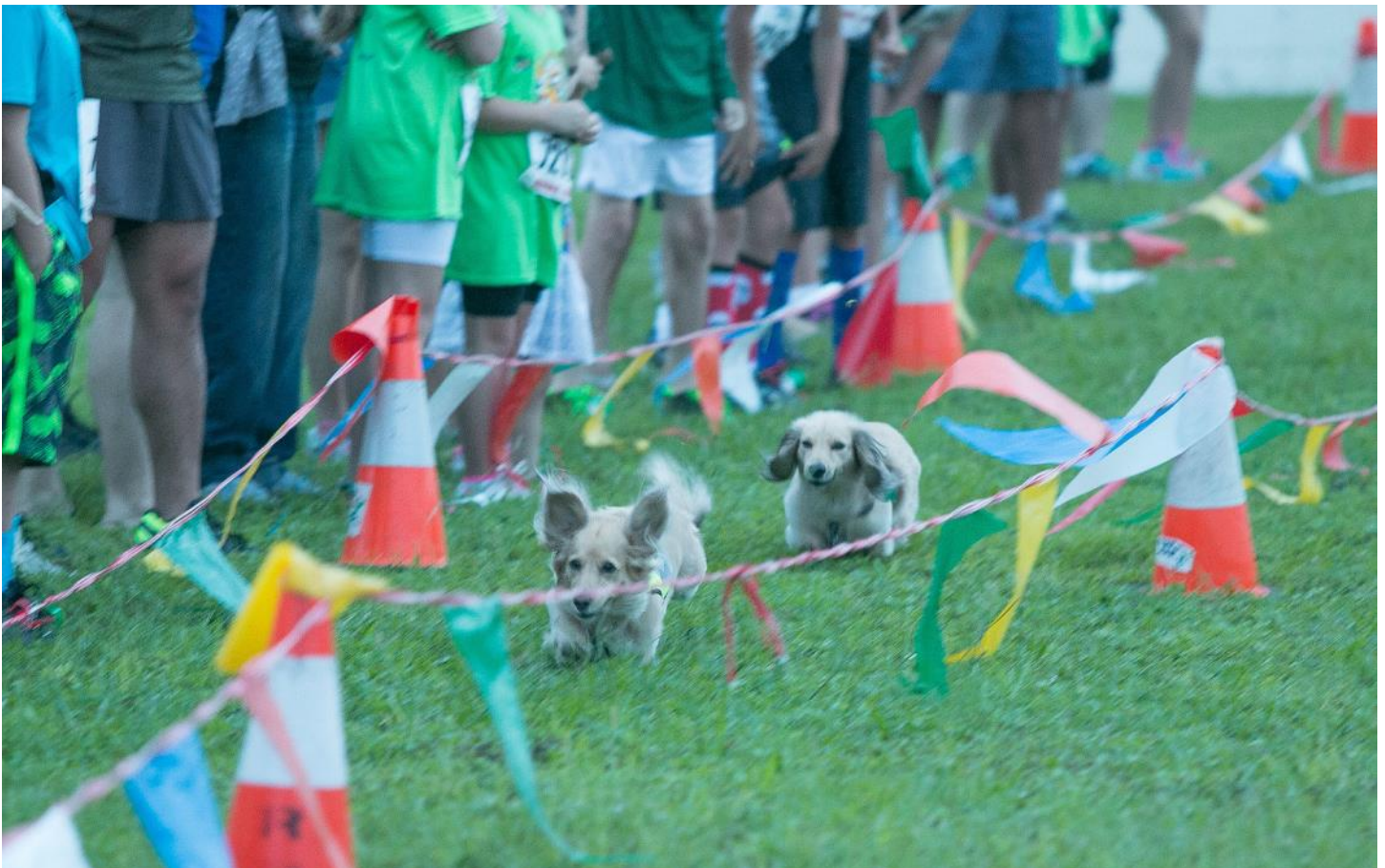
If your race would like to offer a discount, please email info@spacecoastrunners.org your race name, date and code.



DECEMBER 23, 2017

Viera's first & only all-Santa race! The 2nd annual 1 Mile race will run at 7:30am on 12/23/17. Space is limited. Register today.

www.runrunsanta.com



Before the start of the Kids Long Doggers Marathon & Half Marathon it was Weiner Dog Time! The first annual Dachshund Dash took place with the furry competitors racing at top speeds to the amazement of the crowd.



RUN LOCAL



Sand Point Park & the A. Max Brewer Bridge

Sand Point Park is a popular 29.88-acre community river park located on the Indian River, at the juncture of U.S. 1 and the Max Brewer Causeway. The park features a .66-mile exercise trail that meanders through the open and shaded areas of the park. After warming up there you can head over to the Max Brewer Bridge for some hill work. It's about 1.3 miles over and back on the concrete bridge and the challenging incline will get your heart pumping.

When you're done with your workout make your way over to the newly opened splash park which is a great way to cool off if you're running on a hot day. The Astronaut Memorial is located near the south entrance to the park so take a moment to check it out. Restroom facilities are available.

**Sand Point Park is located at
101 N Washington Avenue
Titusville, FL 32796**

Photos by Krysti Dixon

Sand Point Park continued



You'll find terrific views of the Indian River



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!

THANKSGIVING DAY

8:00 AM

Benefits the Cocoa Beach HS Cross-Country and Track teams and Kiwanis Foundation Scholarships

Location & Schedule

Race starts and ends at 20 N. Brevard Ave in Cocoa Beach on Thanksgiving, Nov 23

- 6:30 - 7:45 am Registration at **20 N. Brevard Ave**
- 7:30 am Costume Contest Parade
- 8:00 am 5k Run / Walk
- 9:15 am Free Little Gobbler and Mascot Runs
- 9:30 am Awards Ceremony

Amenities

- Unisex Tri-Blend shirt for adult sizes. Youth shirts are cotton/poly blend. Register early to guarantee shirt size!
- Timing by Space Coast Event Management
- 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, Cocoa Beach or Cape Canaveral Business
- Top 3 Male and Female in Age Groups: 0-8, 9-11, 12-14, and 5 year age groups from 15-19 thru 80+

Packet Pickup

- Tuesday, Nov 21, 4:00 to 7:00 pm at **Cocoa Beach Health & Fitness**, 1355 N. Atlantic Avenue
- Wednesday, Nov 22 from 12:00 pm to 7:00 pm at **Cocoa Beach Health & Fitness**
- Race day morning from 6:30 am - 7:45 am

Register by Mail, On-Line, In Person

Entry Fees

- \$20 Individual entry mailed by November 1
- \$25 Individual entry mailed after November 1
- \$30 Individual entry on race day
- \$80 Turkey Team of 4 mailed by November 1
- \$100 Turkey Team of 4 mailed after November 1

(Entries for teams will not be accepted after Nov 20)

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.

Mail

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

On-Line

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

On-line registration closes Nov 20 at midnight

In Person

Tuesday and Wednesday at Packet Pickup
 Race day from 6:30 to 7:45 am at 20 N. Brevard Ave

Race hotline Call or text 321-960-0765

Email race director at TurkeyTrot5k@cfl.rr.com

Results Posting www.sceventmgt.com

www.cocoabeachturkeytrot.com

2017 Cocoa Beach Turkey Trot 5k

Name _____ Address _____ M F Age ____ DOB _____

City _____ State ____ Zip _____ Phone _____ Email _____

Race Shirt YM XS S M L XL XXL XXXL Team? Yes Team Name _____

Team Division (circle one): Coed Female Male Cocoa Beach or Cape Canaveral 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. *(Race fees are non-refundable)*

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

MARK YOUR
CALENDAR!

SCR Runner of the Year SERIES

2017—2018

Running on Island Time 5K

Saturday, August 26, 2017

Overall Male & Female Winners:
William Maltin & Jennifer Absher

Turtle Krawl 5K

Saturday, September 9, 2017

CANCELLED

Space Coast Classic 15K & 2 Mile

Sunday, November 5, 2017

Overall Male & Female Winners:
Derek Beckett & Jennifer Absher

Space Coast Marathon & Half Marathon

Sunday, November 26, 2017

Reindeer Run 5K — 12/9/17

Saturday, December 9, 2017

Tooth Trot 5K

Saturday, January 27, 2018

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

Sunday, February 18, 2018

Downtown Melbourne 5K

Saturday, March 24, 2018

Space Walk of Fame 8K & 2 Mile

Saturday, April 7, 2018

Eat My Crust 5K

Sunday, May 6, 2018

2017—2018 ROY Leader Board

OVERALL

- 1 Derek Beckett
- 2 Steve Hedgespeth
- 3 Shane Streufert

MASTERS

- Jonathan Howse

GRAND MASTERS

- Keith Snodgrass

SENIOR GRAND MASTERS

- Matt Mahoney

2017—2018 ROY Leader Board

OVERALL

- 1 Jennifer Absher
- 2 Annie Caza
- 3 Marie Thomas

MASTERS

- Mary Hofmeister

GRAND MASTERS

- Kristen Faust

SENIOR GRAND MASTERS

- Debra Stokes



The Runner of the Year Series headed to Indian Harbour Beach for the 32nd running of the Space Coast Classic 15K & 2 Mile races on Sunday, November 5th. With the cancellation of September's Turtle Krawl 5K, these races became the second opportunity for SCR active members to score ROY Series points.

A Look at the Men's Leader Board

No standing adjustments were needed on the Men's Leader Board. Derek Beckett remained on top after racing to a first place finish in the 15K. The second and third places in the 15K match the leader board as well with Steven Hedgespeth in second and Shane Streufert in third.

In the Masters race Jonathan Howse remained

Please note: the series standings reflect your age on August 26, 2017, the date of the first race of the 2017-2018 ROY series season. If you have any series questions, please email John Davis by clicking [here](#).

2017/2018 ROY UPDATE

Space Coast Marathon Relay

Runner of the Year (ROY) points will **NOT** be awarded to participants running in the Marathon Relay which will debut at the 2017 event.

Runner of the Year Series



FEATURED ROY SERIES RACE

Holiday costumes are encouraged at the 22nd annual Reindeer Run 5K. Race proceeds benefit the Brevard County Sheriff's Charities, Inc. - YDC Program. New this year is the 4-person Co-Ed team competition.

WHERE ▶ Cherie Down Park
 8492 Ridgewood Ave, Cape Canaveral

WHEN ▶ 8:00 AM—Sat., Dec. 9

COST ▶ **SCR Members save \$3.**
 Early discounted registration runs until 11/22/17.

WHAT TO EXPECT ▶ First 600 participants will receive a race shirt. Lots of fun and there's usually a Santa sighting after the 5K.

SCR YOUTH SERIES ▶ Will follow the 5K and is open to kids free of charge that are 12 & under.

ONLINE RACE REGISTRATION ▶
[Click here](#)

CURRENT COURSE RECORDS ▶
 Male: John Davis - 16:32.6 (2014)
 Female: Holly Wooley 17:32.9 (2014)

on top. In Grand Masters, Joel Kinnunen scored the race prize for the category but Keith Snodgrass held position in the standings. Matt Mahoney kept his Senior Grand Masters position but last year's defending category champ, Sal Farino, is back out there racing.

Ladies Leader Board Looks Dramatically Different

First place was the only thing that didn't change after the Space Coast Classic 15K for the women. Jennifer Absher sits steadfast in first while the shake up stirred below. Annie Caza leapt to second place with her 10th overall female finish. Caza is no stranger to the second spot and we figure she'll be racing to fend others off in future series races. Third place shows Marie Thomas who has the potential to challenge Caza and other runners if she can overcome an early fall hamstring injury.

In Masters, Mary Hofmeister put up enough points to take the position. Kristen Faust raced her way to the Grand Masters top spot with Debra Stokes staking claim to the Senior Grand Masters position. It's very early in the season to forecast which men and women will stay in these top spots. The ROY series has yet to see eight time winner and defending champion, John Davis race as well as the series winner for the ladies last year, Alison Nolan.

<https://spacecoastrunners.org/cs/spacecoastrunners/runner-of-the-year-series-results-2017-2018>

Your next opportunity to score ROY points will be on November 26th at the Space Coast Marathon & Half Marathon. Remember, the series is open to all **active** members of Space Coast Runners. If you are listed as Inactive, you will not be eligible to score points. Be sure to check your membership. Login to your SCR account at www.spacecoastrunners.org. If you need assistance getting into your account, simply send an email to socialmedia@spacecoastrunners.org.



CITY OF CAPE CANAVERAL PRESENTS THE 22ND ANNUAL



SATURDAY, DECEMBER 9, 2017 - 8:00 AM

Proceeds benefit The Brevard County Sheriff's Office Charities, Inc. - YDC Program.

PRE-REGISTRATION BY 11/23:

Individual \$25

REGISTRATION 11/24 – RACE DAY:

Individual \$30

SCR YOUTH SERIES FUN RUN: FREE!

First 600 Registrants Receive Race Shirts

RAIN OR SHINE – No Refunds

SCR Receive \$3 OFF

BEST OVERALL: 1st, 2nd & 3rd Male and Female Masters, Grand Masters & Senior Grand Master

AGE GROUPS:

0-9 10-14 15-19 20-24 25-29

30-34 35-39 40-44 45-49 50-54

55-59 60-64 65-69 70-74 75-79 80+

NEW CO-ED TEAM DIVISION: Best Finishing Team of 4

PACKET PICKUP & REGISTRATION

FRIDAY, DECEMBER 8, 2017

10:00 AM – 6:30 PM - (cash/or check only)

RUNNING ZONE

3696 N. Wickham Road, Melbourne (Across from EFSC)

RACE SCHEDULE

SATURDAY, DECEMBER 9, 2017

6:45 AM - REGISTRATION AND PACKET PICK UP BEGINS

7:45 AM – REGISTRATION CLOSES

8:00 AM - 5K RUN/WALK START

9:00 AM - SCR YOUTH SERIES FUN RUN

9:15 AM - AWARDS PRESENTATION

9:45 AM - DOOR PRIZES

CHERIE DOWN PARK

8492 Ridgewood Avenue, Cape Canaveral



HOLIDAY COSTUMES ENCOURAGED!!!

Online Registration open until 12/7/17 <https://secure.runningzone.com/>

MORE INFO: beachteach104@aol.com or 321-360-9936

A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL FREE WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE 1-800-HELP-FLA (435-7352)

The Brevard County Sheriff's Office Charity, Inc. is recognized as a not for profit corporation section 501(c)(3) charitable organization# 59-3441257. BCSO Charity Inc., 700 S. Park Ave. Titusville, FL 32780

SEND COMPLETED ENTRY FORM WITH FEE TO: RUNNING ZONE, 3696 N. WICKHAM ROAD, MELBOURNE, FL. 32935

CHECKS PAYABLE TO: **Brevard County Sheriff's Office Charity, Inc.**

WRITE: ****REINDEER RUN**** IN MEMO

Last Name: _____ First Name: _____ M.I. _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ E-mail _____

M: _____ F: _____ Age on Race Day: _____ D.O.B: ___/___/___ Shirt Size: XS S M L XL XXL

Team: _____ **TEAM OF 4 MUST BE CO-ED & EACH MEMBER MUST COMPLETE REGISTRATION FORM**

In consideration of my entry being accepted, I intend to be legally bound and do hereby for myself, my heirs, my executors, waive and release all rights and claims for damages which I may have or which may hereafter accrue to me against the City of Cape Canaveral, its tenants, and sponsors of the Reindeer Run, Brevard County Sheriff's Office Police Athletic League, their respective officers, agents, directors, representatives, successors and assigns for any and all damages or injuries which may be sustained and suffered by me in connection with my association with or entry or participation in the 22nd Annual Reindeer Run 5K Run/Walk. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

I HAVE READ THE ABOVE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

SIGNATURE _____ DATE _____

(Signature of parent or guardian is required if participant is under 18 years of age)

2017 Reindeer 5k Official Entry Form





Collect All 9!
wristbands awarded at the finish line

Your child can participate in our next SCR Youth Series Run at...



Ready, Set, Run!

The Youth Series run at the Space Coast Classic was a hit as the young ones took to the running path at Gleason Park. The free run was the latest opportunity for kids to score one of this season's collectible race wristbands — it was a yellow one for the finishers.

The goal of the SCR Youth Series is to ignite an enthusiasm for running in kids 12 & under. It's a great way for them to use their energy and have fun. Plus, the whole family can take part in these special races.

Want more information? Go to the club's website and check out: <https://spacecoastrunners.org/cs/spacecoastrunners/youth-series>.

Long Doggers Marathon & Half Marathon - 09/30/17 - Satellite Beach *Race Report*



Brenda Nelson picks up her 2nd place age group award.



Report by Lyn Dowling

MARATHON

Jack Girard, 17:49
Michael Girard, 18:11
Alex Butler, 18:44

Delia Moses, 21:07
Astrid Gibson, 25:06
Abigail White, 25:41

HALF MARATHON

Kian Wilson, 8:25
Michael Girard, 8:36
Jack Girard, 8:45
Delia Moses, 10:04
Emily Thomforde, 11:00
Astrid Gibson, 11:24

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

Put a kid in a discount store or a mall and what does he or she do? Run, right? So why not put some kids in a scaled-down version of a big-time foot race?

That is what happened Sept. 30 at the Schechter Center in Satellite Beach, where boys and girls from throughout Brevard County raced the Long Doggers Kids' Marathon and Half Marathon, 2.62 and 1.31 miles respectively.

Ten-year-old Jack Girard of Rockledge, like his other family members, familiar faces at the races, took the longer race at 17:49 and finished second in the half marathon at 8:45.

His 9-year-old brother Michael was second in both races, finishing the marathon at 18:11 and the half at 8:45. Eleven-year-old Alex Butler of Melbourne, another non-slouch, was third in the marathon at 18:44.

Nine-year-old Kian Wilson of Indian Harbour Beach took overall honors at 8:25 in the half marathon.

Delia Moses, 12, came all the way from Gainesville to race, and it paid off: She finished first among girls in the longer race (21:06) and in the shorter one (10:07).

Astrid Gibson of Satellite Beach was the second girl to finish the marathon (25:12) and third in the half (11:27). Abigail White of Satellite Beach, who is 10, was third in the marathon at 25:54.

Emily Thomforde, also of Satellite Beach, who is 8 years old, was second in the half at 11:02.



SPRINT FOR SIGHT



Report by Brittany Streufert

OVERALL MEN

Justin Wilson, 18:59
Dan Knight, 00:20:40
Kian Wilson, 20:53

OVERALL WOMEN

Dina Viselli, 19:53
Sonya Zuniga, 21:24
Cami Waldon, 23:27

MALE MASTERS

Matt Mahoney, 21:32

FEMALE MASTERS

Michelle Longstreet, 23:34

TOP TEAMS

Up & Running
Viera Pizza Race Team
SCR Racing Team

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



Pictured above: Howard Kanner leads the 7:30 pace group.



Above: Shane Streufert guides legally blind runner, Andy Miles to the finish line.

Sprint for Sight 5K a Success

It's a 5K that's all about community and giving runners opportunities to reach goals — that's the Sprint for Sight 5K in a nutshell. The only 5K race in the county to offers pacers, it affords participants the chance to run their fastest with the help of an experienced runner by their side. And if you need a little inspiration along the way, watch legally blind runners giving it their all go the 3.1 mile distance.

“Pacing at a small, local race is very rewarding. It's all about helping folks you see at many events reach their running goals while trying to make the experience as fun as possible too.”, said the 7:30 pace leader, Howard Kanner.

The race ran at Gleason Park in Indian Harbour Beach. All proceeds benefited the Brevard Association for the Advancement of the Blind (BAAB) located right down the road in Satellite Beach. It's a must run event!



Report by Brittany Streufert

OVERALL MEN

Colby Steger, 17:41

Bret Halliday, 20:39

Frank Guffey, 21:04

OVERALL WOMEN

Julie Hannah, 20:49

Jamie McKinney, 25:39

Betsy Butler, 25:43

5K MASTERS

Chadd Deo, 22:33

Becky Oguete, 32:33

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

Rescheduled Race Benefits For the Girls Scholarship Fund

Originally scheduled for September 30th, the Hurricane Irma delayed For the Girls 5K finally got the chance to run on Friday the 13th. Luck was on their side as bad weather threatened but passed by earlier in the day. The race is presented by Dr. Sherri Lorraine and the Doctor of Women's Health Physical & Occupational Therapy. The 5K focus is to raise much needed monies for the For The Girls Scholarship Fund which benefits Breast Cancer patients to help prevent Lymphedema. It supplies any of our patients with treatment or compression garments when they otherwise couldn't afford it.

Fittingly, breast cancer survivor, Julie Hannah was the overall female winner of the race for the second year in a row.



Photo credit: Matt Mahoney



Frank Webbe has the lead on Alex Zonts along the trail portion of the 5K.



Report by Brittany Streufert

10K OVERALL MEN

Jeremy Tucci, 43:57
Matt Mahoney, 45:46
Jacob Storey, 47:15

10K OVERALL WOMEN

Kimberly Ascroft, 55:47
Barbara Hawk, 58:12
Claudia Devitt, 58:50

10K MASTERS

Mark Dent, 49:46
Debra Stokes, 1:03:08

5K OVERALL MEN

Chase Wurzler, 20:44
Joshua Gollie, 22:09
Mark Siviter, 24:37

5K OVERALL WOMEN

Tigan Jackson, 25:27
Jennifer Cook, 27:25
Polly Purgason, 28:35

5K MASTERS

Trevor Branham, 24:39
Patty Folsem, 29:54

Tucci, Ascroft Capture 10K Titles

A picturesque morning met the runners at the Chain of Lakes in Titusville for the Wild Shrimp Shuffle 10K & 5K races. The 5K participants toed the line first at 7:45am and headed off along the course that winds its way around the lakes and woods and onto rugged off-road sections.

The overall male and female winners of the 5K were both from Mims. Chase Wurzler, 16, dominated the field to win the 3.1 mile race in 20:44 while Tigan Jackson, 15, swept the women's field in 25:27.

The 10K took off at 8:00am and saw Titusville's Jeremy Tucci lead the way. Tucci conquered the trails in a time of 43:57. Kimberly Ascroft of Rockledge, posted the fastest women's time by running 55:47. 72 runners completed the 10K course along with 56 finishers in the 5K. For complete results, [click here.](#)



Photo credits: Space Coast Event Mgmt

Christmas Fit-Mas 3K

To Benefit **SUNTREE VIERA YOUTH ATHLETICS**

**Saturday December 9th
at Viera Regional Park**



Online Registration at RunningZone.com

www.runsignup.com/Race/FL/Melbourne/ChristmasFitMas3K

Adult 3k Run/Walk \$25

Child 3k Run/Walk \$15



4:30-5:30 pm

Sign up and Registration

(In front of The Viera Community Center)

6 pm

Start of the Race!

7-8:30 pm

Family Fun Celebration!

- ★ Fun Holiday Race Packets
- ★ Free Little Elf Fun Run for all Kids
- ★ Christmas Fit-Mas Awards Ceremony
- ★ Moisture wicking Race T-Shirts For all Participants
- ★ After Race Food and Drink by Pizza Gallery & Grill
- ★ Great Contests, Give Aways and Prizes!
- ★ Winter Wonderland After Party

Presented By





ZONTA SAYS NO TO VIOLENCE AGAINST WOMEN

Report by Brittany Streufert

OVERALL MEN

Art Anderson, 20:04

Frank Guffey, 21:31

Craig Booth, 21:55

OVERALL WOMEN

Kristen Klein, 23:38

Molly Kirk, 24:04

Jennifer Anselmo, 24:19

5K MASTERS

Marcus Maris, 22:01

Terri Caruana, 28:49

TOP TEAMS

BCSO Racing Team

Northrop Gruman

Bikers Against Traffickin

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

Familiar Face Wins

Will Run for Chocolate, Won't Stand for Violence 5K

The Zonta Club of Melbourne hosted the fourth annual "Will Run for Chocolate, Won't Stand for Violence" 5K on Saturday, October 7th at the Field of Dreams park in West Melbourne. The club partnered with the Brevard County's Sheriff's Office to host the race which saw 113 finishers go the 3.1 distance.

First to cross the finish line was a familiar, shirt-less runner. Art Anderson took the win in a time of 20:04.7. The 58-year old Melbourne resident is a regular on the local race scene. He outpaced Cocoa Beach's Frank Guffey by 47 seconds. Palm Bay's Craig Booth finished third for the men in 21:55.

Indian Harbour Beach's Kristen Klein led the women in 23:38, eighth overall. She edged out Molly Kirk of Viera who ran to second in 24:04 and Jennifer Anselmo's third place 24:19 finish.

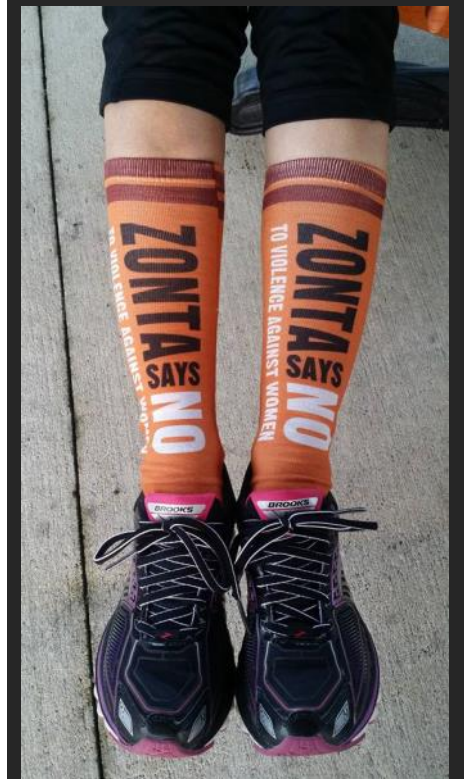


Photo credit: Zonta Club



Report by Brittany Streufert

SURFSIDE CHALLENGE

Justin Wilson, 24:29
Joe Dreher, 24:50
Jonathan Howse, 25:29

Jennifer Absher, 26:16
Reagan Cancro, 33:30
Isabel Mossier, 34:36

5K OVERALL MEN

Joe Dreher, 18:40
Justin Wilson, 18:56
Doug Butler, 18:56

5K OVERALL WOMEN

Jennifer Absher, 20:08
Isabel Mossier, 24:52
Syl Corr, 25:40

5K MASTERS

Jonathan Howse, 19:20
Anne Mitchell, 27:10

1 MILE OVERALL MEN

Justin Wilson, 5:34
Jonathan Howse, 6:09
Joe Dreher, 6:10

1 MILE OVERALL WOMEN

Jennifer Absher, 6:09
Reagan Cancro, 7:26
Tara Forcier, 7:36

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

Photo credits: Doug Carroll

Wilson's Power of Perseverance wins Surfside Challenge

Brevard runners duked it out at Surfside's Sprint for Shade 5K, 1 Mile & Surfside Challenge. Through high temperatures and thick humidity participants ran the 1 Mile, 5K or both.

Thirteen-year old, Justin Wilson of Indian Harbour Beach was able to fend off Joe Dreher, 37 to stake claim to the Surfside Challenge Crown. The young runner posted the fastest mile of the evening in 5:34 which combined with his

18:55 5K time gave Wilson a total time of 24:29.

Twenty-one seconds separated Dreher who secured second with his 24:50 combined finish.

Jonathan Howse recorded a challenge time of 25:29 to take third.

In the women's race, no one could match Jennifer Absher.

The twenty-three year-old Melbourne resident ran a solid 6:09 mile and pounded out 20:08 in the 5K to win the challenge division by 5 minutes, 14 seconds. Reagan Cancro's 33:30 in the two events was good enough for second place and Isabel Mossier's 34:36 for third.



Cocoa Beach Half Marathon - 10/23/17 - Satellite Beach *Race Report*



Andy Allen has been a Marine aviator, a test pilot, an aerospace executive and an astronaut. He has flown the F-4 Phantom, the F-18 Hornet, the Hawker Sea Fury, the P-51 Mustang and the space shuttles Atlantis and Columbia (twice). His company, Jacobs Technology, is working to prepare the next generation of spacecraft to fly, and when their journeys are complete, it will recover them from the Pacific Ocean.

Sunday morning, Allen added to his long list of accomplishments that of special guest and hander-out of awards at the Cocoa Beach Half Marathon, the first time an astronaut has done so in the "I Dream of Jeannie"- themed, pre-Halloween race.

He did get an eyeful: runners dressed as everything from Santa Claus to dancing fairies, Jeannie the Genie and, naturally, astronauts.

He also saw out-of-this-world performances by Costa Stathis and Terri Rejimbal, who breezed to victory in the overall and female categories of the blustery race in times of one hour, 20 minutes, 12 seconds and 1:33.11 respectively.

The nearest finishers to the returning hero Stathis, a graduate of Cocoa Beach High

Report Lyn Dowling

HALF MARATHON MEN

Costa Stathis, 1:20:12
Brian Zickefoose, 1:21:58
Marcus DaSilva, 1:24:40

HALF MARATHON WOMEN

Terri Rejimbal, 1:33:11
Melissa Taylor, 1:33:50
Dina Viselli, 1:36:02

MASTERS

Mark Goetz, 1:27:13
Ilonke Langeberg, 1:39:14

TEAM RELAYS

Mixed: Team Jett
Jenn Geiss, Scott Hall

Female: Pizza Chicks
Molly Kirk, Marie Thomas

Male: The Speed Bumps
Brian Merrell, Frank Norris

Photo credits: Cocoa Beach Half Marathon

Cocoa Beach Half Marathon - continued *Race Report*

JEANNIE DIVISION

Josephine Holtzclaw, 1:38:58
Judy Scavino, 1:50:36
Ginger Cobil, 1:57:21

MAJOR NELSON DIVISION

Erik Montes, 1:45:12
Eduardo Gonzalez, 1:58:08
Jeff Davis, 2:08:09

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



School, were last year's winner, Brian Zickefoose of Denver (1:21.58); and Marcus DaSilva of Orlando (1:24.40), who won the race two years ago.

Rejimbai, a Tampa resident who finished first in last year's costumed "Jeannie" division, had a narrower victory, followed by Melissa Taylor of Indian Harbour Beach (1:33.50) and Dina Viselli of Melbourne (1:36.02).

Mark Goetz of Jacksonville (1:27.13) and Ilonka Langenberg of the Netherlands (1:39.14) were male and female masters' winners.

It was relatively easy going for Stathis, a recent graduate of the University of North Florida, where he was a track athlete.

"I probably took the lead right around here (while passing Lori Wilson Park) the first time," he said. "My pace was all right in the beginning, but as soon as I got off the beach I was trying not to dog it too much. But it was my first half marathon, so I'm happy with it."

Rejimbai might have taken "Jeannie" honors again, attired as she was in a genie costume fashioned from someone else's prom dress by her mother, Elaine Rejimbai, who was present to see her win. As if the outfit didn't make it difficult enough, there were the breeze and the sand.

"It was windy," Rejimbai said. "I don't think we ever had a tailwind, and the beach sand was a little rough, a little soft as we exited. So it was tough; I ran a marathon three weeks ago, so that probably had an effect."

It was the first half marathon for Taylor, a veteran of local races and member of the Running Zone Racing Team.

"I ran the 400 and 800 when I was younger, so this was a test. It was tough," she said.

More than 2,000 people registered for the race, according to organizer Mitch Varnes, who expressed delight with the cool weather and lack of rain, which plagued other events during the weekend.

Allen, currently vice president and general manager with Jacobs, was equally pleased with the morning's events, which included music, food, beverages and giveaways, not the least of which were those coveted green, bottle-shaped medals.

"It is fun to come out here and see this," the Merritt Island resident said. "I'm not as much a runner as I used to be, but it's good to see this many people get out on a Sunday morning. This is fun."

Ghostly Gecko 5K - 10/28/17 - Melbourne *Race Report*



1,000+ Participate in Rainy Night 5K

Murky weather always does add a touch of the ominous, so in that sense, the rain experienced by runners at the 2017 Ghostly Gecko 5K Nov. 4 was in keeping with the seasonal theme. It certainly didn't seem to bother Daniel Moore and Holly Davis.

Moore, Coach Doug Butler's old protégé at Holy Trinity Episcopal Academy, splashed across the spider-webbed, specter-hung finish line first in 16 minutes, eight seconds in the annual Halloween Running Zone Foundation Race Series event.

Moore, who also won the Firecracker 5K in July, outraced Derek Beckett (16:23) and Jacob Dordick (16:24), both also of Melbourne.

The race was a triumph for Davis, who scored a personal record at 17 minutes, 13 seconds, ahead of tough but friendly competition: Kaitlin Donner (18:17) and Alison Nolan (18:29). in the women's division.

Shane Streufert (17:34) and Tracy Dutra (21:04) were male and female masters winners.

Moore, who ran for Duke University, joked about how he had planned to wear a costume "but it got waterlogged," and was not bothered but puddles or slippery surfaces.



Report by Marisa Flint

OVERALL MEN

Mike Walker, 19:42

Matt Mahoney, 22:07

DJ Oakes, 22:40

OVERALL WOMEN

Terra Hutcheson, 25:35

Amy Fuller, 25:36

Katrina McKay, 27:58

MALE MASTERS

Chadd Deo, 22:58

FEMALE MASTERS

Megan Dierick, 28:48

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



Pictured above: Forest Gump aka Rick Lorraine completes his 5K.

Pictured top left: SCR racing captain, Mike McNees leads a pack of runners around the turn.

Ghostly Gecko 5K - continued *Race Report*

Davis was not overly bothered by the rain either, saying, like Moore, that it was cooling. She was careful, however.

“It was a little nerve-wracking in some places, because you were never sure if you were going to slip, splashing through the puddles. But it worked out.”

They were among about 1,400 reveler-runners in the event, numbers slightly lower than expected because of the weather.





15K, 2 Mile combine for Superb Race Series Weekend

The 32nd Space Coast Classic 15K & 2 Mile road races are part of the SCR Runner of the Year Series and the only opportunity for members to race the 15K in Brevard County.

“The 15K shows off the beautiful Indian River along Tropical Trail and the 2 Mile features a fast course through the quaint Indian Harbour Beach neighborhoods”, Race Director, Brittany Streufert said. For the fierce competitors, course record prize money was offered as extra enticement to go fast.

Derek Beckett, 25, led the competitive field from beginning to end. He continued his streak as the top points earner in the ROY series with his first place finishing time of 52:56. Steve Hedgespeth, 39, from Melbourne finished runner-up in 55:22 with Shane Streufert running a solid third place in 56:17.



Report by Brittany Streufert

15K OVERALL MEN

Derek Beckett, 52:26
Steve Hedgespeth, 55:22
Shane Streufert, 56:17

15K OVERALL WOMEN

Jennifer Absher, 1:03:20
Dina Viselli, 1:05:47
Katie Johnson, 1:08:13

15K MASTERS

Todd Jacobson, 58:48
Tracy Dutra, 1:09:09

15K GRAND MASTERS

Annie Caza, 1:15:17
John Lafreniere, 58:55

15K SENIOR GRAND MASTERS

Carol Ball, 1:24:44
Sal Farino, 1:06:52

15K TEAM COMPETITION

Co-ed

Running Zone
SCR Racing Team
Up & Running

Female

Miss Viera Pizza Race Team

Male

Viera Pizza Race Team
SCR Racing Team Guys

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

Pictured above: Matt Mahoney leads a pack of runners as they come off of Mathers Bridge.

Did you know that Mathers Bridge has been in its current location since 1949?

Space Coast Classic 15K & 2 Mile - continued *Race Report*



November 5, 2017

SPACE COAST
CLASSIC
15K & 2 MILE

In the women's race, Jennifer Absher, 30, ran across the finish first in 1:03:18 which was 10th overall in the race. Dina Viselli, 32, came in second in 1:05:45 despite struggling with breathing issues in the later part of the race. Katie Johnson, 24, was third in 1:08:09. All three women run for the Running Zone race team which swept the overall podium.

Fifteen minutes after the start of the 15K, the 2 Mile race got underway. This distance affords young runners under the age of 14 to score ROY points at the race but run a shorter distance. Participants 75 & over can choose either distance to run.

The 2 Mile saw Justin Wilson, 13, reach the finish line first. He was followed by Alex Colon, 44, in 11:43 for second place and Frank Guffey, 50, in third place running 12:49.

Making her daddy proud, Kara Hedgespeth won the 2 mile for the women. The 10-year old running sensation finished first in 15:31. She was followed by Payton Gibney, 12, in 16:11 and Samantha Kervin, 9, in 17:36.

The Space Coast Classic saw every finisher taking home a medal and enjoying lots of food and drink at the post-race festivities. Award winners were presented with local Brevard classic, Grimaldi chocolate covered potato chips and truffles.

The SCR Youth Series run saw kids racing around Gleason Park. A donation will be made to The Children's Hunger Project in Cocoa on behalf of the races.

Thank you to everyone who brought Thanksgiving food items for the Space Coast Basket Brigade. See you next year!

2 MILE OVERALL MEN

Justin Wilson, 11:38
Alex Colon, 11:43
Frank Guffey, 12:49

2 MILE OVERALL WOMEN

Kara Hedgespeth, 15:31
Payton Gibney, 16:11
Samantha Kervin, 17:36

2 MILE MASTERS

Howard Kanner, 13:10
Tammy Shelley, 18:49

2 MILE GRAND MASTERS

Frank Walters, 14:17
Claudia Coleman, 20:25

2 MI SENIOR GRAND MASTERS

Bill Pinch, 15:08
Mary Ann Kuntz, 28:39





Holly Davis

Former College Runner + 1st Time Marathoner

Name: Holly Davis

Age: 22

Originally from: Palm Bay, FL

Currently reside: Viera, FL

Occupation: Background Reviewer

Began running because: My mom kind of pushed me to try running out so I signed up for Doug Butler's Set Goals Not Limits Camp.

I knew I was hooked when: At the end of the Set Goals Not Limits Camp there was a 5K. I came through the finish line and it was a euphoric feeling. I ran the entire way, got a good time and that moment is what really sticks out in my mind.

Race personal records (PRs):
5K - 16:57, 10K - 36:09, Half Marathon - 1:18:57, Marathon—2:54:52 (run last Sunday)

Training philosophy:
This quote pretty much sums up how I feel about running: "Seek a calling. Even if you don't know what that means, seek it. If you're following your calling, the fatigue will be easier to bear, the disappointments will be fuel, the highs will be like nothing you've ever felt." — Phil Knight

My more scientific training philosophy is "what you put into running is what you get out of running." I believe that high-mileage is a major key to suc-



cess, but it needs to be done with caution.

Train smart. One thing that I have learned and implemented this year is the best runners know when they need to rest. There is no shame in taking a day off.

Most satisfying race performance:
I would have to say either my 5K PR or the half marathon. The 5K—never in a million years did I ever dream of running that time. I thought if I tried really, really hard I could maybe hit 17 minutes. To me 16 minute 5K's were what the guys were running and I thought there was no way I could do it.

The reason the half marathon was so special was because it was the sunshine at the end of a very dark time of running for me. Seeing that I could run that time after going through a period of negativity and not really "loving running" it woke me up that I needed to be more positive, have trust in my training and look at myself in a good way—the way everyone else thought I could run.

Favorite local and/or out-of-town race: I really like the Eat My Crust 5K, the Space Coast

Classic 15K and the Space Coast Half Marathon races. They are all favorites for different reasons. For out-of-town I really liked the Grandma's Half Marathon, the Gate River 15K and after my marathon experience I like the NYC Marathon.

Favorite race distance? Why?:

I think my favorite is probably the half marathon. The distance is kind of a sweet spot where you are pushing yourself and you're holding yourself to a pace where you think you're going to break, but you don't. Plus, the recovery period is much faster than longer distance races.

Favorite Place(s) to Run? Anywhere that's not Florida in the summer. I love to run the trails in North Carolina and Colorado. Trails! I love running them. Cool weather is a plus. On a recent trip to England I loved running there too because you get to see the sights.

Running goals: One of my goals for the next year is to PR in the 5K. I would love to run around a 16:45. And then I would like to break 1:18 in the half marathon. Finally I would like to run an Olympic time qualifier in the marathon.

Running partners: John, my husband and awesome partner, Shane, Ron & Keith and Alison when we can schedule it.

If I could run a mile with any other person(s), dead or alive: Emma Coburn because I would love to meet her and of course, Shalane Flanagan because she would have really good cooking tips and I would love to pick her brain.

Funniest or oddest thing I've seen while running: At the end of the NYC Marathon a man completely took off his running shorts and stripped down butt naked in the finish line area after his run. Maybe it was some kind of weird celebration?

One piece of advice that I would give to a new runner: I would recommend going to the people you see running the best and find out what their training philosophy is — how do they get better? How do you avoid injury? Do you have a coach.

Last movie I saw: Super Troopers

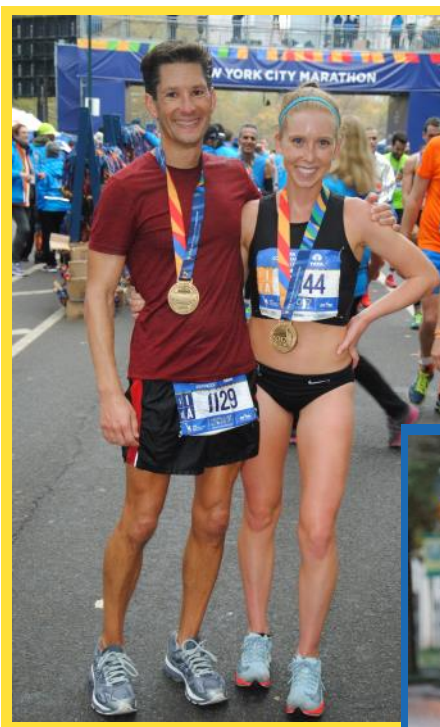
Favorite meal: Pizza

Other sports & interests: I love volleyball but my height didn't benefit me there. I love cooking...it's therapeutic and my way of serving others.

Dream vacation: Honestly, it would be to go to Eugene, OR. I want to see TrackTown USA, eat all the good food, drink all the good beer and watch the Prefontaine Classic.

Last time I took a selfie: I just took a selfie with a cookie the size of my head in NYC.

Why did you join SCR? I wanted to compete in the Runner of the Year Series.





Ragnar DC 2017

Long Distance Relationships

Our trip to Ragnar DC started two years ago during Ragnar Key West. A team with core members working on their fourth Ragnar Relay was formed, but needed a last minute substitution. Since she always wanted to do the Key West Ragnar, Adrianna Vorderbruggen stepped in, completing our team of twelve. She had been friends with Frank and Nadia since the early 2000s, but the rest of the team had never met her. As it goes with these things, a great time was had by all during and after the race. Adrianna bonded with everyone, and left that weekend with nine new friends. As she was being dropped off at the airport, her parting words were, "Save my seat for 2017, since I will be deployed to Afghanistan for the 2016 Ragnar". We all left each other in February 2015 with promises to stay in touch (isn't Facebook a wonderful thing) and to keep our eyes on a reunion: a Ragnar in 2017!

In the early hours of December 21st 2015, Adrianna and five other Airmen were killed by a suicide bomber while they were on patrol in Afghanistan. What a shock to us

all. What a loss for so many. Word spread quickly, via Facebook, of the news of the passing of the Hustler 6 (that was the code name for the patrol unit).

Frank came up with the idea of doing the DC Ragnar as a way of keeping his and the team's promise to Adrianna: a race in 2017.

As these things go, some of the original group couldn't come, but their positions were quickly filled by Adrianna's wife Heather coming all the way from California, her commander Pam, and her friend Evelyn. These four, along with Christy and Luke Alexander from Virginia. Frank and Nadia Hosey, Caesar Velez, Tena Hochard, Chuck Mathews, Jessica Frank, and Gabe Hernandez from Brevard County, completed our team of twelve.

Adrianna and her fellow Airmen were commemorated many times over. The name V-12 Hustlers was created to honor Adrianna Vorderbruggen (V-12) and the Hustler 6 (Hustlers). Her wife, Heather, started our race as Runner One. And, like it was meant to be, we were able to



Long Distance Relationships

visit her grave during the race. One of the final legs passes by Arlington National Cemetery. This race was definitely about the journey to the finish line. Our plans included leaving our Ragnar finisher medals at Adrianna's grave. It was an opportunity for those of us, who didn't really get the chance to grieve, to spend some time with Adrianna one more time. It was a great idea that we all quickly embraced.

The Ragnar Organization was incredibly supportive of our plans. When we asked them if we could buy a second set of medals so we could keep ours, not only did they give us the extra set of medals, they suggested we stop to visit her grave when runner 11 ran by Arlington rather than waiting until after we finished the race like our original plans entailed. They also moved our start time earlier to ensure we could make it to Arlington before it closed for the day! Our plans were now set. Unfortunately, two weeks before the start day, we got the bad news that



Gabe had been bit by a dog. Bit bad enough where he wouldn't be able to run, and then even later he would find he couldn't even fly with us to ride in the van. Heather's sister Monica quickly stepped in to run Gabe's legs. Although Gabe wasn't physically in the van... he joined us often via Skype, as did Heather and Adrianna's son. What an amazing and loving experience for us!

From Heather's early morning start to Luke's brutal in the heat of the day twelve mile finish, this was a race of comradery, sharing old memories, and making new memories. It gave some of us a chance to mourn, others a chance to grow, and some of us the strength to meet our upcoming challenges. To loosely quote Luke, "Adrianna just wanted one seat, but she filled twelve. She carried us all through every mile, and she was probably laughing at us as we struggled up those hills." We crossed the final feet to the finish line together, a team of friends founded by the spirit of an amazing individual.

SCR OUT-OF-TOWN RACE RECAP

email your results to:
info@spacecoastrunners.org

IRONMAN MARYLAND

Cambridge, MD on 10/3/17
Kelly Semenko 15:49:38

CHICAGO MARATHON

Chicago, IL on 10/8/17
Alison Nolan 2:58:15 **BQ**
Shona Price 4:58:19
Doug Nichols 5:08:48
Shawn Burns 5:11:50
Seher Swenson 5:44:05
Karen Suarez 6:42:29

IRONMAN KONA

Kailua-Kona, HI on 10/13/17
Ed Donner 10:29:05

MARINE CORP 5K

Jacksonville, FL on 10/14/17
Nancy Foresteire 29:11 **1st AG**
Rick Foresteire 56:12

PNC MILWAUKEE HALF MARATHON

Milwaukee, WI on 10/15/17
Hilary Eisbrenner 2:13:12

DETROIT MARATHON & HALF MARATHON

Detroit, MI on 10/15/17
Marathon
Sal Farino 3:28:52 **BQ, 2nd AG**
Molly Kirk 4:05:33
Mike Acosta 4:06:07
Ilse Berube 4:09:57
Cristina Canales 4:27:40
Marie Thomas 4:45:37
Brittany Streufert 4:47:40

Half Marathon

Carol Ball 2:06:54
Jeff Hizer 1:54:50
Timothy McGee 1:49:32
Bob Rall 2:19:42
Gina Rall 2:06:37



EAST HERKIMER FIRE DEPT 5K

East Herkimer, NY on 10/15/17
Skip Oswald 27:40
Marion Oswald 31:03

NIAGARA FALLS INTERNATIONAL HALF MARATHON

Niagara Falls, NY on 10/15/17
Hilary Eisbrenner 2:13:12

CLERMONT CLAY 15K

Clermont, FL on 10/15/17
Andrew Dutra 1:13:37
Tracy Dutra 1:11:31 **1st Ag 40-44**
Angela Coram 1:31:41
Sherri Lorraine 1:25:53
Michelle Smurl 1:41:36

URBAN BOURBON HALF MARATHON

Louisville, KY on 10/21/17
Shelley Christian 2:07:56 **3rd AG**
Jim Christian 2:09:42 **3rd AG**

FRIGHTENING 4K

Vero Beach, FL on 10/21/17
Brittany Streufert 19:27 **1st AG**
Samantha Kervin 23:18 **1st AG**

WITCH WAY IS THE 5K?

Sauquoit, NY on 10/22/17
Skip Oswald 66 27:57 **1st AG**
Marion Oswald 60 33:22 **2nd AG**
This was Skip's 900th race!

USATF 15K MASTERS CHAMPIONSHIPS

Tulsa, OK on 10/28/17
John Ouweleen 1:13:28 **1st Ag 75-79**
15K Age Group National Champion

U CAN FINISH 5 MILE

Orlando, FL on 10/29/17
Holly Davis 30:06 **1st OA Women**
Mike Doyle 35:55
Greg Griffin 43:38

Alysson Lyons 48:56
Heather Mitchell 58:03

LIGHT HOUSE LOOP HALF MARATHON & 5K

Port Orange, FL on 10/29/17
Shane Streufert 1:37:29 **2nd AG 45-49**
Bret Halliday 1:33:18 **1st AG 55-59**
Keith Snodgrass 1:44:28
Chuck Mathews 1:56:53
Brittany Streufert 1:59:30
Teen Sum 2:04:29 **3rd Ag 65-69**
Christine Kennedy 2:09:32
Tena Hochard 2:27:59
Cynthia Mitchell 2:28:47
Maria Dishaw 2:30:34
Kimberly Budnick 2:32:24
Angela Leeds 2:38:37
Bernadette Serafinowicz 3:08:12
Tina Theobald 3:20:21
Heather Mitchell 38:03

MARINE CORPS MARATHON

Arlington, VA on 10/22/17
Harry Prosser 3:48:26
Kimberly Prosser 4:21:24
Trish Rich 4:24:12
Alison Bonner 5:17:49
Andrea Lucas 5:21:56
Karen Stout 6:02:43

TWILIGHT 2 MILER

Vero Beach on 11/4/17
Brittany Streufert 14:49
Masters
Samantha Kervin 16:37
1st AG

**EMAIL US YOUR
RACE TIMES!**

info@spacecoastrunners.org



WHERE IN THE WORLD

are Space Coast Runners
running?

November 2017

November 5
**New York City
Marathon**
New York, NY

Holly Davis, John
Davis, Lori Kruger



January 2018

January 4—7
**Walt Disney World
Marathon Weekend**
Lake Buena Vista,
FL

Tracy Geiger
Kelley Lake—Dopey Challenge



February 2018

February 24—25
Gasparilla Distance Classic
Tampa, FL

Lisa Hamelin, Keith Snodgrass,
Brittany Streufert, Shane Streufert



April 2018

April 8
**Credit Union
Cherry Blossom
Ten Mile Run**
Washington D.C.

Carol Ball



April 16
**122nd Boston
Marathon**
Boston, MA

Matt Mahoney



We would love to hear if you're running an upcoming race like Disney, a marathon in the Spring or other half marathons in Florida.

In order to keep this feature going, we need your input! Take the time to tell us where you'll race next.

info@spacecoastrunners.org



THANK YOU

**HEALTH FIRST
PRO-HEALTH & FITNESS
CENTERS!**

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



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

They offer a wide variety of classes, from kick-boxing to yoga to swim lessons for the kids. And there's even a complete mind and body weight-loss program called LIVFIT. When you join any Pro-Health & Fitness Center, you become a member at all three locations — Merritt Island, Melbourne, and Viera. It's like having three gyms in one!

For more info, visit Health First Pro-Health & Fitness Center.

GET YOUR NEXT RACE LISTED

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

info@spacecoastrunners.org

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



GET MOVING!
Group Fitness & Personal Training



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

SAVE 10% off one item per member



SAVE \$10 on a zoo membership



SAVE 10% on Hammer products at Nutrition Leaders in Indialantic



ENDURANCE FUELS & SUPPLEMENTS

STAY CONNECTED WITH SPACE COAST RUNNERS



FOLLOW US ON
Instagram



Find us on
Facebook

Race Calendar

DATE · EVENT · TIME · LOCATION · CONTACT

11/11	Turkey Creek 5K Trail Run	7:30am	Tony Rosa Community Center, Palm Bay	Mike Cosumano
11/19	Capt Hiram's River Challenge Sprint Triathlon	7:30am	Captain Hiram's, Sebastian	wcollins@hirams.com
11/19	Space Coast Lightfest 5K	6:00pm	Wickham Park, Melbourne	Shanna Richardson
11/23	Space Coast Turkey Trot 5K & 10K	7:30am	Front Street Civic Center, Melbourne	events@runningzone.com
11/23	Get Up, Gather & Groove - Thanksgiving Fun Run	8:00am	Melbourne Beach Community Center, Melbourne Beach	Rotary Club of Melbourne Beach
11/23	Cocoa Beach Turkey Trot	8:00am	Bailiwick Mall, Cocoa Beach	TurkeyTrot5k@cfl.rr.com
11/26	Space Coast Marathon & Half Marathon	6:00am/ 6:30am	Riverfront Park, Cocoa	events@runningzone.com
12/2	Run for the Future 5K	4:00pm	Viera High School Stadium, Viera	knowles.susan@brevardschools.org
12/9	Reindeer Run 5K	8:00am	Cherie Down Park, Cape Canaveral	beachteachc104@aol.com
12/9	Christmas Fit-mas 3K	6:00pm	Viera Regional Park, Viera	events@pggfl.com
12/16	Jingle Bell 2 Miler	5:45pm	Satellite Beach Library, Satellite Beach	events@runningzone.com
12/23	Run Run Santa 1 Mile	7:30am	Calvary Chapel Viera, Viera	runrunsanta1mile@gmail.com



Space Coast Runners RACING TEAM

The Space Coast Racing Team is now fully sponsored!

The title sponsor for the team is **Rall Capital Management** and the supporting sponsor is Imagine Believe Realize, LLC. Space Coast Runners is appreciative of their sponsorship and commitment to support the running community. Read more about them below.

At Rall Capital Management, the focus is relationships. We are a family owned and operated firm serving other families from our offices on Florida's Space Coast and in Columbus, Ohio.

We believe that the value we place on personal relationships helps us meet your needs much more comprehensively than multinational investment firms could.

Certified Financial Planner and founder, Bob Rall, "I wanted to sponsor the racing team because I believe in their importance in representing the Club and wanted to show my support. Also, with my logo on the back of the singlets, it's like 43 little billboards that hundreds will see at every race during the season."

<http://rallcapital.com>

Imagine Believe Realize, LLC (IBR) is an innovative, agile, small business with core capabilities in systems engineering, software development and integration. We bring the experience and commitment to design, build, and operate high performance IT solutions for our customers. IBR is dedicated to establishing a supportive environment in which employees can perform and feel their best by fostering an atmosphere that recognizes the importance for overall health, well-being and work/life balance. Our Corporate Wellness Program, run by a licensed and certified Registered Dietitian, is designed to identify the employee needs and formulate plans that can aid in employee development at group and individual levels.

We have sponsored Space Coast Runners because we support the organization for its dedication to promoting a healthy lifestyle through running, eating healthy and community.

<http://www.teamibr.com>



SPACE COAST RUNNERS MEMBERSHIP APPLICATION FORM

Select One: New Member Renewal Address change

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____ DOB: ____/____/____ Age: ____ Sex: M / F

Email: _____ Volunteer? YES / NO

Emergency Contact _____ Phone _____

Membership Class/Dues (select one): Individual (\$30/year) Family (\$35/year)

Student (\$15/year) (*Membership benefits apply to an eligible student, under 25, enrolled in school full time*).

If Family Membership, list family members below: Membership benefits apply to 2 adults and children UNDER 25 years of age. All family members MUST have the same mailing address.

Name: _____ DOB: ____/____/____ Sex: M / F Vol? YES /NO

Email _____ Phone# _____

Name: _____ DOB: ____/____/____ Sex: M / F

Email _____ Phone# _____

Name: _____ DOB: ____/____/____ Sex: M / F

Email _____ Phone# _____

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 SCR events 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, 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 club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. *I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.*

Signature _____ Date _____