

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

OCTOBER 2014



inside...

**3 Things
Every Runner
Should Know
& MORE**

RACE REPORTS

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- >> Eagle Pride 5K & 1 Mile
- >> Ryan's Hope 5K
- >> Panthers on the Prowl 5K

RUN A MILE WITH

- >> Ron & Cheryl Ritter



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Above: A record number of participants crowded the start at the 2014 Turtle Krawl 5K.

On Our Cover: Linda Lendstedt of West Melbourne is flying along the course at the ROY series' opener, Running On Island Time 5K in Merritt Island.

Photos by Trihokie Images

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Photo by Doug Carroll

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

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



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

ED SPRINGER
SCR President

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SPACE COAST RUNNERS
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Welcome to October!

We are moving into the time of year that makes the hot summers worth it...well, mostly worth it. If the rainy season we've been experiencing ever comes to an end, we should start getting to enjoy some slightly cooler temps. That's good news for everyone who is training...whether for one of the many fall marathons and half-marathons that members have on their calendar, one of the many upcoming 5k races, or if you are just training to get/stay in shape.

As you read through this issue of your club's newsletter, you will notice a recurring theme. WE NEED YOUR HELP! There are many events that are coming up in the next month or two, and they don't just magically happen. There are many volunteers behind the scenes working many hours preparing for the event, staging the event, and cleaning up after it is over. Too many times it is the same people volunteering. We would love to see some fresh new faces come out and join us. If more people pitch in and do a little, it keeps everyone from having to do a lot. You'll notice the recurring theme in Club President Ed Springer's column "Springer's Spiel," and in a couple of urgent pleas on pages 18 and 46. We ESPECIALLY could use help for the upcoming Space Coast Marathon and Half-Marathon. Please...get involved with your club. You'll feel good for doing good.

This month's issue includes an article from Doug

Butler about three things every runner should know. We also feature the next in the series of "Running Wild in Florida" from contributor Michelle Smurl. I know that Michelle will eventually run out of critters to write about, but her series about what to do if you encounter some of our Florida wildlife has been a nice addition to our pages.

Ever wanted to be a writer? This is your newsletter and we want to fill it with your stories. If you have a running or walking related story you would like to share, please do. Send it to me. If you go out of town to participate in an event, put your thoughts down on paper (ok, maybe in text on your computer) and send it to us. Others are, or will consider doing that event, and your review can help them. I'm sure that after reading Carol Ball's story this month on the Kauai Half-Marathon, we would all like to do that one.

Run safe. Get involved. Become a more active member of your club. Have a great month and good luck to everyone traveling to events this month.

See you on the roads,
BOB RALL,
Editor-in-Chief

Bob@rallcapital.com



Advertise in this newsletter.

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

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

*"Triathlete's Choice Best of 2013" Finalist:
"Best Race" , "Most Scenic Race" , "Bucketlist Race"*

RocketMan Florida Triathlon

OCTOBER 12, 2014.

KENNEDY
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• HALF IRON JUST ADDED •



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course!**

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Presented by:



SPRINGER'S SPIEL

A Monthly Column from SCR President, Ed Springer

Space Coast Runners,

As is the case in any non-profit organization, SCR is totally dependent on volunteers for its very existence. The Board of Directors, fun runs, hydration stops, races, socials, etc... are all reliant on volunteers. The Club is constantly in search, and in need, of help from members to assist with events around the county. Volunteers are the heart and "sole" of our organization and we ask you please consider donating a few hours of your time to volunteer for one of our events.

SCR owns the Space Coast Classic, Eye of the Dragon and Space Walk of Fame, and partners in the Space Coast Marathon. As our events continue to grow and grow, so does our need for volunteers! As you can imagine the Space Coast Marathon & Half Marathon, Brevard's premier running event, has enormous volunteer needs. SCR has a responsibility to participants and the community to ensure the venue, course, race weekend events, logistics and amenities meet the gold standard. Of equal importance is ensuring the course is returned to before race or better condition.

Volunteering is a great way to give back to the community by supporting the events held throughout the year. Knowledge of running is not necessary and anyone can volunteer. You'll very quickly learn that volunteering can be a fun and a great way to meet people and give back to the sport of running. Also, when you volunteer at SCR events, you are not just contributing to the event, but ensuring SCR can continue to contribute to charities and organizations, such as Special Olympics Brevard County, throughout the year.

Lastly, SCR has created a volunteer appreciation program. Volunteers at the SCR races will receive gift certificates, shirts and promotional items as part of a volunteer appreciation packet.

I leave you with a few quotes to spark some volunteer motivation:

- Nobody can do everything, but everyone can do something. – Max Lucado
- You make a living by what you get. You make a life by what you give - Winston Churchill
- Volunteers do not necessarily have the time; they just have the heart. - Elizabeth Andrew
- Those who can, do. Those who can do more, volunteer. - Unknown

Happy Running,
Ed Springer, President
springer993@gmail.com



OCTOBER BOARD MEETING

The next SCR Board Meeting will be held at 7:00 pm, October 20th at the Pro-Health in Merritt Island. All members are welcome to attend.



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

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

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

Local Fun Runs & Walks



It's always better to run and walk with friends! Our fitness community offers several opportunities to find a group to train with. Below are the details on the groups that meet regularly. If you are aware of any other groups that aren't listed, please contact lisahamelin@gmail.com and we will add them!

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



Running Zone, Melbourne



Palm Bay Rec Runners, Palm Bay



Juice 'n Java, Cocoa Beach



Running for Brews, Viera



Oars & Paddles, Up & Running, IHB



Running for Brews, Satellite Beach



Long Doggers, Indialantic

SCR Central

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

Meltzer Races Chicago Half Marathon



9/7/14—Congratulations goes out to Viera's Susie Meltzer who scored a third place age group award with her time of 1:35:35 at the 18th Chicago Half Marathon on the South Side. The race ran in nearly perfect weather conditions.

Meltzer tells us, "This is my favorite half marathon, mainly because it's flat, usually quite a bit cooler than Florida and best of all, my family lives along the course. The 2014 running of this event marks my fifth consecutive year and I will continue to return as long as I am able. The field is usually around 10,000 runners -- this year's finishers being 7,800+ -- and there are never any bottlenecks or hiccups to slow down this event. Chicago definitely knows how to put on a race of this magnitude! I hope other Brevardians join me for the 2015 race on 9/6/15."

welcome!

Space Coast Runners

WELCOME NEW MEMBERS!

Tony & Kathy Bils * Tyler Bowman
John, Ryan & Liam Buchanan
Dave Conley * Shannon O'Boyle
Laura, Sarah & Ruben Darancou
Joni & Jayna Hills * Angela Wong

If you are a new member to SCR and have not picked up your Space Coast Runners New Member Welcome Packet, they are available at 2 locations: Running Zone in Melbourne and Daddy Ultra Runs in Cocoa Village. We look forward to meeting you soon!



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.

Doug Nichols, 51 — 3:13:34
Air Force Marathon

*Have your name listed as a Boston Qualifier, email name, race & qualifying time to us — [click here](#)

SCR Central

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



COME JOIN US on the
SCR Fun Run Sunday Mornings!

The **Sunday Morning Fun Runs** from Cocoa Village are now heading **NORTH**. The group meets at **6:30 am** every Sunday at Riverfront Park. All paces are invited to join the fun. Water and Gatorade will be available at miles 2 & 4. (Photo credit: Steve Colella)



Raising Hell

Brevard County was well represented in Hell on Saturday, September 20. That's right...there really is a Hell and it's in Michigan where the 20th Dances with Dirt 5 Person Team 100K Relay was held. Three teams from our area made the trip to DWD with Trollin for HOTT Trail Chix placing 5th out of 359 teams from around the country. Their time of 8:11:54 was not too shabby considering the flat Florida trails give little preparation for the hilly terrain that covers four different counties. The other Brevard teams—Got the Runs! and Hot reported having tons of fun. Local runners Cynthia Jackson and Kathleen Shoda, both of Satellite Beach completed the 50K in 7:06:27.

Team Trollin for HOTT Trail Chix (pictured left to right): Tom Bruno, John Davis, Shane Streufert (who wasn't trollin), Steve Chin



GHOSTLY GECKO 5K

**Saturday,
October 18th 6:30PM**

Eau Gallie Civic Center, Melbourne, FL
1551 Highland Avenue

5K RANDOM GIVEAWAY! HOTEL NIGHT AND 2 PASSES TO UNIVERSAL STUDIOS HALLOWEEN HORROR NIGHTS

To benefit Eau Gallie High School Health & Wellness Academy

Register ONLINE at runningzone.com/series



<p>Tues. Oct. 14th – Fri. Oct. 17th 10:00am-6:30pm Packet Pickup & Registration at Running Zone</p> <p>Sat. Oct. 18th – Eau Gallie Civic Center 5:00pm Packet Pickup & Registration 6:15pm Late Registration ends 6:30pm 5K START! 7:45pm Little Goblins Kid's Run – FREE!</p> <p>AWARDS: M-F: Top 3 Overall, Top Masters Age Groups – Top 3 M-F 8 & Under, 9-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+</p>	<p>Amenities:</p> <ul style="list-style-type: none"> Best Halloween Costume Contest for Adults! NEW! Separate Kids Costume Contest! Fun Ghostly Gecko Awards! Free Beer on the Squid Lips beach (21 & over) Trick or Treat Goodie bags with candy to all finishers! <table border="0"> <tr> <td>FEES:</td> <td>Until Oct. 17th</td> <td>Race Day</td> </tr> <tr> <td>5K Run/Walk</td> <td>\$30</td> <td>\$35</td> </tr> <tr> <td>Team</td> <td>\$25</td> <td>N/A</td> </tr> <tr> <td>12 & Under</td> <td>\$15</td> <td>\$20</td> </tr> <tr> <td>Gecko Club/SCR Members</td> <td>\$25</td> <td>\$30</td> </tr> </table>	FEES:	Until Oct. 17th	Race Day	5K Run/Walk	\$30	\$35	Team	\$25	N/A	12 & Under	\$15	\$20	Gecko Club/SCR Members	\$25	\$30
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Team	\$25	N/A														
12 & Under	\$15	\$20														
Gecko Club/SCR Members	\$25	\$30														

GHOSTLY GECKO 5K OFFICIAL ENTRY FORM - Make check payable to: Running Zone

Mail to: Running Zone 3696 N. Wickham Road, Melbourne, FL 32935

Name _____
 Address _____ City _____ State _____ Zip _____
 Phone (required) _____ Email address (required) _____
 Sex: Male Female Date of Birth ____/____/____ Age on Race Day _____
 Open Team Name _____ (min. of 5 team members with one person of opposite sex)
 School Team Challenge: (Elementary and Middle Schools Students Only) _____
 Please check shirt size: Sizes: XS S M L XL XXL
 Kid's Registration: \$15.00 (Cotton T-shirt) Youth Medium Adult Small

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Running Zone Race Series event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, emails or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

Signature _____ Signature of Parent if under 18 _____ Date _____



SCR Central

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



Be Informed!

The Water & Land Conservation Amendment (Amendment 1)

As a club that promotes fitness in the county, we have a discernible connection with outdoors. Many of us enjoy activities outside and take advantage of Florida trails, sanctuaries, conservation areas, rivers, beaches, etc... However, funding for land and water conservation has become unstable and unpredictable. The Water & Land Conservation Amendment gives Florida voters a direct opportunity to protect our rivers, springs and beaches, keep drinking water clean, and restore natural treasures like the Everglades—without any increase in taxes.

This initiative restores previous funding to the state purchase of conservation lands, protects beaches and water sources, pays for existing and future recreation areas, and generally puts the state back in the forefront of wise environmental stewardship. A third of existing excise taxes on documents (“doc fees,” money already being paid to register land sales and other financial transactions) will go directly to conservation.

It does not raise taxes, create a new tax or increase state revenues.

Here’s the language you’ll see on the ballot: “Funds the Land Acquisition Trust Fund to acquire, restore, improve, and manage conservation lands including wetlands and forests; fish and wildlife habitat; lands protecting water resources and drinking water sources, including the Everglades, and the water quality of rivers, lakes, and streams; beaches and shores; outdoor recreational lands; working farms and ranches; and historic or geologic sites, by dedicating 33 percent of net revenues from the existing excise tax on documents for 20 years.”

For additional information visit <http://voteyeson1fl.org/>.

**DID YOU
KNOW**

Each of the 3 Space Coast Runners' ROY series races will have finisher medals?

SPACE COAST CLASSIC 15K & 2 MILE * SPACE WALK OF FAME 8K
EYE OF THE DRAGON 10K & TAIL OF THE LIZARD 2 MILE

**Plus, run all 3 and you'll receive
the SCR CHALLENGE MEDAL!**

SCR Central

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



Fashion Police: “Unexpected Snowflakes Are Cause for Advisory”

Looks like this runner photographed at Dances with Dirt was getting into the spirit of winter a little early this year with his bizarre snowflake running ensemble. Not alone in the ice blue metallic skivvies and poofy high-shouldered shirt, four other “man-flakes” dressed in matching team attire.

It was truly jaw-dropping to see the snowflake flurries racing down the wooded trails. While we do love a fresh, cold weather look, this one could not have melted away soon enough.

Are you concerned about a certain runner’s fashion? Do you just love someone’s running wardrobe style? Submit them to the Fashion Police! [Click here](#) to file your complaint or compliment.

SPECIAL SCR RACE DISCOUNTS

- ◆ The Inaugural [Bulow Woods Trail Race and Ultra Marathon](#) scheduled for Saturday, 12/13 in Ormond Beach has extended a discount on their race registration. Use code TOMOKA to save \$5.
- ◆ The beautiful town of Celebration will host the 2nd annual [Celebration Marathon & Half Marathon](#) on Sunday, January 25, 2015. Use discount code SCR2015 to receive a special savings.
- ◆ March 29th, 2015, will mark the second running of the [Tomoka Marathon](#), Half-Marathon and 5K Races. When registration opens save 10% with code SCR10.



PACKET PICKUP VOLUNTEERS NEEDED

SATURDAY, NOV 29

Shifts Available: 8:30am—1:00pm **or** 1:00pm—5:30pm

Give back to the race that so many SCR members have run by volunteering the day before the race in the packet pickup area at the Expo. The Expo is being held at the Radisson Resort at the Port, Conference Center.

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

SCR Central

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

RFB
VIERA

Running for Brews Local Viera Fun Run

Running. Drinking. Networking. Giving. Those are the core principles behind Running for Brews. Founded in 2010 in Dunedin, Florida, this social club now has two Brevard County weekly fun runs. On Tuesday nights at 7:00 pm you can join the Satellite Beach runners and on Thursday night head over to Viera for their 7:00 pm run. Both meet at the local Long Doggers restaurant parking lot who generously gives a free cold beer to those wishing to quench their post-run thirst.

Jessica Schecher organizes the Viera run which started in January. She told SCR that they average about fifty runners every week and are growing. Long Doggers is an ideal starting location as it provides an easy out and back course that takes runners west on Viera Boulevard. The course does not have any traffic stops but does challenge with the uphill of the I-95 overpass. Participants run or walk distances of 1, 2 or 3 miles. And for extra motivation, Schecher awards raffle prizes between 7:45 and 8:00 pm to participants which can be anything from free local race entries to running swag. You never know!

There is no cost to join RFB. It is a free social running club and all are welcome. Both RFB fun runs have Facebook pages where you can find out more information.



Running for Brews Organization Core Values & Beliefs

1. Appreciating health and happiness
2. Promoting beer culture and the responsible enjoyment of beer
3. Meeting new people and developing new relationships
4. Giving back to the communities we live in
5. Having a good time



Photo credits: Brittany Streufert

SPONSOR SPOTLIGHT



Viera Pizza is proud to be a continued sponsor of the SCR Runner of the Year Series and the presenting sponsor of the Eat My Crust 5K.

Since opening its doors in 2004, Viera Pizza has become **"The Best Gas Station Pizza Ever"** in the local area. Immediately popular, Mike Acosta, VP's operating partner and SCR member, gained a very loyal following of local customers, business travelers and has become a popular drop-in spot for many visiting athletes and celebrities in search of great food.

In 2012, Viera Pizza created the **Eat My Crust 5K** featuring mascot extraordinaire, Joey Pepperoni. Having raised over \$50,000 in its first three years for the Viera High School Athletic Department, Special Olympics and Early Steps in Brevard County, the race will debut in 2015 as the ROY series finale.

Serving in 2 Locations!

5450 Stadium Parkway, Viera
5470 Murrell Road, Viera

Website - www.VieraPizza.com

Facebook - [https://](https://www.facebook.com/pages/Viera-Pizza/113478863645?sk=info)

www.facebook.com/pages/Viera-Pizza/113478863645?sk=info



4 Harrison Street, #102
Cocoa Village

**TUESDAY NIGHT
OCTOBER 14
6:00 PM
Speaker: Hernan Garcia**

Learn about adventure races and ultra runs, how to prepare for them and what to expect, with a heavy focus on Hernan's last experiences in China, Madagascar and Chile.

He will share the stage with two Cocoa/Rockledge volunteers who went along on the Chile adventure.

**MONDAY NIGHT
OCTOBER 20
6:00 to 7:00 PM
Speaker: Dr. Clarke**

Come join us for an interactive discussion on what Dr. Richard Clarke (Clarke Chiropractic and Wellness) considers to be the pillars of the often elusive "health," and the much coveted life of wellness." Topics will include some of the latest research in nutrition, fitness, lab work, overlooked environmental toxins and beyond.

Bring your enthusiasm and an open mind as we will discuss doing all you can to stack the deck in your favor towards the health and wellness we all desire.

RUNNING in Wild Florida

Going Batty

Bats are aggressive, vampire like creatures put on this planet to scare us. Not a chance! According to the experts, the peskiest thing about Florida's wary, insect-eating mammals is our enduring fallacies about them.

You may encounter a bat if you run at dusk. The aerial maneuvers of these mysterious flying mammals tend to raise heart rates when they are near. Two of the main fears that people have of bats are unsupported. Bats are not trying to fly into your hair and attack you and not all bats are rabid.

Florida is home to about 15 species of bats that are either year round or seasonal residents. Bats use echolocation (a process of emitting ultrasonic calls and listening for echoes to bounce back) to determine the location of both obstacles and potential food items. This extremely accurate technique allows bats to locate and capture insects less than one-inch in length, so avoiding a person's head of hair is quite simple by comparison.

Bats are beneficial. Seventy percent of the world's bats eat insects. Experts have determined that one bat can devour up to 3,000 insects in a night! Most insect eating bats devour their body weight in insects each night. Bats are considered one of the most important natural regulators of night-flying insects.

Studies have shown that less than one percent of bats contract rabies and when they do the bat normally dies within three or four days. Bats, not observed as aggressive when rabid, can end up on the ground or somewhere they do not belong and, if handled, may transmit the disease by biting in self-defense.



An Evening Bat, pic provided by Florida Bat Conservancy

Bats are disappearing at alarming rates in Florida, and around the world. Bat roost site disturbance and destruction due to development and vandalism is the greatest threat to the world's bats. Most bats living in Florida prefer to roost in mature or dead trees, or in caves. However, bats are often forced out of urban areas due to loss of habitat or taking up residence in the wrong places and becoming targets for abuse. Lucky for us we have local non-profits to help us provide positive outcomes for bat related issues — Bat Belfrys Inc. and Florida Bat Conservancy.

Many people are afraid of bats, not realizing how harmless they are and that they serve a beneficial role in controlling insect populations. Consider yourself fortunate if you find a colony of bats roosting near your home.

Volunteer!



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

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



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

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

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

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

#3—It's good for you

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

#2—You get a chance to give back

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

#1—You get some volunteer SWAG

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

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



TIPS 'N TRICKS

(you can thank us later!)

HAVE A QUESTION YOU WANT ANSWERED? NEED HELP?

EMAIL lisahamelin@gmail.com & YOUR QUESTION MAY BE FEATURED IN AN UPCOMING ISSUE.

Trick or Treat!

Halloween is just around the corner. Candy and running? You bet. Consider the ingredients in popular energy gels, chews, beans, etc. and there is not too much difference in many of them. Here are the top 5 best candies for runners:

1. Smarties/Sweet Tarts—Simple candies that are easy to travel with. Quick sugar boost and the tartness can help fight dry mouth.
2. Life Savers—Hard candies, such as Life Savers will provide a longer-lasting candy experience. They also help keep your mouth moist.
3. Gummy Bears/Jellybeans—Great for those that prefer a chewier running snack that can last a little longer.
4. Snickers/Almond Joy/Hersheys with Almonds—Save these higher-calorie fun-size bars for a snack after your run.
5. Candy Corn—Easy to eat, easy to travel with and no high fructose corn syrup!



Space Coast Classic 15k (Nov 1)

Thank you to all of the participants that entered our monthly contests for a chance for a free entry to the Space Coast Classic! The race is November 1st and we would love to have those that didn't win over the summer, join us for a great race.

<http://www.scc15k.com>



Last Month's Winner Announced

September's question was:

What are the two locations that the Space Coast Classic has been held for the past 28 years?

Congratulations to Lisa Farrell for being the random winner!!

The correct answers were Windover Farms in Melbourne and Ryckman Park in Melbourne Beach.



1st Inaugural
Pink Heals 2 Miler
Run/Walk

Wednesday, October 15th 2014
At 6:00pm
 Wickham Park Main Pavilion

To learn more about the Pink Heals Tour, Visit
<http://www.pinkfiretrucks.org/>

TIMETABLE:
Wednesday, Oct. 15th
10:00 am – 3:00 pm
 Packet Pickup & Registration at **Running Zone**
 (Across from the King Center on Wickham Road)

RACE MANAGEMENT BY


Wickham Park Main Pavilion

5:00 pm	Packet Pickup & Registration
5:45 pm	Late Registration Ends
6:00 pm	2 Mi Start!!!

* Awards Ceremony immediately following

HIGHLIGHTS:

- Awesome Race Shirts
- Refreshments After the Race
- Great Race Bags
- **PINK FIRE TRUCKS, POLICE CARS AND A PINK BUS ON SITE!!!**

AWARDS:
 Top 3 Overall Males & Females,
 Age Groups (Top Male & Female)
 8&Under, 9-11, 12-14, 15-19, 20-24,
 25-29, 30-34, 35-39, 40-44, 45-49,
 50-54, 55-59, 60-64, 65-69, 70-74, 75+

FEES:	Until 10/14	Race Day
2Mi Run/Walk	\$25.00	\$30.00
Kids (12 & under)	\$20.00	\$25.00

RAIN OR SHINE
 SORRY, NO REFUNDS

Pink Heals 2 Miler OFFICIAL ENTRY FORM
 Make Checks Payable To: **Breast Friends**
 Send Completed Form w/Payment to: **1103 Hibiscus Blvd. Suite #306, Melbourne, FL 32901**

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Email address _____
 Sex: Male Female Date of Birth ____/____/____ Age on Race Day ____

Please circle shirt size: XS S M L XL XXL

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Pink Heals 2 Miler Race event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

Signature (Guardian if under 18) _____

Date _____



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sceventmgt@gmail.com





Runner of the Year Series

TWO FAST 5Ks ARE IN THE RECORD BOOKS

2014—2015 LEADERBOARD

OVERALL — MEN

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

AGE GRADED DIVISION

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

OVERALL — WOMEN

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

AGE GRADED DIVISION

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

Training is paying off for those competing in this year's ROY series. Two 5K races have run in the grueling summer heat yet that hasn't stopped 215 members from scoring series' points.

The leader board has shifted as previous men's leader, John Davis opted not to run the Turtle Krawl and September's August leader for the women, Lori Kruger slowed her pace at the TK.

Newcomers to the overall leader —>



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

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

Pictured above right to left: Steve Hedgespeth sprints to the finish. Lisa Petrillo accepts her first place age group award from her race director husband, Mark. John Austin gives it all his has as he crosses the line. Kaylee Kraver speeds past runners on the course . Photo credits: Doug Carroll & Trihokie Images.

Runner of the Year Series

WHAT'S COMING UP IN THE ROY SERIES

board are John Austin and Cheryl Ritter. In the age graded division, Matt Mahoney continues to keep his lead over Shane Streufert with Doug Nichols jumping to the third for the first time. Little ten year old, Kaylee Kraver claimed the third spot in the women's age graded race which saw Leslie Faletra and Jacquelyn Kellner both move up a spot.

Participants are off in October with the next ROY series race taking place at the Space Coast Classic 15K & 2 Mile on November 1st in Melbourne Beach. The longer distance may cause a few more leaderboard shifts. Last year saw John Davis and Susie Meltzer score top points at the race.

To view the ROY series standings, [click here](#).



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

Atlantis Urgent Care * Chick-fil-A
Millennium Engineering & Integration Co.
Morgan Stanley * New Balance * Viera Pizza
Smooth Running * Up & Running Fitness

FEATURED SCR RACE OF THE MONTH

It's the first year of what has been dubbed as



the "Classic Car Series". The 15K & 2 Mile will feature finisher medals for everyone and since it's the 50th anniversary of the Ford Mustang, the medal depicts the classic 1964 Mustang.

Bring a canned good on race day to donate to Daily Bread during this time of Thanksgiving.

WHERE ► Ryckman Park
507 Ocean Ave, Melbourne Beach

WHEN ► Saturday, Nov. 1 — 7:15 AM 15K
7:20 AM 2 MILE

COST ► Early registration for SCR members is \$25 before 10/25/14

WHAT TO EXPECT ► Hopefully temps in the low 70s. DJ INI Productions will be on hand to keep the atmosphere electric. Race director, Lisa Hamelin promises a great post-race party with lots of food.

COURSE RECORDS ►

Ryckman Park Records

Doug Butler—1990—49:08

Sherry Morin—1989—57:15

SCR YOUTH SERIES ► Featuring ¼ and ½ mile distances featuring a new course. 9:00 am start time.

ONLINE RACE REGISTRATION ►

<http://goo.gl/Qj4qGY>

29th Annual



Saturday
November 1, 2014
@7:15am
Ryckman Park in
Melbourne Beach, FL

A classic car-themed Space Coast Runners series race! This year, in honor of the 50th anniversary of the Ford Mustang, we will be showcasing this American classic! 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:

Friday, October 31st 10:00am—6:30 pm
Packet Pickup & Registration at Running Zone
(3696 N. Wickham Rd, Melbourne, FL)

Saturday, November 1st
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 (5 year intervals from 10-80+)

FEES:

Sorry NO refunds

Postmarked By 10/25 Postmarked After 10/25

Table with 3 columns: Fee Category, Postmarked By 10/25, Postmarked After 10/25. Rows include 15k (\$30), 15k SCR Member (\$25), 15k No Shirt (\$25), 2 Mile (\$25), 2 Mile No Shirt (\$20), 2 Mile SCR Member (\$20), Student (thru grade 12) (\$20).

All proceeds benefit Ocean Breeze Elementary School PTO (playground and fitness equipment replacement)

Name _____

Address _____

City _____ State ____ Zip _____

Phone _____ SCR Member Yes No

Email _____

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

Age on 11/1/2014 _____ Male Female

Birthdate: ____/____/____

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

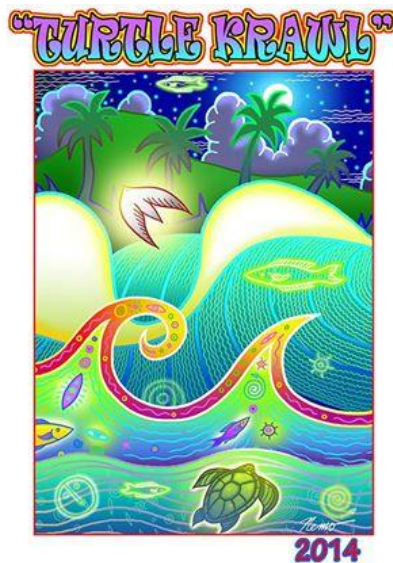
I assume all risks associated with my participation as a participant in the 2014 Space Coast Classic including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road, all such risks are 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 600 Jackson Ct. Satellite Beach, FL 32937 Race Director—Lisa Hamelin—spacecoastclassic@gmail.com

321.720.4127



Cacciapaglia Smashes the Turtle Krawl 5K Course Record!

Chris Cacciapaglia set a new course record of 15:21 in Indialantic on September 13, 2014, breaking his own 16:00 mark from 2013 by 39 seconds. Kaitlin Donner helped make it a great race by repeating as the top overall female in a time of 17:46.

The Turtle Krawl kicked off at Nance Park with the temperature thermometer reading 77° along with partly cloudy skies. The two speedsters faced a record size field of 2,425 runners and walkers in the race that has become the biggest in Brevard County. The 5K is the second race of the Space Coast Runners “Runner of the Year” series.

“5K’s are short enough that you need some speed and long enough you have to fight to maintain it”, Cacciapaglia said of the 3.1 mile distance. “It is great for pushing both endurance

Above: Cacciapaglia’s speedy legs turned fast the entire 5K distance. Chris is pictured here racing towards the finish line.

Article by Brittany Streufert. All race photos courtesy of Trihokie.com and Doug Carroll.

Turtle Krawl 5K Run/Walk — continued

and pacing.” Cacciapaglia ran without a watch which made him push pretty hard to repeat again as the overall winner and beat his time from last year. When asked what he likes best about the event he said, “The Turtle Krawl is a lot of fun particularly because the atmosphere, but also I like that it goes along the beach for the start and finish.”

The top five places were rounded out by Ed Donner (17:12), Shane Streufert (17:21), Christian Lake (17:26) and Steve Hedgespeth (17:39). Male Masters went to Joel Fenlason, 41 who ran a time of 18:48.



Participants helped raise over **\$50,000** for the Sea Turtle Preservation Society

In the women’s race, professional triathlete Kaitlin Donner finished in sixth place overall as she stayed well ahead of the competition. Second place went to Angela Cobb (18:31) which was her best finish ever at the Turtle Krawl. Joy-Lynn Alvarez (20:37), Tina Kraver (20:53) and Brittany Erekson (20:57) took the next three top spots. Female Masters Champion went to Julie Hannah who continued her comeback running a 21:09.

The top ten competitive walkers received awards with David Farrall (34:27), Michael Petrillo (35:31) and Ann Micklos (37:33) finishing one, two and three. Special awards were given to the youngest and the oldest finishers as well as the “Middle of the Nest” runner.

Race director Mark Petrillo had his hands full with a race of this size but managed it with ease as participants were sporting full grins and having lots of fun at the post-race celebration. For full race results and photos, [click here](#).



Top Right: The start of the race was an endless stream of runners and walkers. Middle: Race Director Mark Petrillo gives a big welcome along with race instructions before the 5K start. Bottom Left: SCR member, Karen Sanchez and friends show lots of smiles around the finish line. Middle: Abbey Calhoun displays her “Turtle Spirt” with her unique visor. Right: Anne Doerflein and Lorraine Petersen take the final turn before heading towards the finish.

Behold the turtle!



RUN OR WALK WITH US TO CELEBRATE NATIONAL ADOPTION DAY!



Have a Heart  for Adoption

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

A FREE FUN-FILLED FAMILY EVENT!

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

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

ENTRY FEES:

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

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

WALKERS / FREE

Visit brevardfp.org for more information and to register.

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



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



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



Brevard Family Partnership

Protecting Children, Strengthening Families, Changing Lives.

Foster Care – Adoption – Independent Living



Eagle Pride Races Dodge the Rain in Fifth Year

After a night of pouring rain and an early morning drizzle the skies cleared for the fifth annual Eagle Pride 5K and 1 Mile Race at Ascension Catholic School. Adults and children lined up for the start in the church's parking lot at 7:30 a.m. After a beautiful rendition of the Star Spangled Banner, an encouraging prayer and announcement that a train would be passing along the route in forty five minutes runners and walkers were on their way.



Leading the 5K pack was 31-year old Chi Cam of Palm Bay in 18:15. Dina Viselli, 29, of Melbourne was the first female finisher in 20:05. Viselli finished 4th overall.

Tallahassee's David Knauf (18:30) and Melbourne's, Art Anderson (19:53) were second and third for the men. Matt Mahoney (20:24) of Melbourne was the Male Masters Champion. For the women, Indialantic's Michele Longstreet (22:51) was second and Jenny Bakopoulos (23:54) of Summerville, SC was third. Brittany Streufert (25:41) of Viera was the Female Masters Champion.

In the mile race, the top three finishers were Katie Johnson, (6:54), Mallory Jost (7:05) and Alex Kieu (7:31).

The day was deemed a success as 150 crossed the 5K finish line and another 91 ran the mile. After finishing, participants were treated to cups of Chilly Spoons frozen yogurt, Dunkin Donuts and cold beverages.

This community event benefits Ascension School Athletics Program. For additional race results [click here](#).

Article by Brittany Streufert. Race photos courtesy of Pamela Gearhart and Brittany Streufert.



Top left: And off the runners go!

Middle: Team awards

Bottom Left: Greg Robinson of Melbourne races to second place in his age group.

Bottom Right: The kids were giving an all out effort as they raced the one mile course.

Racing Against Addiction

Most races are titled after seasons or cute, catchy slogans, but this one is named differently. It features the name of a person: Ryan.

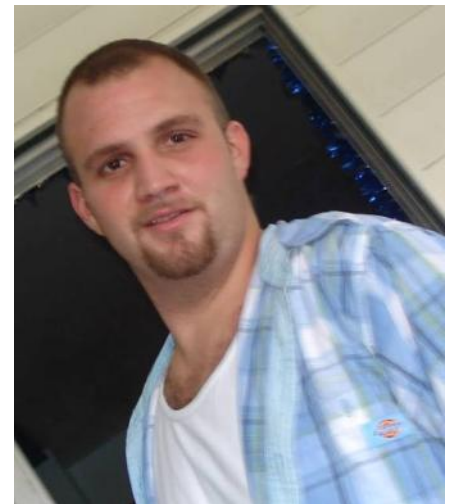
Who is Ryan? Ryan was a kind and wonderful person who unfortunately passed due to a drug addiction. This race is to honor his memory and to help raise awareness about addiction in the community. It also shares resources that people may utilize if they are suffering or know someone who has suffered. The organizers have gained a strong support from Hope Ministries for this cause. Hope Ministries has even announced that they will present a Ryan's Hope Scholarship that will give someone the opportunity to receive help through Addiction Recovery Counseling, Education and Counselor Training.

Ryan's Hope 5k was held 7:30am on September 20th. The three top overall male finishers were Cadis Fasharoom crossing the finish line first at 20:45, Kevin Castner coming in second with 21:22 and Martin Feidman closely behind in third with 21:27. Sherrie Palmer led the females with a time of 26:12 with Bard Gervais in second (28:18) and Rebecca Bauer in third (33:01).

Although none of the fancy giveaways or the elaborate trophies were present, this race featured lots of love to go around. The amount of support from the runners, walkers and staff was apparent from the time the race was setting up until the post race congratulations after the race. This was a race that brought people together not only with the common goal of competing a 5K, but of creating a memory of happiness, fun and love. Isn't that the best type of race of them all?

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

Article by Michelle Au. Race photos courtesy of the Ryan's Hope 5K Run/Walk Facebook page.



Top: Ryan before his untimely death from addiction.

Bottom: Individuals and teams show support in the race's efforts to raise addiction awareness in the local community.



3 Holidays, 3 Classic Races

in the Beach Communities of
Cocoa Beach & Cape Canaveral

Run or walk all three races to earn the Holiday Beach Series medal!

FALL INTO WINTER 5k

October 18, 8:00 am
Cocoa Beach

COCOA BEACH

TURKEY TROT 5k
November 27, 7:30 am
Cocoa Beach

REINDEER RUN 5k

December 13, 8:00 am
Cape Canaveral



Custom medals awarded at the REINDEER RUN for registering for all three races.

Races have their own amenities in addition to the series medal. See race websites for details.

Registration

\$67 Entries postmarked on or before October 1
\$72 Entries postmarked after October 1

For more information or on-line registration:
<https://runsignup.com/HolidayBeachSeries>

Enter by mail to:

Check payable to **Cocoa Beach Kiwanis Foundation**
30 Country Club Road
Cocoa Beach, FL 32931
(Race fees are non-refundable)

Races benefit

Cocoa Beach Recreation Department Youth Camps, Brevard County Police Athletic League, Cocoa Beach High School Cross-Country & Track Teams

To contact race directors by email:

Fall Into Winter 5k: lmclean@cityofcocoa.com
Turkey Trot 5k: turkeytrot5k@cfl.rr.com
Reindeer Run 5k: kjp.pasternack@bcso.us

FALL INTO WINTER 5k

COCOA BEACH TURKEY TROT 5k

REINDEER RUN 5k

Name _____ Address _____ Male Female Age _____
City _____ State _____ Zip _____ Phone _____ Birthdate _____
Email _____

Race Shirts (includes one for each race) S M L XL XXL (additional sizes for Turkey Trot include YM and YL, XS for Reindeer Run)

I assume all risks associated with my participation as a participant in the Fall Into Winter 5k, Cocoa Beach Turkey Trot 5k, and the Reindeer Run 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 and sponsors 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 if under 18) _____

Date _____





Packet Pickup

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

Race Day Parking

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

Community Outreach

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

Race hotline 321-783-6535

Email race director at TurkeyTrot5k@cfl.rr.com

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

www.cocoabeachturkeytrot.com

Register by Mail, On-Line, In Person

Entry Fees

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

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

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

(Race fees are non-refundable)

Mail

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

On-Line

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

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

In Person

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

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

2014 Cocoa Beach Turkey Trot 5k

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

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

Signature (Parent or guardian if under 18)

Date



Panthers on the Prowl

Article by Michelle Smurl

The inaugural Panthers on the Prowl 5k and 1 miler was held on Saturday, September 20 at Eastern Florida State College (EFSC) in Cocoa. The 5K course was a 3 lap event starting and finishing near the Amphitheater at EFSC and ran through the Brevard Museum trails and campus. The 5K started at 8am and the 1 miler started at 8:05am. This first-time race entertained 73 participants for the 5K.

Matt Fuhrer of Cocoa completed the 5K course with a time of 20:53 to capture the Male Champion Title. After the race, Chris stated that he was shooting to run sub-20 minutes. The slightly hilly course and muggy conditions may have played a factor with his finishing time. Ben Hagerty, of Melbourne, who ran for his brother Henry, garnered 2nd place with a time of 24:29. Michael Higgins of Cape Canaveral crossed the line close behind Ben and was placed in the Male Master's Champion category with a time of 24:36. Grabbing 3rd place overall with a time of 25:51 was Ryan Randall of Melbourne.

Tricia Tezel was the first female to cross the 5K line in a time of 24:30 and earned the Female Master's Champion Title. Laura Eurbanks of Watertown, NY finished with a time of 25:36 and was awarded Female Champion Title. Andrea Walsh of Winter Springs and Carrie Kerr of Cocoa finished 2nd and 3rd female with times of 29:09 and 34:19, respectively. For full race results, [click here](#).

The results from the one mile event were not available at this time of this article going to press.



Left: City Council representative, Brenda Warner, with the Male Overall Champion in the 5K, Matt Fuhrer.

Right: Tricia Tezel and Michael Higgins, the Female and Male Master's Champions with Ben Hagerty, the 2nd overall male finisher in the 5K.

Long Distance Relationships

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



Making the Grade



WEATHER— The race started at 6am. Temps were a very comfortable 70-ish. It rained right before the start for about 10 minutes. By the time we finished it was in the low 80's, but not humid like in FL, and you always have the ocean breeze.



PROS— Great race! Beautiful setting and course. Well organized, festive finish area in a park with live music, plenty of food.



CONS— Can't really think of any! Too bad it is so far away - but maybe that is a pro because it keeps the race a unique, smaller size event.



RACE FACTS— Over 1,800 participants, 59% women. 921 runners from Hawaii, 651 from Kauai (most ever)

67 Runners that have run the full or half every year for 6 years in a row; 130 Youth runners in the Keiki (Children's) Run ages 2-12

Dean Karnazas and Bart Yasso were on hand for the week's festivities handing out tips and inspiration .

(Photo credits this page: Kauai Marathon)



Article by Carol Ball

The Kauai Marathon & Half Marathon

Kauai, Hawaii—Sunday, 8/31/14

Aloha! The sound of the waves, the scent of ginger, the feel of the warm ocean breeze – this is a run in a tropical paradise. The Kauai Marathon and Half Marathon was held August 30 in Poipu (South area of Kauai, HI), and Donna and I were there!

We attended the race expo on Friday. There were many local vendors, so it was more than your usual race expo. Kauai Coffee was handing out samples and packets of ground coffee to take home. There was coconut milk, candy, and bars.

Long Distance Relationships

The Kauai Marathon & Half Marathon continued



Left: The two took in some of the breathtaking Hawaiian hillsides the day after the race.

Right: Time to celebrate! Carol and Donna are all smiles wearing their medals after completing the half marathon.

A man was raising funds for charity by selling gift baskets. For \$30 I got a huge basket with a fresh pineapple, coconut, papayas, avocado, cookies, taro treat, mango, guava pancake mix, etc. Yummy!



Race day began with a predawn walk of about a mile from our timeshare to the race start. We were greeted with live Hawaiian music and a light rain. As the rain began to fall harder and everyone ran for cover, the DJ commented that it was a “blessing from the Gods” for a great race! In about 5 minutes, the rain just stopped and we proceeded to the start line. There were about 1,800 runners representing 43 states and several countries in this 6th annual race.

The course was a loop taking us past pastures, through a tunnel of trees, and along the coast. We opted for a slow, steady pace, walking some of the hills, to ensure an injury-free week of activities following the race. The water stops were plentiful with enthusiastic volunteers, music, and even hula dancers. At the second to last water stop, they gave out iced washcloths. There were residents along the way with water hoses to mist the runners. With the combination of a beautiful course and entertaining water stops, the miles ticked by quickly.

The finish line was festive and well organized with a bottle of water and a medal placed around your neck by a native costumed volunteer. There was lots of fresh, tropical fruit, bagels, Hawaiian chips, wraps, yogurt, pastries, and Kona beer! We really can't think of anything negative to say about this event – just another morning in paradise!



'There's still time to become a sponsor for Space Coast Runners and their 3 SCR races

Space Coast Runners Sponsorship Levels

Eye of the Dragon 10k/2 mile



Spacewalk of Fame 5k/2 mile



Space Coast Classic 10k/2 mile



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

Contact Lisa Hamelin for more information.

(321)720-4127 * lisahamelin@gmail.com

RUN A MILE WITH... Ron & Cheryl Ritter

Name: Ron & Cheryl Ritter

Family: Skylar, the dog and Cayman Island Girl, the cat

Originally from: Both are from NY

Grew up where?:

RR: White Planes, NY

CR: Little Falls, NY

Occupation:

RR: Engineer

CR: Physician Assistant in Dermatology

Dream profession:

RR: Tour guide in Alaska

CR: Retired

Number of Years Running:

RR: 4, CR: 2

Began Running Because/

To: RR: Stay healthy

CR: A friend invited me to join her at Daddy UltraRuns fun run on Wed night and I loved it!

I Knew I Was Hooked

When: RR: When I signed up for SGNL (Set Goal, Not Limits)

CR: I felt great after each run!

Race PRs (Personal

Records): RR: 5K— 19:10 (Downtown Melbourne), Marathon—3:20 (MCM)

CR: 5K— 22:55 (TK), Half Marathon (Gasparilla) — 1:56

Most Satisfying Race Performance(s):

RR: Marine Corp Marathon

CR: Turtle Krawl 5K!



13.1

Favorite Race(s):

RR: MCM super inspiring race!

CR: Space Coast Half Marathon because it's a beautiful course along River Road & supports our local community

Favorite Race

Distance: RR: Half Marathon because the training isn't so long

CR: Half Marathon because I love the distance!

Favorite Place(s)

to Run: RR: River

Road in Cocoa Village

CR: River Road, Tropical Trail, Viera & anywhere new on vacation

Running Goals:

RR: To run as long as possible in life

CR: Complete my first marathon in Corning, New York — Wineglass Marathon on 10/5/14



Running Partner(s):

RR: SGNL group and the Space Coast Runners

CR: My husband, Ron, Set Goals Not Limits group, Viera girls and SCR's group

If I Could Go on a Social Training Run With Any Other

Persons, Dead or Alive: RR: Bruce Lee

CR: It would be awesome to run with Shalane Flanagan!



RUN A MILE WITH... *Ron & Cheryl Ritter*

Funniest or Oddest Thing I've Seen While Running:

RR: A Red Tailed Hawk chasing a squirrel!

CR: One early morning before the sun was up, I was running in a Viera community that backed up to a reserve. All of a sudden, a herd of deer came running out in front of me and behind me! I stopped and froze. Not sure who was spooked more!

Training Philosophies:

RR: Find your strong.

CR: You can do it!

One Piece of Advice That I Would Give to a New Runner:

RR: Have fun!

CR: Join a run group and meet other runners. It's more fun and motivating to run with friends.

Other Sports & Interests:

RR: Triathlons, hiking and traveling

CR: Biking, hiking, yoga and traveling!



Favorite

Reads: RR: Marley & Me

CR: Last great book I read was In-
to Thin Air by Jon Krakauer

Favorite Movies: RR: The
Godfather

CR: I love watching movies. Too
many to post!



When Nobody is Looking I Like to:

RR: Sleep

CR: Wave at the camera and smile during a 5K. Don't tell Coach Butler!

Favorite Meal:

RR: Mom's meatballs

CR: Baked Ziti

Dream Vacation:

RR: Germany

CR: Just came back from Hawaii which was my dream vacation!

Why did you join

SCR? RR: To meet great people

CR: To meet great friends and support the SCR's.

I Think That SCR Could Do A Better Job:

RR: n/a

CR: They do a great job already!





3 Things Every Runner Should Know

by **Doug Butler**
**Holy Trinity &
Set Goals, Not Limits Coach**

When asked to give only three things every runner should know I realized that was a tough task so I will leave out the obvious like having proper training shoes and getting GOOD coaching advice. Here's the list in no particular order

1. Every runner should realize there is no cookie cutter runner maker and we all have the ability to run so set high goals for themselves and set out a training plan to reach those goals. Have process goals along the way and don't be afraid to evaluate your goals and adjust them. People that set higher goals achieve more because the goals mean more to them and they work harder to achieve it than do people that set simple easy to reach goals.

2. Every runner should realize that distance running is made up of two parts, Speed and Endurance. You can not neglect one and be a good distance runner. Neglect speed and you are a long, slow runner. Neglect endurance and you are a short, fast runner. Distance running is primarily an aerobic sport so the majority of your training should be easy aerobic miles.

3. Every runner should keep fun as the number one priority! Switch things up, run in different places, find training partners your pace to run easy with or speed with, make it social, but make it fun. If you make it fun, you will continue to do it, and that's where you get fast, by stringing together months and years of consistent training

U.S.A. BEACH RUNNING CHAMPIONSHIPS

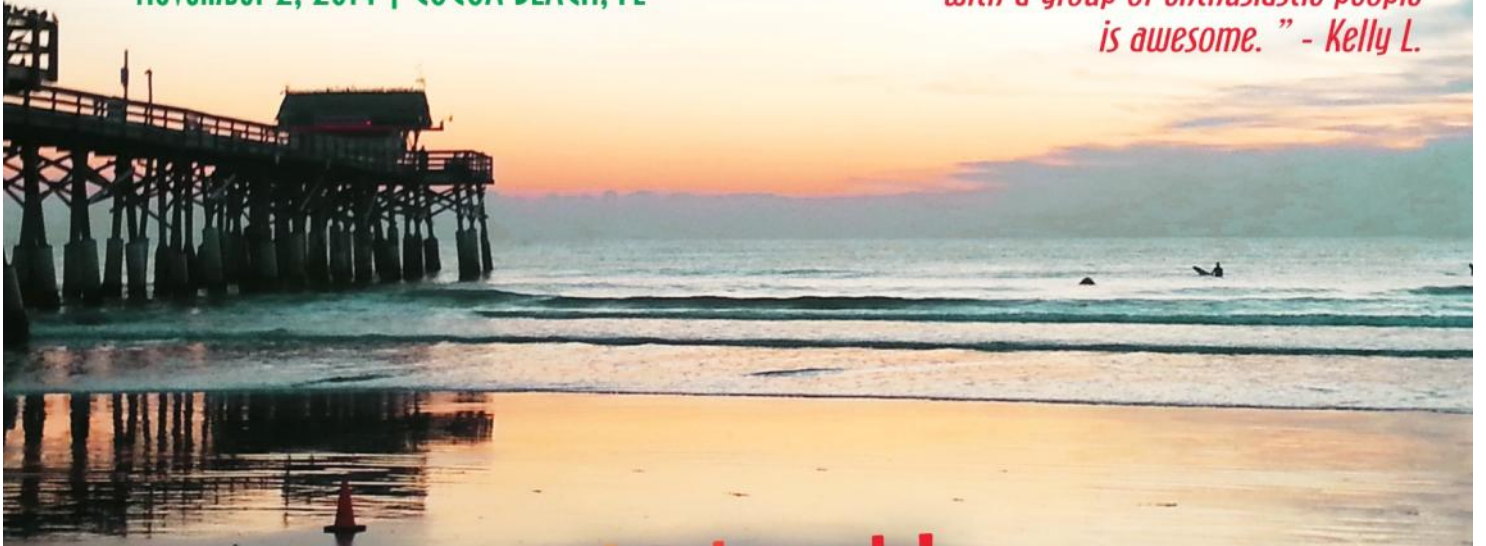
10K • HALF MARATHON

November 2, 2014 | COCOA BEACH, FL

Feel irie...

“Love running on the beach, it's so peaceful, the sound of the birds, surf, and the first hints of sunlight! And it's a great race venue!” - Sharon S.

“Being outside on the beach at sunrise with a group of enthusiastic people is awesome.” - Kelly L.



Live reggae on the beach!

Medals to all finishers • Tech shirts to all pre-registered
Low-tide, out and back runs on hard packed sand
Open to all runners/walkers (No qualifying) • Barefoot division

REGISTER NOW!
RunOnTheBeach.com



Where in the World?

ARE SPACE COAST RUNNERS RUNNING



OCTOBER 2014



Jacksonville Marine Corps Half Marathon
10/4—Jacksonville, FL

Harry Prosser



The Twilight Zone Tower of Terror 10-Miler 10/4—Lake Buena Vista, FL

Beverly Glenn



St. George Marathon 10/4—

St. George, UT

RC & Susie Koontz



Wineglass Marathon 10/5— Corning, NY

Deb Molina, Cheryl Ritter, Ron Ritter, Brittany Streufert, Marie Thomas, Micah Vanatta



John Holmes 50K
10/11—Croom Park/
Withlacoochee State
Forest, FL

Jim Schroeder

TOWPATH MARATHON

Towpath Marathon 10/12— Cuyahoga
Valley National Park, OH

Molly Kirk



Beachside Half Marathon 10/11—
Vero Beach, FL

Brittany Streufert, Shane Streufert



Mohawk Hudson River Marathon
10/12— Schenectady, New York

Howard Kanner, Steve Oliver, Kristin Tinker



Chicago Marathon
10/12—Chicago, IL

Mary Collins, Marisa
Flint, Amy Sequeira,
Christy Zieres

[It Takes 2 Seconds To Add Your Race. Click Here!](#)



Where in the World are Space Coast Runners Running?

OCTOBER 2014



Jack's 50K Trail Race
10/25—Palm Coast, FL
Jim Schroeder



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

NOVEMBER 2014

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

Steve Chin, RC & Susie
Koontz, Stephanie
Kutteroff, Shane Streufert



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

Michelle Au



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

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

NOVEMBER 2014



Soldier Marathon 11/8— Columbus,
GA

Shelley Christian



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

Pat Kiesselbach

Pensacola Marathon
11/9—Pensacola, FL

Harry Prosser (full)
Kimberley Prosser (half)



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

Wade Dauberman, Beverly Glenn

[Submit Your Race to the Calendar by Clicking Here](#)



Where in the World are Space Coast Runners Running?

NOVEMBER 2014



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

Jim Schroeder



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

Carol Ball

DECEMBER 2014



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

Bill Buonanni, Nancy Buonanni

Honolulu Marathon
12/14— Honolulu, HI

Cindy Bishop



Jacksonville
Bank Marathon
12/28—
Jacksonville, FL

Debbie Molina, Harry Prosser, Kimberly Prosser



JANUARY 2015



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

Shelley Christian, Dick White, Marlene White, Rachel White



Ocala Half Marathon
1/25— Ocala, FL

Rene Dunne

FEBRUARY 2015



Gasparilla Half
Marathon 2/22—
Tampa, FL

Dick White, Marlene White, Rachel White

Distance Challenge

Rene Dunne

MARCH 2015



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

Wade Dauberman

[It's Easy! Click Here to Add Your Race.](#)



Jan 31 & Feb 1, 2015

5K • 8K



1/2 Marathon

1/2 Relay & Marathon

+ Dunkin Dash Kids Run  & Mascot Marathon

NEW FINISH AREA AT FRONT STREET PARK!

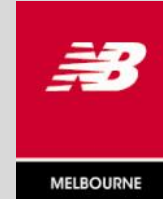
- 26+ bands • Post race concerts
- Tech tees & hats • Medals to Sunday finishers
- Costume contest
- Live webcast of the finish on Sunday
- Among the nation's greenest races!



REGISTER NOW!
TheMelbourneMarathon.com

SCR MEMBER DISCOUNTS!

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



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



They allow us to use a meeting room in one of their facilities for our SCR Board Meeting each month. Health First Pro-Health & Fitness Centers are where health and wellness are a way of life. As a member, you have access to four state-of-the-art facilities, each with their own unique feel and special features.

With over 25 years of exceptional experience in health & fitness centers, Pro-Health & Fitness Centers have degreed and certified exercise staff dedicated to a well-rounded, total fitness experience. They offer a wide variety of classes, from kick-boxing to yoga to swim lessons for the kids. And there's even a complete mind and body weight-loss program called LIVFIT. When you join any Pro-Health & Fitness Center, you become a member at all four locations—Merritt Island, Melbourne, Viera and Palm Bay. It's like having four gyms in one! For more information, visit their website at [Health First Pro-Health & Fitness Center](#) and become a fan on their [Facebook](#) page!



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



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

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

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

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

As a volunteer you'll receive a “Volunteer Appreciation Package” including:

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

STUDENTS!

Earn volunteer hours

SCR MEMBERS!

Please consider if you are not racing

CLICK HERE to volunteer or email info@spacecoastmarathon.com


Race Calendar **October**



Date	Race	Start Time	Location	Contact
Oct 4	Precious Mammaries 5k	7:30 am	Schechter Center, Satellite Beach	info@runningzone.com
Oct 4	American Flag Run 5k	7:30 pm	Viera High School, Viera	321-223-1016
Oct 11	Wild Shrimp Shuffle 5k/10k	7:45 am	Chain of Lakes Park, Titusville	runsalot@cfl.rr.com
Oct 11	Witch Way 5k	5:30 pm	Nance Park, Indialantic	witchway5k@indialantic.com
Oct 15	Pink Heals 2 Miler Run/Walk	6:00 pm	Wickham Park, Melbourne	tampafan1@aol.com
Oct 18	Ghostly Gecko 5k	6:30pm	Eau Gallie Civic Center, Melbourne	info@runningzone.com
Oct 18	Fall Into Winter 5k	8:00 am	Coconuts on the Beach, Cocoa Beach	lmclean@cityofcocoabeach.com
Oct 23	FIT Homecoming 5k	6:00 pm	Meg O'Malleys, Melbourne	bcampanini@fit.edu
Oct 25	Making Strides Cancer Walk	8:00 am	Space Coast Stadium, Viera	Michelle.oesterle@cancer.com
Oct 25	Space Coast Zombie Run	8:00 am	Pelican Coast Housing, Satellite Beach	aftaxombierun@gmail.com
Nov 1	Space Coast Classic 15k/2 mile	7:15 am	Ryckman Park, Melbourne Beach	spacecoastclassic@gmail.com
Nov 1	Sprint For Sight 5k	5:00 pm	Gleason Park, Indian Harbour Beach	Baab_books@cfl.rr.com
Nov 2	Beach Running Championship 10k/Half Marathon	7:15 am	Cocoa Beach Pier, Cocoa Beach	info@themelbournemarathon.com

★ HAPPY ★ BIRTHDAY!

October 2014
Birthstone: Opal
Flower: Marigold

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Gillian Dionne Ed Donner Susan Martin	2 Mary Jane Catacutan Regan Daniels Andrea Lucas Maddie McCluskey	3 Dennis Delman	4 Cristina Engel Nadia Hosey Denise Stewart
5 Susie Kuntz	6 Brandon Engel	7 Gary Castner	8 Kayla Hannah Madison Hannah	9 David Farrall Dodie Johnson Tom Shepherd	10 Haskell Walker	11 Rhonda Butler Michael Catacutan Cameron Shegena
12 Trevor Branam Debbie Coe Lorraine Petersen Mary Ramba	13 Julia Plumley Charlie Van etten Frank Webbe	14 Laura Lee Adams Tracie Donnelly Stephanie Scoggins	15 Dylan Maltby Darin McBride	16 Terri Allerton Jack Lightle Alexis Shagena Shane Shagena Michelle Smurl Dave Thomas	17 Marco Carvalho Kendall Crook	18 A.J. Catanese Suellen Conant Bryce Kanner
19 Courtney Holst Robert Paxton	20 Michael Catacutan Connie Maltby	21 Emily McCauslin Robert Sorrentino	22 Lori Allyn Kelly Semenko	23 Doug Grandey Rick Patisaul	24 Beverly Glenn	25 SongKoh William Preston
26 Betsy Butler Brian Kessler	27 Jeff Poor	28 Kathy Bryant Angela Lento Kimberly Prosser	29 Christopher Hess	30	31 Martha Belinski	

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



Space Coast Runners Membership Application



Benefits of Belonging

- Subscription to the Space Coast Runners online newsletter which includes a race calendar, entry forms, club news, articles and photos.
- A discount to Space Coast Runner and Running Zone Foundation Races (pre-registered entries only.)
- Discounts at all local running stores and other businesses.
- Automatic eligibility for Runner of the Year Series awards – overall and age groups and ran all races.
- Network with and meet other runners and potential training partners – from the recreational jogger to highly competitive runners and walkers.

Your Membership Supports

- Running and walking in our community.
- Annual high school scholarships.
- Development of races and fun runs.
- Local charities such as Brevard Special Olympics.
- The web site at spacecoastrunners.org which provides club information, news, up-to-date results and much more.
- The Youth Running Series which is a free series of non-competitive fun runs for ages 12 and under.
- Production of the Space Coast Runners online newsletter.
- Free Socials and Fun Runs county-wide.



Join now at Active.com, on our web site or fill out the following form and return it with a check to:

Space Coast Runners, P.O. Box 541837, Merritt Island, FL 32954-1837

New Membership Renewal Individual – \$30 Family – \$35 Full-time Student – \$15

Name: _____ Phone: _____

Address: _____ Age: _____ Sex: _____

City: _____ State: _____ Zip: _____ Date of Birth: _____

Email: _____

If Family Membership, list names, dates of birth and sex: _____

I would like to volunteer: SCR Youth Running Series Space Coast Classic 15K
(check appropriate boxes) Eye of the Dragon 10K Space Walk of Fame 8K Space Coast Marathon

Membership Amount: \$ _____

*Tax Deductible Contribution: \$ _____

Total: \$ _____

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather including heat and/or humidity, traffic and the conditions of the road, such as risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Space Coast Runners, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

**Space Coast Runners is a 501(c)3 Not-For-Profit Organization and any additional contribution may be tax deductible.*