

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

OCTOBER 2015



Run A Mile With John Davis

ROY September Series Results Are In

Race Day Controversy!
3 Reasons to wear your race shirt ON race day



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.



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

DICK WHITE
SCR President

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

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Above: Kids of all ages participated in the Youth Series runs at the SCR ROY Turtle Krawl event.

On Our Cover: Dave Farrall and Michael Petrillo lead the way in the competitive walking division at the Turtle Krawl 5K. (Photos: Tri-Hokie Images and Doug Carroll)

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GETTING TO KNOW THE NEWSLETTER STAFF

Brittany Streufert



Hanging with hubby, Shane after a run

Name: Brittany Streufert

Favorite SCR series race:



I'm partial to the Eat My Crust 5K since I'm the race director. 😊

Favorite Space Coast area to run: I like to run Viera.

Running partner(s):



Team Black Sheep. They inspire me, encourage me and at times make fun of me. I love them all.

Little known fact/secret about yourself: At John Carroll High School in Fort Pierce, I was editor of the yearbook. It helped shape me to become the bold, enthusiastic and sometimes bossy SCR newsletter contributor that I am today. Speaking of the award winning newsletter, we're looking for race reporters!



TBS SELFIE



Welcome to cooler weather! Well, I'm sure it's coming real soon. We do live in Florida for a reason, but I think I speak for the majority of Florida runners when I say that we can't wait for the wretched heat and humidity to move on, even for that short period of time that we like to call Fall and Winter.

Something that is in the works right now is digitizing our pre-online newsletters. Did you know that we have Space Coast Runners newsletters dating back to 1979??! We will let you know when those are ready and linked in our website—we are super excited and we have Patti Sponsler to thank for keeping them all safe and having the great idea to archive them so we can all enjoy them for years to come.

This month, we learn a little bit about fastie, John Davis in our Run A Mile With piece on page 45. And make sure you read the recap of the largest 5K race in Brevard County—the one and only Turtle Krawl!

We were very impressed with the last month's contest submissions for River Road photos—it was hard to decide! Thank you to those that did submit. You can find out the winner on page 12 and go check this month's contest on page 21.

Have a great October and I hope you're prepping for our next SCR race—Space Coast Classic!!

Keep moving forward!

Lisa Hamelin
Editor-in-Chief

lisahamelin@gmail.com



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

Now Hiring Race Reporters: The newsletter is hiring reporters to cover races around Brevard County. If you've ever thought about contributing to the SCR newsletter, here's your chance. Email lisahamelin@gmail.com for more information.

Voted One of the Top 50 Running Stores in America

RUNNING ZONE



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Shoes • Apparel • Accessories
Runners • Walkers • Triathletes

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321-751-8890
www.running-zone.com

We want you to feel good when you exercise!

10% DISCOUNT
TO ALL SPACE COAST RUNNER MEMBERS

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

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

PRESIDENTIAL INQUIRY

A Monthly Column from SCR President, Dick White

GREETINGS ALL!

WOW!! Did you all get your Turtle Krawl 5K Medal? Isn't it GREAT? 2015/2016 truly is the season of the innovative medals. This is the year that everyone that runs the 2013, 2014, and 2015 Space Coast Marathon or Half Marathon gets their EXTRA medal. AND, have set themselves up to get a seventh medal if they continue their streak in 2016 and 2017.

Smooth Running is kicking off the Ron Jon Cocoa Beach Half Marathon on Oct 25 with an "I Dream of Jeannie" Bottle Medal!

Continuing a recent tradition, the (Cocoa) Beach Holiday Series has a new medal for all that complete the three 5K race series.

The Running Zone has announced a four medal series for their Excalibur 10 miler for 2016 through 2019.

So... What's REALLY innovative, you ask? This year Space Coast Runners is introducing the Space Coast Challenge 33K. We have combined our three flagship events, the Space Coast Classic 15K, The Eye of the Dragon 10K and the Space Walk of Fame 8K to offer a longer, more challenging series. We are awarding medals for each race which will connect to each other, and a base 33K medal that will create a trophy to always be a source of pride and accomplishment. Look for the announcement in this month's SCR Newsletter for pictures and details.

Now, there were rumblings at last night's SCR board meeting that there may be a shakeup in next season's ROY series races. This is ONLY a discussion for now, but the whole point of this year's President's Monthly Column is to ASK FOR input from members. Do YOU have suggestions? More races in the series? Fewer races in the series? Longer races in the series? More course diversity in the series?

Please send any and all input to me at dick-white@cfl.rr.com and, PLEASE, be nice. Remember, everyone's opinions are equal at this point – If any changes are indicated, we will give advanced notice of an upcoming vote to decide.

The race season is well upon us. I wish you all good health and injury free running. Happy Halloween (my favorite holiday) – I hope everyone has a GHOULISH time.

See You There!

Dick

Dick White, SCR President
dickwhite@cfl.rr.com



OCTOBER BOARD MEETING

October 19, 2015 7:00pm
Pro-Health Merritt Island

All members are welcome
to attend.

Advertise in this newsletter.

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

To advertise your business or race in the SCR newsletter
contact Lisa Hamelin, Editor-in-Chief at lisahamelin@gmail.com.

30th Annual



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

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



TIMETABLE:

Thursday, November 5th

Online registration closes at midnight

Friday, November 6th 10:00am—6:30 pm

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

Saturday, November 7th

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

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



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

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

AWARDS:

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

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

FEES:

Sorry NO refunds

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

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

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ SCR Member Yes No

Email _____

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

Age on 11/7/2015 _____ Male Female

Birthdate: ____/____/____

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

I assume all risks associated with my participation as a participant in the 2015 Space Coast Classic including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled to act on my behalf, waive and release Space Coast Runners, Road Runners Club of America, and other sponsors and officials involved from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

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

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

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

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

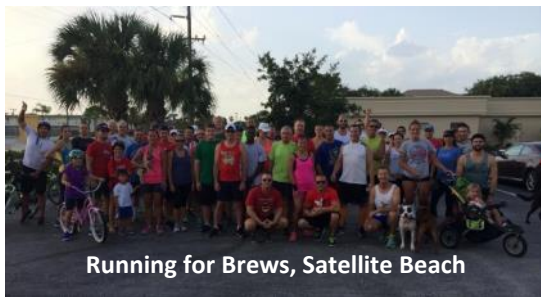
Local Fun Runs & Walks



Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (triathlontrainingstore@gmail.com)
Sun	Oars & Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars & Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Sun	Murrell Road Running Group (MRRG) Spyglass parking lot, Viera	7:00 am	http://www.meetup.com/Murrell-Road-Running-Group/
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Christy Tagye (christytagye@yahoo.com)
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	LongDoggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon	Running for Brews Cocoa Beach, Hogan's Irish Bar	7:00 pm	Bo Trapnell (phogan330@gmail.com)
Tues	LongDoggers, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Tues (1st/3rd of each month)	Playalinda Fun Club Runs, Playalinda Brewing Company	6:30 pm	Donna Scott (225-8978)
Tues	Running for Brews Satellite Beach, Long Doggers	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Open Water Swim & Causeway Run, Squid Lips Beach/Eau Gallie Library	6:00 pm	Running Zone (erin@runningzone.com)
Wed	Cocoa Beach Fun Runs LongDoggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:00 pm	Michael Higgins/Christine Ellegood (michaeldhiggins@gmail.com) (cellegood@gmail.com)
Wed	Daddy Ultra Runs, Cocoa Village	6:00 pm	Hernan Garcia (info@daddyultraruns.com)
Wed	Running for Brews Melbourne, Fia's Ristorante & Pizzeria	7:00 pm	http://www.meetup.com/Running-for-Brews-Melbourne/ - Marcus Smith
Thurs	Running Zone, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	Hoover Middle School, Indialantic	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	Running for Brews Viera, Long Doggers	7:00 pm	Sean & Sandra Christian (IDLifeteamChristian@gmail.com)

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

Local Fun Runs & Walks



Space Coast Runners Presents

SPACE COAST CHALLENGE

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



HOW TO QUALIFY

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

THE RULES

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

SPACE COAST CLASSIC 15k
11/7/2015

EYE OF THE DRAGON 10k
2/27/2016

SPACE WALK OF FAME 8k
4/9/2016



SPACE COAST CHALLENGE



PLEASE CIRCLE SHIRT SIZE BELOW

Space Coast Classic 15K	Sat, Nov 7, 2015
Select Event:	15K RUN
Select Shirt Size:	XS S M L XL XXL

Eye of the Dragon 10K	Sat, Feb 27, 2016
Select Event:	10K RUN 10K WALK
Shirt Size:	YM YL Men's OR Women's S M L XL XXL



Space Walk of Fame 8K	Sat, April 9, 2016
Select Event:	8K RUN 8K WALK Clydesdale Fillies
Select Shirt Size:	XS S M L XL XXL

Space Coast Challenge 33K Entry: \$85.00
Make checks payable to SCR
Mail to: Space Coast Runners,
PO Box 541837, Merritt Island, FL 32954
Must be received by Sat, Oct. 24, 2015

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____ Email _____

Male _____ Female _____ Date of Birth ____/____/____ Age on 11/7 _____

The Space Coast Challenge 33K is comprised of the following "Events": Space Coast Classic 15K/2M, Eye of the Dragon 10K/2M, Space Walk of Fame 8K/2M
INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED.
 ALL SPACE COAST CHALLENGE 33K ("EVENT") PARTICIPANTS ARE REQUIRED TO, AND HEREBY DO ASSUME ALL RISK OF PARTICIPATION IN ANY AND ALL OF THE EVENTS BY SIGNING THIS GENERAL WAIVER: In consideration of my entry into the Space Coast Challenge 33K ("event") being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, presenters, officials, volunteers and supporters of each Space Coast Challenge 33K ("event") 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 Space Coast Challenge 33K ("event"). If I should suffer injury or illness, I authorize the officials of the Space Coast Challenge 33K ("event") to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in the Space Coast Challenge 33K ("event"). I acknowledge that the entry fee paid is non-refundable and non-transferable and agree that Space Coast Challenge 33K ("event") organizers, in their sole discretion, may delay or cancel the Space Coast Challenge 33K ("event") if they believe the conditions on event day are unsafe. In the event the Space Coast Challenge 33K ("event") is delayed or cancelled for any reason, including but not limited to acts of God or the elements or any other cause beyond the control of Space Coast Challenge 33K ("event") organizers, there shall be no refund of entry fee or any other costs incurred in connection with the Space Coast Challenge 33K ("event"). I hereby grant full permission to any and all of the foregoing to use any photographs, videos, or any other record or transmission of this event for any purpose of the Space Coast Challenge 33K ("event") whatsoever.

I HAVE READ AND UNDERSTAND THE ABOVE WAIVER AND UNDERSTAND THAT MY PARTICIPATION IN THE SPACE COAST CHALLENGE 33K ("EVENT") PRESENTS A RISK OF PHYSICAL INJURY; KNOWING THIS, I AM ENTERING THE SPACE COAST CHALLENGE 33K ("EVENT") AT MY OWN RISK.

_____/_____/_____
 SIGNATURE (Signature of Parent or Guardian is required if participant is under 18 years of age) _____ DATE _____

SCR Central

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



BRENDA HEIDT

Her photo was selected as the winner in the September River Road Photo Contest.

Congratulations Brenda!

You'll be receiving a \$30 gift certificate to Ryan's Pizzeria & Pub compliments of the SCR newsletter.

Thank you to Marisa Flint, Beverly Glenn, Ceal Walker. We'll be showcasing their submissions in future issues.

See the winning photo right below.



JOIN US on the SUNDAY RUN
SCR is running on the NORTH side.

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

(Photo credit: Brenda Heidt)

welcome!
NEW MEMBERS!
We look forward to running with you!

Colton Anderson

Lynn Donnelly

Robert Gleichauf

Michelle Henderson

Richard Levine

Chris Pagoria

Kathy Pagoria

Michael Pagoria

David Thornberry

Robert Traven

Amber Traven

If you are a new member to SCR and have not picked up your Space Coast Runners **New Member Welcome Packet**, they are available at two locations:

Running Zone in Melbourne
Daddy Ultra Runs in Cocoa



WE'RE NOW ON



Instagram

@SPACECOASTRUNNERS

FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

SCR Central

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

FOLLOW US ON >>TWITTER: @SPACESTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

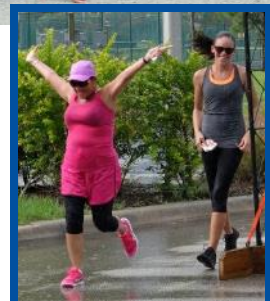


RUN@WORK DAY RUN: FEW BUT FUN

Given the wet week everyone experienced, the possibility of rain could have driven down attendance at Brevard County's RUN@WORK Day event held in Viera on Friday, September 18. This year's participation declined to fifteen runners and walkers but it was evident by the smiles as they crossed the fun run's finish line that a good time was had by all.

Brevard County partnered with the Road Runners Club of America, to promote the 10th Annual RUN@WORK Day which emphasizes physical activity and healthy living within our community. And, they were gracious to extend an invitation to SCR members to come out and run or walk.

Kimberly Prosser's team put together two excellent routes. Participants could choose a 2-mile or a 5K (3.1 miles) distance. Matt Mahoney made SCR proud by finishing first in a time of 22:30. Rain started to pour down about twenty five minutes into the run. It made for a wet finish for some but most found it to be cool and refreshing. Every finisher received a button for their efforts. Ice cold water and bananas were on hand as refreshments.



Running Zone treats runners to pizza, beer & packet pick-up

In preparation for the Turtle Krawl 5K, Running Zone hosted a football themed fun run on Thursday, Sept. 10th. Everyone was invited to partake in hot pizza and cold beers following the run. A Mizuno rep was on-site offering folks the chance to try out a pair of their running shoes.



Right: Teen Sum and Ron Getska enjoy the refreshments and beverages. Above: Runners pose for an impromptu pic before the run commences.



All Receive
Wild Shrimp
Finishers Medal



Titusville, Florida
October 10, 2015
7:45 A.M. • 5K RACE START
8:15 A.M. • 10K RACE START

Benefiting  **of Brevard**

LOCATION:
Chain of Lakes

2300 Truman Scarborough Way • Titusville, Florida 32796

COURSE:

The race will start and finish at the pavilion just south of the entrance off of US-1. The course is a combination of asphalt (pedways) & cross-country rails.

EARLY PACKET PICK-UP:

Friday, October 9th 4:30 P.M. - 7:00 P.M.
at Pavilion near start / finish

EARLY REGISTRATION:

Before September 25, 2015 - \$23

REGISTRATION:

September 26 - October 9, 2015
Day of Race - \$30

RACE DAY SCHEDULE:

6:15 AM Day of Race Registration / Packet Pickup
7:45 AM 5K Race Start
8:15 AM 10K Race Start
9:15 AM Kids Fun Run

AWARDS 10K & 5K:

Shirt guaranteed to pre-registered participants
• Top 3 Overall - male & female
• Top Master (40+) overall - male & female
• Top 3 Finishers age group - male & female

AGE GROUPS:

• 8 yrs. & under • 9 - 10 yrs.
• 11 - 14 yrs. • 15 - 19 yrs.
• followed by 5 yr. age divisions through 80+

DOOR PRIZES:

All participants and race volunteers are eligible for door prizes. You **MUST** be present to win. Door prizes will be drawn during the Awards Ceremony.

TITUSVILLE RACING SERIES:

The Wild Shrimp Shuffle 10K & 5K is the first race of five in the Titusville Racing Series.

CONTACT: Marty Winkel 321-537-3526

MAKE CHECK PAYABLE & MAIL TO:

Space Coast Event Management
ATTN: Wild Shrimp Shuffle 10K & 5K
7 Indian River Ave. #605 • Titusville, FL 32796

SPONSORS:

Dixie Crossroads • Parrish Medical Center
Titusville Total Healthcare
(Dr. Wurzler, Chiropractor)



ONLINE REGISTRATION IS AVAILABLE AT SCEVENTMGT.COM
WILD SHRIMP SHUFFLE

Last Name _____ First Name _____ M.I. _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____ D.O.B. _____

5K OR 10K Male Female T-shirt: XS S M L XL XXL

WAIVER

I assume all risks associated with my participation in the Wild Shrimp Shuffle 10K & 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 on my behalf, waive and release the directors, organizers, volunteers and sponsors of this race from all claims or liabilities of any kind arising out of my participation in the Wild Shrimp Shuffle 10K and 5K. 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. For safety reasons, roller blades, roller skates, skateboards, bicycles, baby strollers, baby joggers, radio headsets and animals are PROHIBITED.

Signature (Parent, if under 18) _____ Date _____

SCR Central

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

FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

JOIN THE SPACE COAST RUNNERS CORPORATE 5K TEAM



MARCH 10, 2016

REGISTER SOON!

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

REGISTER ONLINE AT:

<https://goo.gl/tX3uHC>

ENTER CODE: SCRCORP2016

QUESTIONS: Feel free to email
Team Captain Joan Meadows at

jmeadows25@cfl.rr.com



Keeping Up with the SCR Race Team

By now you may have noticed an increase in bright red singlets running down the roads here in Brevard County. The inaugural SCR Race Team has been keeping busy and bonding together as the racing season is upon us.

The SCR Race Team has collected two team awards at local races – second place at the Workman Warriors 5K in August and then fourth place at the Turtle Krawl last month.

Great work team!

SCR Central

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



CONGRATULATIONS SCR BOSTON 2016 QUALIFIERS!

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

Kimberly Prosser — 3:54:08

Last Chance BQ2 Marathon—Geneva, IL

Abe Oros — 3:46:20 (2nd AG)

Last Chance BQ2 Marathon—Geneva, IL



**SCR SINGLET AVAILABLE
AT RUNNING ZONE**

SPECIAL SCR MEMBER RACE DISCOUNTS

- ◆ Receive a 20% discount on all [Virtual Strides](#) events by entering the club member discount code **SCR20** during registration. Up next on October 18 is the Butterfly Children virtual 5k/10k/Half Marathon.
- ◆ [Best Damn Race](#) which offers 5K, 10K, Challenge, and Half Marathon distances is offering \$5 off registration to any of their events. Use code **RUNFAST**. Cape Coral is 12/13/15, Jacksonville is 1/16/16, Safety Harbor is 2/6/16, and Orlando is 3/5/16.
- ◆ Enjoy two discounts for the [Publix Florida Marathon & 1/2 Marathon](#) weekend. Save \$5 on the Florida Today 6K & 8K runs with code **JUSTFORSCR**. Save \$10 on the marathon, half marathon or relay by using code **SCRPERKS**. Both discounts available thru 1/6/16.
- ◆ Save \$10 on the [Town of Celebration Marathon & Half Marathon!](#) This year's event will take place on January 31st, 2016. Register today to guarantee your spot in the race. Use code **SCR**.
- ◆ Registration is open for the 3rd annual [Tomoka Marathon, Half Marathon & 5K](#) in Ormond Beach on Saturday, March 26, 2016. Save 10% on either race with code **SCR10**.
- ◆ [Vacation Races](#) is extending a 15% discount to all SCR members on this fantastic race: Lake Powell Half Marathon, 10/17. Use coupon code **15SCR1978**. To save 15% on upcoming 2016 races like the Grand Canyon Half Marathon on 5/7/16, use code **16VACRC145**.

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

AlterG Open House

Check out CORA's new rehab option featuring NASA technology!

At CORA Rehabilitation Clinics, you expect outcomes-based treatment and top-notch professionals. CORA now also features the AlterG anti-gravity treadmill, the **latest high-tech treatment protocol for therapy**, sports conditioning and senior rehabilitation that provide the opportunity to rehab and **train pain-free** while recovering from surgery or injury.



Tuesday, October 13, 2015
5:00 - 8:00 pm

CORA Rehabilitation Clinics - Titusville

RSVP: Michael Ferguson at 321.269.8155

Take a tour of the clinic, enjoy refreshments and win prizes in the raffle drawing. You will have a chance to step into the revolutionary machine yourself to see what it feels like to defy gravity!

712 Cheney Highway
Titusville, FL 32780

Fun Run at 6:30 pm from the Titusville clinic with 1.5 and 3 mile options.

We'll see you there!



Patented Differential Air Pressure (DAP) technology, **developed at NASA**, applies a uniform lifting force to the body. Utilized with a treadmill, the AlterG provides a **smooth transition to recovery** while lowering the impact on joints and muscles. Precise body weight reduction in one percent increments, from 20 percent to 80 percent, allows patients **to regain function at their own pace**.

The FDA has cleared the AlterG Anti-Gravity Treadmill® for use in the following conditions:

- Lower body injury and surgery rehabilitation
- Aerobic conditioning
- Weight control and reduction
- Sport-specific conditioning programs
- Neurological retraining

CORA Rehabilitation Clinics is among the leading providers offering this ground-breaking treatment utilized by Olympic athletes, military facilities and world-renowned medical centers.

www.corahealth.com

SCR Central

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



**We've raised \$375
of the \$2,500 needed.**

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

This will be the first time the event has been the focus of a feature-length movie.

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

Help us reach our goal, show your support by donating online at: <https://crowdrise.com/SpaceCoastRunners>.

To view the Boston film trailer, [click here](#).

BRING BOSTON TO BREVARD



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Management and

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Contact Us:

Online: www.RallCapital.com

Phone: (321) 549-7255

Email: Bob@RallCapital.com

Fax: (888) 452-8851



The Rall Capital
Management Team



Fee **FO** Only





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 31, 8:00 am
Cocoa Beach

COCOA BEACH

TURKEY TROT 5k

November 26, 7:30 am
Cocoa Beach

REINDEER RUN 5k

December 12, 8:00 am
Cape Canaveral



HOLIDAY BEACH SERIES

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

\$65 Entries postmarked on or before October 6

\$70 Entries postmarked after October 6

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@cityofcocoabeach.com

Turkey Trot 5k: turkeytrot5k@cfl.rr.com

Reindeer Run 5k: kip.pastermack@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



SCR Central

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

FOLLOW US ON >>TWITTER: @SPACESTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS



POST-MARATHON CLEANUP

VOLUNTEERS NEEDED

SUNDAY, NOVEMBER 29

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

Volunteering at the SCR Post-Marathon Cleanup is the perfect way to earn hours as part of the RUN&1 Volunteer Program. Plus you give back to your community and you help keep up the race's positive image. Best of all, you can **RACE** your event and still **VOLUNTEER** in the same day!

We're in need of 50 volunteers to help clean up River Road after the race. The North Side clean up crew will consist of 25 volunteers who start clean up at 11:00 am. The South Side crew will be another 25 volunteers who will start at 1:30 pm.

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



Contrary to its name, Dances with Dirt in Hell, Michigan offered relay runners crisp autumn temperatures ideal for running. A handful of SCR members made the trip up north to represent the Space Coast in the 100K relay.

Ron Roff, Ron Ritter and Jay Claybaugh (pictured above) ran on team HOT, decked out in their fiery team uniforms. Shannon Roff was the team's logistics coordinator. Autumn Evans and Kathleen Simko rounded out the roster.

Steve Chin and John Davis placed fourth with over 300 teams competing. Orlando's Tom Bruno and New Mexico's Jonathan Campbell were also on their team.

Scott Larson ran with former SCR members Greg Reverdieu and Nathan Wick who have since relocated to Arizona and Washington, DC. Along with Kati Craig and Chris Reesh their team placed 13th overall.

Congrats everyone!

SCR Central

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

SHOW US YOUR PINK & WIN!

This October get a little **PINK** for Breast Cancer Awareness Month.

Who: Anyone!

What: Share race pics of you decked out in your pink running gear and you could win this month's prize. All photos submitted will be featured in an upcoming issue.

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

How: Submit your photo via email—[click here](#). One submission per person.

What You'll Win! Winner will receive a \$25 gift certificate to the delicious Viera Pizza.

Marty Winkel

321-537-3526

sceventmgt@gmail.com



**Saturday
October 17th
8:00 AM
Space Coast
Stadium**

**5800 Stadium Parkway
Viera**

WILL RUN FOR CHOCOLATE



WON'T STAND FOR VIOLENCE 5K

Hosted by Zonta Club of Melbourne
<http://www.zontaspacecoast.org/>



This campaign is to raise awareness of violence against women and girls around the world. Zonta International and its nearly 30,000 members in 63 countries worldwide are committed to preventing and ending violence against women and girls.

TIMETABLE:

Friday, October 16th 10:00 am – 6:30 pm
Packet Pickup & Registration at **Running Zone**
3696 N. Wickham Road in Melbourne, Just south of the King Center

Saturday, October 17th
Space Coast Stadium- 5800 Stadium Pkwy. Viera

6:45 am Packet Pickup & Registration
7:45 am Registration ends
8:00 am 5K Start

*Awards Ceremony immediately following the race

FEES:	Until 10/16	Race Day
5K Adult Reg	\$25.00	\$30.00
5K Child Reg (Age 12 & Under)	\$15.00	\$15.00
	SORRY, NO REFUNDS	

Register Online at:
<https://secure.runningzone.com/zonta5k/>



AWARDS:

M-F: Top 3 Overall, Top Masters (40+), Age Groups (Top 3 M-F)		
8 & Under	30 - 34	60 - 64
9 - 11	34 - 39	65 - 69
12 - 14	40 - 44	70 - 74
15 - 19	45 - 49	75 +
20 - 24	50 - 54	Award for brightest orange outfit/costume
25 - 29	55 - 59	

Zonta's Zero Tolerance For Violence 5K OFFICIAL ENTRY FORM

Send completed entry form with fee to: **Zonta Club of Melbourne, PO BOX 417 Melbourne, FL 32902**
Make check payable to: **Zonta Club of Melbourne**

Name _____
Address _____ City _____ State _____ Zip _____
Phone (daytime) _____ Email address _____
Sex: Male Female Date of Birth ____/____/____ Age on Race Day ____
Please check shirt size: Sizes: 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 Zonta's 5K 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 _____

SIGNATURE OF PARENT FOR THOSE UNDER 18 _____

DATE _____

Sponsor Spotlight

SCR is proud to showcase its 2015-2016 "Runner of the Year" Series Sponsors. These companies are committed to sponsoring our three club races and series events.



The
SCR Sunday
Run will change
directions & run
SOUTH on
November 1

Space Coast Marathon Medal Unwrapping Party!

Volunteer opportunity!! All 7,000+ medals for the [Space Coast Marathon & Half Marathon](#) need to be unwrapped and reboxed for easy distribution at the finish line. Please come help for an hour or longer!

Full details: <https://www.facebook.com/events/703210769809483/>



Let's Ask Our Readers!



The Great PR Debate

By Carol Ball

Ok, I have a question. Most runners know what a PR is, and also know what their PR is at any given distance.

Wikipedia definition: A Personal Record or PR (sometimes known as a Personal Best or PB)[1] is when a runner has run a first road race, then he or she has attained a PR, or a "Personal Record". It refers to a runner's best time in a race of a specific distance. So, if a runner runs a 5K race in 29:31, that's his or her PR for the 5K distance. If the runner then runs faster than 29:31 in a subsequent 5K race, then he or she set a new PR for that distance. Runners usually have PRs for different race distances, from a one mile run to marathons.[2]

Here's my question(s). And I put this out to any coach, long time runner, or anyone else.

What is the time frame for a PR?

For example: Joe Runner started running at a young age and his 5K PR was 18 minutes in 1995. Obviously, Joe is not going to hit that time now, so he can never again attain a PR?

Another example: Anne Slogger ran competitively for several years 10 years ago, and then took a hiatus from running. Does her PR clock start over if she starts over?

Lots of folks are driven by a desire to better their PR, and it gives them something to strive and train for. With the general running population shift to older runners, where do they derive their drive?

Should PR's be in 20 year increments? Thoughts?





Marathon & Half Marathon Training

**Train for the
Florida Marathon & 1/2
with Coach Abe Oros!**



February 6/7, 2016

**Full Marathon Training
begins Oct 6th**

18 week program \$390

**Half Marathon Training
begins Nov 17th**

12 week program \$275

[Register at UpRunningFitness.com/Services](http://UpRunningFitness.com/Services)

****** Use code URFMTHON for
the option to pay by check
1st day of camp



OUR GOAL

To get you to the starting line
healthy, physically and
mentally prepared!

All Levels Welcome

Beginners to experienced runners who
want to PR or qualify for Boston

Both programs include:

- ✓ Three training days per week
- ✓ Personalized training plan
- ✓ Yoga for Athletes at CFRA
- ✓ Mental strategies
- ✓ Finisher shirt

Lots more info @

uprunningfitness.com



RUN LOCAL

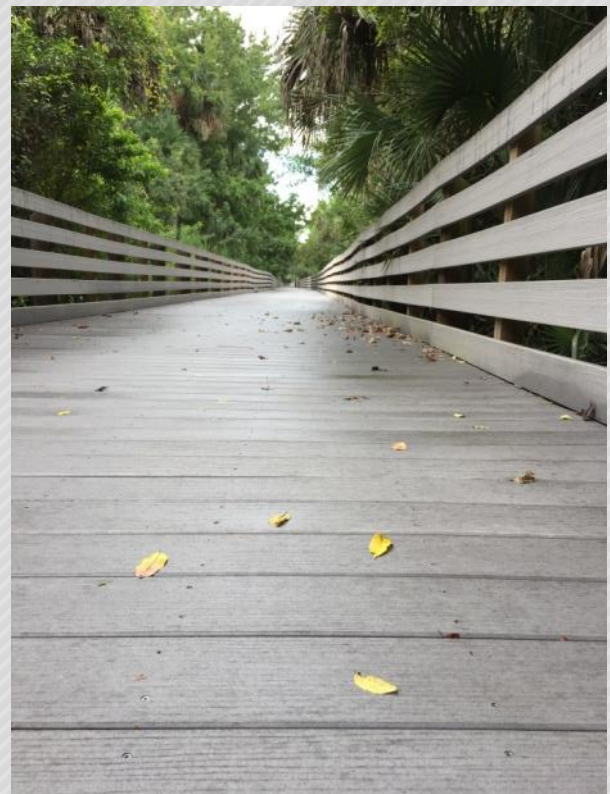
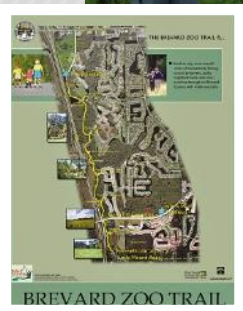


LINEAR PARK TRAIL at BREVARD ZOO

Open since April 2014, the Linear Park Trail at Brevard Zoo is a 1.1 mile hidden gem for runners and walkers looking for a short distance run destination. The elevated trail is constructed from durable recycled plastic planking. It winds its way through wetlands and oak hammocks and best of all is gentle on the body.

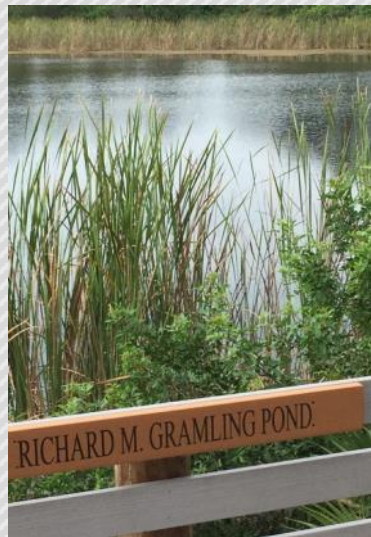
If you find yourself with a half hour to spare, this trail makes for an enjoyable out-and-back workout. During my morning run I encountered a few families out for a stroll, a fellow runner and a couple biking. The trail is maintained by the Zoo so I also saw two workers checking things out. Be prepared for humidity if the temperature is high. It can be quite muggy out there. The plus side is you might spot [wildlife](#) like deer, otters or the occasional alligator in the surrounding wetland habitat. The trail has half mile and one mile markers. Bring along your own hydration if you plan on doing more than a few miles as there is no water fountain or bathroom facilities. 7-11 is located up the road for a refreshing, post-run Slurpee.

As the money becomes available in mid-2016 Phase 2 will get underway with the trail continuing down to a trailhead on Pineda Causeway. Look for completion of Phase 2 in 2017.



Report and photos by Brittany Streufert. Linear Park is located at the south end of the Brevard Zoo.

Run Local at Linear Park Trail continued



October 3, 2015 • Start: 7:30am • Schechter Center, Satellite Beach



Everyone's a Weiner!

runningzone.com/series

REGISTER TODAY!

Kids 12 years & younger can come out for a morning of fun! Parents can run with their children (with signed waiver) free of charge.

- Run 1.31 miles (Half) or 2.62 miles (Full)
- Try the **Double Dog Dare** & run both races!
- **New** Finisher Medal Designs!
- Receive a **Double Dog Dare** medal for completing both!
- 'Kids Only' event!
- Long Doggers will provide fun food after the run!
- **LARGEST SCHOOL PARTICIPATION WILL RECEIVE \$250 FOR THEIR SCHOOL!!!!**

#doubledogdare

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



BRING IN YOUR RACE NUMBER AFTER THE RACE & RECEIVE A

FREE PACK OF SPORT BEANS & 10% OFF A PAIR OF KIDS SHOES!

OFFER EXPIRES 10/31/15



NEW FINISHER MEDALS!



HALF MARATHON (1.31) MEDAL



MARATHON (2.62) MEDAL



DOUBLE DOG DARE MEDAL

REGISTER TODAY!

RUNNING ZONE

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



VOLUNTEER WITH SPACE COAST RUNNERS

There's 2 Ways to Win!

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

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

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

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

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

RULES & RESTRICTIONS

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

AREAS TO VOLUNTEER & EARN POINTS

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

For more information, please contact Volunteer Coordinator, Barbara Linton at lintonbj@gmail.com.



OVERALL 1 MILE

Debbie Price, 14:51.8

OVERALL 4 MILE

Robert Norman, 46:10.9

KRAKEN 6 MILE

Garrett Fletcher, 1:06:04.8

DRAGON 6 MILE

David Rush, 1:05:34.7

For complete results, [click here](#)

Revenge of the Kraken was the first event in the Neptunalia Challenge series, hosted by Paddling Paradise. The event was held at Ballard Park in Melbourne on September 13th.

Race Director, Dan Smith said that the race was a great success, “We had racers from all over the country that had traveled here for the Surf Expo in Orlando”, There were four races—an elite 6 mile Revenge of the Kraken race, a 4-mile race, a 1-mile race and the BIC SUP One Design National Championships. Everyone uses the same BIC SUP 12’6 Wing. The race was a 7-man heat with the top 2 finishers advancing.

“We also are doing something new this year that everyone seems to love. It’s a Crazy 8 race on BIC inflatable boards. That was a blast”. Race report by Lisa Hamelin.



Photos by Dale





Visit www.WitchWay5K.com for more information.

The Rotary Club of Indialantic and the Town of Indialantic present the

8th Annual Witch Way 5K Walk/Run October 10, 2015

FRIDAY, OCTOBER 9, 2015

10:00 a.m. – 6:30 p.m. Early Packet Pickup & Registration
at Running Zone



RACE DAY – SATURDAY, OCTOBER 10, 2015

4:15 p.m. Race Day Registration & Packet Pickup at Nance Park (A1A & 4th Ave.)
5:15 p.m. Race Day Registration Ends
5:30 p.m. 5K Start
6:30 p.m. Awards & After Party at Indialantic Long Doggers with
Trick or Treating at Indialantic Businesses

Proceeds to benefit: ■ Indialantic Beautification Programs
■ Space Coast Volunteers in Medicine ■ No Limits Academy



COURSE: Posted on www.WitchWay5K.com

ENTRY FEES: (Sorry, no refunds)

Thru October 9, 2015:

Adults – \$27; Kids Under 12 – \$20

Race Day October 10, 2015:

Adults – \$32; Kids Under 12 – \$25

AWARDS: MALE & FEMALE

■ Personal Record Challenge

■ Overall – 1st, 2nd, 3rd

■ Masters (40+) – 1st

■ Age Groups – 1st, 2nd, 3rd

AGE GROUPS:

5-8	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+



8th Annual Witch Way 5K Walk/Run 2015 Official Entry Form

To register and pay by credit card, go to RunningZone.com. To pay by check, complete this form and mail to Running Zone, 3696 N. Wickham Rd., Melbourne, FL 32935. Make checks payable to: **The Town of Indialantic**. For more information, email us at witchway5K@indialantic.com or call 321-723-2242.

Date _____ Payment Type: Cash Check – Check # _____

DOB _____ Age on Race Day _____ Gender: Male Female

Last Name _____ First Name _____ Middle Initial _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Shirt Size: YM S M L XL (Sign up early – shirts can only be guaranteed for the first 650 entries.)

In consideration of my entry form being accepted, I intend to be legally bound, and do hereby, for myself, my heirs and executors, waive and release all rights and claims for damages which I may have or may hereafter accrue to me against the Town of Indialantic, Running Zone Race Management, Inc., and the officers, agents, employees, representatives, successors, and assigns of each, as well as all sponsoring organizations and their representatives, for any and all damages or injuries which may be sustained or suffered by me in connection with any association or entry or participation in the Indialantic Witch Way 5K Run. If I should suffer injury or illness, I authorize the officials of the race to use discretion to have me transported to a medical facility, and I take full responsibility for this action. I attest that I am physically fit and have sufficiently trained for the competition of this event. 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 whatsoever. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

APPLICANT SIGNATURE OR 18 AND UNDER, PARENT/GUARDIAN SIGNATURE



Turtley Awesome:

Over 2,000 Runners Cross Finish Line to Support Turtles

This year's Turtle Krawl on September 12 at Nance Park in Indialantic once again welcomed over 2,000 people across the finish line.

By 6:30 A.M., everyone was warming up, visiting the sponsors' booths, meeting friends, and taking pictures of the sunrise over the ocean. When race time came, runners headed out with their pace groups. The course was changed slightly this year, and runners seemed to be happy with the new change.

Additional motivation came from the volunteers along the course. "I loved the funny signs that the FIT students were waving as well as running through the sprinklers," said runner Valerie Eastman. Two sprinkler stops were set up in the middle of the course to help with the heat. Another cool bonus was finding ice-cold towels at the end; they were a hit with runners.

After the race, runners enjoyed refreshments and cheered on the winners at the award ceremony. However, the highlight for most was seeing the Loggerhead turtle get released. The turtle had been rescued from the area near the finish line by a member of The Sea Turtle Preservation Society, the benefactor of the race.

For a video of the results, photos, and complete race results, [click here](#).
Race report by Angela Leeds and photographs provided by Angela Leeds and TriHokie Images.



OVERALL MEN

Chris Cacciapaglia, 15:52
Christian Lake, 16:53
Shane Streufert, 17:00

OVERALL WOMEN

Alison Nolan, 18:57
Julie Hannah, 20:26
Lisa Petrillo, 21:24

MASTERS

Gary Gates, 17:56
Brenda Wilson, 22:13

GRAND MASTERS

Keith Snodgrass, 19:20
Annie Caza, 22:17

GREAT GRAND MASTERS

Michael Miller, 21:30
Anne Dockery, 22:58

WALKING DIVISION

David Farrall, 34:24
Michael Petrillo, 36:10
Lisa Farrall, 37:29

TEAM DIVISION

Running Zone
Team Black Sheep
Up & Running Fitness

MIDDLE OF THE NEST

Meagan Austin



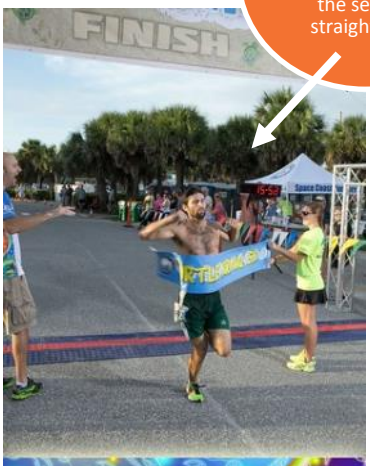
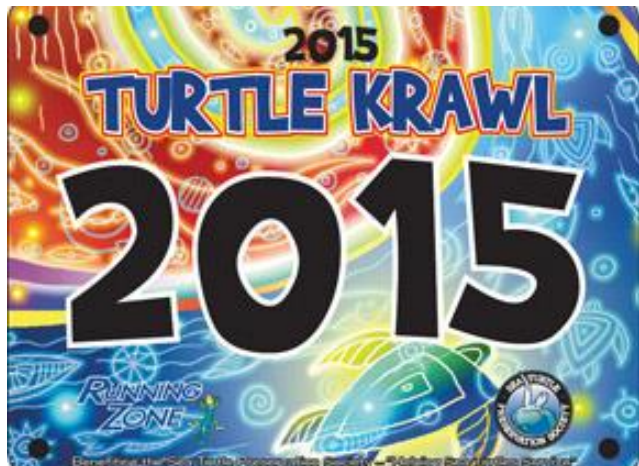
Top: Barbara Payne and Michael Womack receive their medals.

Bottom: Runners cheer and take photos as the Loggerhead is released.





Chris Cacciapaglia won the 5K for the second straight year



Photos: Top: over 2000 get ready at the start line Middle: Chris Cacciapaglia and Alison Nolan cross the finish line. Bottom: Volunteers motivate with creative signs and Cassidy Michonski proudly displays her Turtle Krawl medal.



SATURDAY • Nov. 7, 2015 • 6:30 PM

Titusville Racing Series - Race 2
Fay Lake Wilderness Park • Pt. St. John, Florida
 Glowing runners and walkers will be guided by luminaries as they pass legendary Hollywood stars while running under the stars. Movie star costumes are encouraged!

BENEFICIARY:

Space Coast High School JROTC

EVENT LOCATION:

Fay Lake Wilderness Park
 6300 Fay Boulevard
 Port St. John, FL 32927

RACE DAY SCHEDULE:

Nov. 7, 2015 Saturday Evening
 5:00 PM - Day of Race Registration & Packet Pick-up
 6:30 PM - 2-mile Race Start
Movie in the Park to follow

EARLY REGISTRATION: (Before 10/26/15) **\$23**

REGISTRATION: (10/26/15 - 11/6/15) **\$28**

DAY OF RACE REGISTRATION: **\$30**

COURSE:

Two loop GLOW RUN course on roads and asphalt trails at Fay Lake Wilderness Park in Port St. John. A timing mat will count your laps. Water stop at 1 mile mark.

AWARDS:

All finishers will receive die cast medals.
Oscars to the following winners:
 Male & Female: Top 3 Overall, Top Master. Age Group awards top 3 in each of 17 age groups, 8 & Under, 9-11, 12 -14, 15-19 and 5 yr age groups thru 80+.

MAKE CHECKS PAYABLE AND SEND TO:

Space Coast Event Management
 7 Indian River Ave. #605 • Titusville, FL 32796
 or Register On-Line: www.sceventmgt.com

EARLY PACKET PICK-UP:

Nov. 6, 2015, Friday 3:00 PM- 5:30 PM
 Port St. John Community Center
 6650 Corto Rd • Port St. John, FL 32927

CONTACT INFORMATION:

Dan Cook, PSJ Community Center Coordinator
 (321) 633-1904 • dcook@brevardparks.com
 Marty Winkel, SC Event Management & Timing
 321-537-3526 • scventmgt@gmail.com

RUN WITH THE STARS ONLINE REGISTRATION IS AVAILABLE AT SCEVENTMGT.COM

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

Address: _____

City _____ State: _____ Zip: _____

Phone: _____ Email: _____ D.O.B. _____

T-shirts only guaranteed if registered by Oct. 25, 2015

Male Female T-shirt: YS YM YL | S M L XL XXL | Ladies V-neck Unisex Crew

Release form: I assume all risks associated with my participation as a participant for the event on this form 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 on my behalf, waive and release Brevard County North Area Parks Operations, Space Coast High School JROTC and SC Event Management from all claims or liabilities of any kind arising out of my participation in the Run With The Stars 2m. 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.

Date _____ Signature (Parent, if under 18) _____

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



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

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

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

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

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

- Space Coast Marathon & Half Marathon Volunteer T-Shirt
- \$10 Coupon to Running Zone
- Free Registration to one race of the Space Coast Runners, Titusville Racing Series or Running Zone Foundation Race Series
- Drawing for a free pair of shoes from Running Zone (up to \$100.00 value). [CLICK HERE](#) to volunteer or email info@spacecoastmarathon.com

STUDENTS!

Earn volunteer hours



SCR MEMBERS!

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

THANK YOU

HEALTH FIRST PRO-HEALTH & FITNESS CENTERS!

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

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

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



SCR MEMBER DISCOUNTS!

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

SAVE 10%
at these local
businesses



SAVE 10%
off one item per member



GET MOVING!
Group Fitness & Personal Training

SAVE \$10
on a zoo membership



Runner of the Year Series

ROY RACE #2 A BIG SUCCESS

2015—2016 ROY Men's Leaderboard

OVERALL

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

AGE GRADED

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



Steve Hedgespeth and Brad Thomas

2015—2016 ROY Women's Leaderboard

OVERALL

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

AGE GRADED

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



Kristen Klein

UPCOMING SERIES RACE SCHEDULE

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

Turtle Krawl delivers top notch series race



Pictured: Shane Streufert, Christian Lake and Gary Gates

Billed as Brevard's largest 5K race, the Turtle Krawl lived up to the hype with 2,169 finishers. The large number of runners and walkers made for fierce "Runner of the Year" competition out on the revamped Indian Ocean course. At the start, the temperature was 75.0° with a slight 4mph breeze coming out of the southwest.

For the second straight ROY race, Indian Harbour Beach's Kristen Klein sits atop the Women's Leaderboard. Her 21:38 time was good for fifth place overall at the Turtle Krawl 5K.

If you have any series questions, please email Lorán Serwin at lserwin@cfl.rr.com.



Runner of the Year Series

HOW MANY WILL CLAIM THE "RAN ALL RACES" SERIES AWARD?

The defending series champ for the ladies, Lisa Petrillo was back to racing after missing the first race of the year due to a death in the family. She finished one place ahead of Klein in the points, besting her finishing time by seventeen seconds. If Petrillo continues to run well we'll definitely be seeing these two women battle it out.

Cheryl Ritter (22:27) remained in second place followed by Annie Caza (22:18) in third. This will be another hotly contested battle as a mere nine seconds separated these ladies' finishing times.

On the men's side of the leaderboard a bit of shuffling took place. Shane Streufert climbed to the top spot as his running partner and last month's standings' leader, John Davis skipped Turtle Krawl to run in an Orlando race. Davis will undoubtedly express his frustration (see page 47) with falling to 39th place but no one can say 100% if Davis will indeed run the number of qualifying races he will need to win the ROY series.

Streufert finished the race in 17:01 which was good enough for third overall and second in ROY points behind young runner, Christian Lake who did not run Running On Island Time. He is followed in the series standings by SCR racing team member, Brad Thomas of Port St. John who ran 17:31 which was three seconds ahead of Steve Hedgespeth whose 17:34 finish secured his third place spot for the second month.

In the [Age Graded](#) division, 50-year old Gary Gates and 67-year old Anne Dockery remained in their first place slots. Gates ran 17:57 while Dockery crossed the finish line in 22:58. Here's a fun fact — these two runners are neighbors! They live across the street from one another. Streufert had to settle for second again and Joe Hultgren makes his debut in third by running 19:27.

The women's age graded standings did not change. Dockery is in first followed by Annie Caza. Merritt Island's Carol Ball rounds things out in third.

When asked if she was back in action again this year, past overall series champ Dockery shared with us, " So happy to be back running races regularly again. I have been mostly out of the ROY series during the past couple of years due to my Achilles injury and because I spent several months in the UK in order to care for my mum (she passed very peacefully in July) and to welcome my beautiful grandson in February. Yes, I intend to run the SCR series this year...and hope to gradually improve my times. The series gives rise to such wonderfully competitive races and I always enjoy the challenge of trying to catch up with some of the younger runners ."

Participation in the race by SCR members increased from the first ROY race to 315 participants. 174 SCR members are still eligible to win the "Ran All Races" award given at the end of the season at Awards Night.

Please note: the series standings reflect your age on August 22, 2015, the date of the first race of the 2015-2016 ROY series season.



Anne Dockery rounds the final turn at the Turtle Krawl followed by Ron Getska (2193).



Saturday, November 14th, 2015

8:00am

Pelican Creek Estates,
Satellite Beach

Benefitting: United Way of Brevard, AVET Project
Brevard Public Schools

FOR MORE
INFORMATION
CONTACT:

Henry Matta-Garcia
321-338-0070
henry.matta-garcia@iapws.com
Marty Winkel 321-537-3526
runsalot@cfl.rr.com

Early Registration

Before October 31, 2015 - \$23

Registration

November 1 through November 13 - \$28
Day of Race - \$30

Race Day Schedule

- 6:15 thru 7:45am - Day of Race Registration/ Packet Pickup
- 8:00am - Start of 5K
- 9:15am - Kiddie Run
- 9:30am - Awards Presentation

Awards

- Top 3 Overall - Male & Female
- Top Master (over 40) - Male & Female
- Top 3 Age Groups - Male & Female
- Represent (321) Finisher's Medal

Age Groups

- 8 & Under, 9-11, 12-14, 15-19 and 5 year age groups through 80+

Door Prizes

All participants are eligible for door prizes. Must be present to win.

The Virtual Run Option

Provides you the opportunity to run/walk wherever you are and whenever you can, but no later than event day. You can even complete this run on a treadmill. Every participant will receive a Represent (321) medal.

Email us your finishing time with a picture of you and your bib and we will ship your event shirt and finishers medal the week of November 16 2015

Bibs will be emailed on Wednesday, November 11th.

**PLEASE MAKE CHECKS
PAYABLE TO:**

IAP World Services, Inc.
Attention: Terri Noble, 5K Run/Walk
7315 N. Atlantic Ave.
Cape Canaveral, FL 32920

Why You Should Represent (321)

Brevard County is a unique community who has made a commitment to helping veterans, children and families in need through charitable event giving.

As a member of this unique family friendly community, we are asking you to represent yourself in this 5K Community Run/Walk (It's a Family Affair)." You can wear a costume; military physical fitness uniform, as a corporate or school team you could wear your company or school colors—it is your choice (wearing of a costume is not required).

Online Registration is Available at sceventmgt.com

Additional Information Available: www.iapws.com/5K

Last Name: _____ First Name: _____ MI: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Email: _____ DOB: _____

Male Female T-Shirt: YL XS S M L XL XXL Virtual Run

Release: I assume all risks associated with my participation in this event including but not limited to injuries, contact with other participants to include registered runners and volunteers, the effects of the weather, traffic, and hazards on the course, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled on my behalf, waive and release the organizers, directors, volunteers, AIP, and Space Coast Event Management & Timing from all claims and liabilities of any kind arising out of my participation in the Represent (321) Community 5K Run/Walk. 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: _____



Runner of the Year Series

FUN FOR THE ENTIRE FAMILY

SPACE COAST RUNNERS

Youth Series

Turtle Krawl | September 12
1 mile | 1/2 mile | 1/4 mile | diaper dash

Lots of little running shoes were pounding the pavement after the Turtle Krawl 5K as the children lined up for the start of the Youth Series races. The kids had their pick of distances with one mile, half mile and quarter mile runs for anyone 12 and under. For the wee ones, a diaper dash to the finish line was perfect for their paces.

Space Coast Runners volunteers handed each finisher a cute turtle toy and an official Turtle Krawl button for their efforts. Judging by the smiles on all of the kids' faces, they had a great time. Some ran fast to be like Mom or Dad while others just took it all in as spectators cheered them on.

More and more kids have been taking part in the Youth series. Not only is it free for children 12 years or younger but it's a great way to build their excitement about running. If your child participates in five of the Youth series events they will earn an award which will be given at the SCR Awards Night in June 2016.

The Youth Series runs are held after the adult Space Coast Runner races. Little runners who take part will receive participation awards.

For more info, contact Rachel White at (321) 292-2999 or [click here](#) to email.



Next Youth Series race will be held at:
Space Coast Classic 15K & 2 Mile
on November 7



Runner of the Year Series

THE "CLASSIC CAR SERIES" CONTINUES



FEATURED RUNNER OF THE YEAR SERIES RACE

We are continuing with the "Classic Car Series". The 15K & 2 Mile will feature finisher medals for everyone and this year the medal depicts the classic Chevy Camaro.

Bring one of the following boxed or canned food items on race day to donate to Space Coast Basket Brigade. They will be using these items to create Thanksgiving dinner baskets for Brevard families in need.

Mashed Potatoes — Stuffing — Gravy — Corn Green Beans — Cranberry Sauce — Yams

WHERE ► Ryckman Park

507 Ocean Ave, Melbourne Beach

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

COST ► Early registration for SCR members is \$25 before 10/25/15

WHAT TO EXPECT ► Hopefully temps in the low 70s. Race director, Lisa Hamelin promises a great post-race party with lots of food, great giveaway prizes, kids fun run and more.

COURSE RECORDS (last year's course was revised so both times are from 2014) ►

Male: John Davis – 53:12.7

Female: Susie Meltzer – 1:06:20.3

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

ONLINE RACE REGISTRATION ► https://thedriven.net/space-coast-classic.race_reg/eid/1592013459

5th Annual 5K Run/Walk

SPRINT FOR SIGHT



~ All proceeds benefit ~



**Brevard
Association for
the Advancement
of the Blind**

Saturday, November 7, 2015 4:00 PM

Gleason Park, Indian Harbour Beach, FL 32937

Medals for first 3 in each age group

Amazing prizes

Awesome tech race shirts

Fast Course!

Fabulous Food

Grand Prize!



Live music by "Outtasight"

Register at www.runningzone.com or www.baabhelpfortheblind.org

or pick up a race application at BAAB office:

674 South Patrick Drive Satellite Beach, FL 32937

(321) 773-7222

Sponsorship Opportunities!

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

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

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

For further information, please contact Lisa Hamelin at lisahamelin@gmail.com

Space Coast Runners Sponsorship Levels

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



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



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



	Olympic \$3000	Gold \$1500	Silver \$900	Bronze \$600	Supporter \$300
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



FEBRUARY 6|7, 2016

REGISTER NOW
THEFLORIDAMARATHON.COM

**MELBOURNE IS NOW
THE FLORIDA MARATHON & 1/2 MARATHON**



1/2 Marathon • Full • 5K • 8K • MASCOT MARATHON • DUNKIN' DASH KIDS RUN



Saturday join us for our kick off races!

USATF Certified 1/2 and Marathon Courses

Boston Marathon Qualifier Race - One of the Highest BQ rates in Florida

Tech Shirts to All Runners + Running Caps & Medals to All Sunday Runners

Post-Race Concert on Both Days

Florida Beer to all Sunday Finishers

Run Both Days for the Floridiot Challenge Medal!



**Run/Walk with Official Race Ambassador Jeff Galloway
in his exclusive East Central Florida endorsed event!**

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

RUN A MILE WITH JOHN DAVIS

JOHN DAVIS, 37

Viera, FL

Originally from: Lecanto, FL

Grew up: Lecanto, FL

Family: Daughters Kyra, Kamryn, and Zoey

Occupation: President / Software Engineer at Rapid Automation Design

Dream Profession: I have it. A professional runner might be better, but since that's not going to happen, I have the next best thing.

Number of years running: 10 years

Began running because: I played racquetball competitively and injured a ligament in my wrist.

I knew I was hooked when: I started running to stay in shape and never went back to racquetball.

Race personal records (PR):

5K, I Run For Pizza 2012- 16:15

8K, Space Walk of Fame- 27:47

15K, Space Coast Classic, 2014- 53:12

½ Marathon, Space Coast Half, 2014

1:15:35

Marathon, Grandma's Marathon, 2015-

2:42:21

Most Satisfying Race Performance:

Last year I had the Space Coast Classic 15K on Saturday, and the New York Marathon on Sunday. I ran a huge PR and won the 15K (after getting chased by a dog in the middle of the race), then jumped in the car to catch a flight to New York for the race the next day. It was craziness, but fun!

Favorite Race: Why? I really love the New York Marathon. The energy from the crowds is amazing, and they keep you excited for almost the entire course. I really enjoy the city as well, so overall it's just a great trip and a great race.

Favorite Race Distance: Why? I think the

OCTOBER 2015

SCR/45



SPACECASTRUNNERS.ORG

RUN A MILE WITH JOHN DAVIS

Half Marathon is my favorite distance. I feel like I can still run really hard/fast, and keep it up for the whole race. The marathon is a different kind of hurt and more of a mental challenge. And then the 5K is just short lived but intense pain, so that's different too.

Favorite Place to Run: Asheville, NC and Boone, NC. Mountains and trails are a great combination and a cool relief from the Florida heat in the summer.

Running Goals: I want to get faster at every distance. That's everyone's goal, right? If I had to pick a single goal, I really want to break 16:00 in the 5K, and I'm working very hard toward that end this summer & fall.

Running Partner(s): Holly Renee, Shane Streufert, Steve Chin, Tom Bruno, Greg Reverdau, and my running coach, Nathan Adams.

Funniest or Oddest Thing I've Seen While Running: Steve Chin chasing a squirrel. Also, sometimes Steve Chin when he first starts running / hobbling after being in a car for a long drive.

Training Philosophies: I run a lot of miles (typically 70-85 per week), but I do believe all of those miles need a purpose and a target pace. The majority of my miles are at "Easy Pace", which should be about 2 minutes slower than your 5K race pace. I think a lot of people run their easy miles too hard, and then don't run hard enough for workouts. For me, I do two workouts per week, and they vary from long tempo runs (5 – 10 miles) to shorter intervals on the track.

One Piece of Advice That I Would Give to a New Runner: You have to be patient. If you try to start running a ton of miles too soon, you will get injured. In my experience, there are no shortcuts. You have to put in the time, keep working hard, and be patient.

Other Sports & Interests: I feel like curling would be a great sport for me, but it's tough to find any real competition in Florida.

Favorite Reads: Once a Runner, George R. R.



Firecracker 5K 2013



Steve Chin, Shane Streufert & John Davis

RUN A MILE WITH JOHN DAVIS

Martin

When Nobody is Looking I Like to: Sing to my music while out on the run.

Favorite Movies: Batman Begins, Tombstone, Gladiator

Favorite Meal: Pizza and craft beer!

Dream vacation? I want to go to Northern California for a running vacation sometime. I think running trails through the Redwoods would be pretty amazing.

I Think That SCR Could Do A Better Job: I love SCR, but my only gripe is that the ROY standings should take drops into account when they show the standings. I always miss an early race due to conflicts and the results are never accurate after that so I always have to keep my own spreadsheet to see reality. The newsletter goes into detail describing the overall contenders throughout the season, and it doesn't take drops into account, so the summaries show leaders that in reality won't be close to the actual top 3 at the end of the season. I've won Runner of the Year 6-times, and every year I'm shown in like 20th place until the final race.



Marathon finishers at Grandma's Marathon
Duluth, MN 2015

Marty Winkel
321-537-3526
sceventmgt@gmail.com



Fee-Only Investment
Management and
Financial Planning Services

Contact Us:
Online: www.RallCapital.com
Phone: (321) 549-7255
Email: Bob@RallCapital.com
Fax: (888) 452-8851



The Rall Capital
Management Team



Where in the World?

ARE SPACE COAST RUNNERS RUNNING



October 3

Ironman Maryland
Cambridge, MD

Cyndi Bergs , Linda Cowart, Suzie Enlow, Kelly Miller, Theresa Miller, Christy Tagye, Christy Zieres

Jacksonville Marine Corps
½ Marathon
Jacksonville, FL

Tonya George, Kelley Lake

October 10

Beachside Half Marathon
Vero Beach, FL

Lisa Rose, Scott Rose,
Brittany Streufert

October 11

Chicago Marathon
Chicago, IL

Mike Acosta, Naweed Akram,
Susie Meltzer, Karen Suarez

October 17

Baltimore Running Festival
Baltimore, MD

Cristina & Ed Engel

October 18

Lycra & Lace Women's Triathlon
St. Petersburg, FL

Tonya George, Lisa Hamelin

October 17

Flyers 5K Benefiting Flyers
Charities
Philadelphia, PA

Kim Guodace

October 25

Lighthouse Loop Half Marathon
Ponce Inlet, FL

Kelley Lake, Lisa Petrillo,
Mark Petrillo

October 25

G.O.A.T.Z. 50K
Omaha, NE

Nan Pond

November 1

TCS New York City Marathon
New York City, NY

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

November 7

Savannah Marathon & Half
Marathon
Savannah, GA

Ragan Krupp, Tricia McBride,
Marie Thomas

November 14

St. Augustine 10K
St. Augustine, FL

Ragan Krupp

December 5

St. Jude Memphis Marathon
Memphis, TN

Sara Gielow

December 13

Islamorada Half Marathon
Islamorada, FL

Kelley Lake

December 13

Best Damn Race Half Marathon
Cape Coral, FL

Tonya George

January 9

Walt Disney World Half Marathon
Lake Buena Vista, FL

Jason Collins, Mary Collins,
Les Lake, Kelley Lake

January 17

Key West Half Marathon
Key West, FL

Tonya George, Lisa Rose, Scott Rose

January 31

Town of Celebration Half Marathon
Celebration, FL

Tonya George, Kelley Lake

February 13

Donna Half Marathon
Jacksonville, FL

Kelley Lake

February 14

A1A Half Marathon
Fort Lauderdale, FL

Tonya George

February 20

Gasparilla Distance Classic
Tampa Bay, FL

Tonya George

March 13

First Watch Sarasota Half
Marathon & Relay
Sarasota, FL

Tonya George, Kelley Lake

March 20

Publix Georgia Half Marathon
Atlanta, GA

Rachel Redlien

March 29

Storm the Campus 10 Miler
UCF, Florida

Kelley Lake

May 8

Tinkerbelle Half Marathon
Anaheim, CA

Kelley Lake

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

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



Ghostly Gecko 5K

OCTOBER 24, 2015

REGISTER TODAY!

This is a Halloween-themed evening race at the Eau Gallie Civic Center. Come join us for a Spooktacular good time! An awesome post race party at Squid Lips.



- Best Halloween Costume Contest
- Separate Costume Contest for KIDS!
- **NEW This Year!** Awards Ceremony will be at Eau Gallie Civic Center at 7:45pm!
- FREE BEER for participants 21 years & older on the beach at Squid Lips!
- Trick-or-Treat Bags to all Finishers!
- Fun Ghostly Gecko Awards
- Free Goblins Kids' Run with Zippy the Gecko
- Food provided by Squid Lips!
- Random giveaway of Halloween Horror Night tickets and one hotel night stay for two!

Benefits Eau Gallie High School Health & Wellness Academy

www.runningzone.com/series

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

Saturday, October 24, 2015 • 6:30pm Start • Eau Gallie Civic Center

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



DECEMBER 19, 2015

Jingle Bell 2 Miler



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

- * Best Holiday Costume Contest
- * Fun Stocking Awards

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



#jinglebell2miler

Benefits Satellite High School Running Programs

REGISTER TODAY!

www.runningzone.com/series

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

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

3 REASONS TO

Wear Your Race Shirt On Race Day



By Angela Leeds

Race shirts on race day: This can be a controversial topic among runners. Some say that the shirt should not be worn until it is earned with the sweat of the 5k listed on the front. However, there are three reasons to wear that shirt with pride as you zip through the race course.

Team Spirit: I got the idea for this topic during the Turtle Krawl. Surrounded by a sea of fellow runners, I thought about how awesome the race must have appeared for those on the sidelines. Hundreds of people dashing by in their matching shirts would catch the attention of almost anyone. For those in the race, the shirts seemed to be a sign of camaraderie. Complete strangers a few minutes ago, after a quick nod and a few words of encouragement, they become team members.

Sponsor Support: I am thankful for those sponsors who contribute to the races and their causes. When racers are visiting their booths after the race, sponsors can see the shirts and know their support is appreciated. After staring at a shirt that advertises smoothies for 3.1 miles, I know where I am headed when I cross the finish line.

Individual Memories: Racing shirts are great souvenirs of a race. Finish line photos can all start to look alike if you run a lot of races. However, if you are wearing the specific race shirt, you will always remember where you earned that PR.

Next race, don't toss your new shirt in the car before heading to the start line. Put your race shirt on, make some new friends, impress your sponsors, and capture the memories.



2015 Cocoa Beach Fall into Winter 5K run/walk



Saturday, Oct. 31st, 2015 - 8:00 am

5K Run/Walk

Saturday, Oct. 31st, 2015 - 8:00 am



Entry Fee

Cash or Check only accepted	
Through Oct. 6th	\$20
Oct. 7th-29th	\$25
Race Day	\$35
Family of (2) thru Oct. 10th	\$40
Family of (2) Day-of-Race	\$55

Tee-Shirts: To all runners

Non participants	\$15
(size of shirts not guaranteed to runners who register Day-of-Race)	
Breakfast for non participants	\$12

ONLINE REGISTRATION@ www.RunSignUp.com

Awards

Top Male and Female Overall
 Top Male and Female Age Groups
 in the following age categories
 14 and under, 15-18, 19-24, 25-29,
 30-34, 35-39, 40-44, 45-49, 50-54,
 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Special Race Divisions

Best Male & Female finishing in costumes
 Top 2 family team finishers
 Best carved pumpkin

Parking

West side of A1A



Packet Pick-up and late registration
 Oct. 30th at Coconuts
 5:00 and 7:00pm

Last Name: _____ First Name: _____ M: _____

Address (street): _____

City: _____ State: _____ Zip Code: _____

Email: _____

Day Phone: _____ T-Shirt Size: **S** **M** **L** **XL** **XXL** Gender: M F

Entry Fee

Through Oct. 6th	\$20
Oct. 7th-29th	\$25
Race Day	\$35
Family of (2) thru Oct. 10th	\$40
Family of (2) Day-of-Race	\$55

Date of Birth: _____ Age (on race day): _____

Amount Enclosed

In consideration of my entry being accepted, I intend to be legally bound, and do hereby, for myself, my heirs, executors, waive and release any and all rights and claims for damages which I may hereinafter accrue to me against the City of Cocoa Beach, and all other sponsors, contributors, or any subsidiary or political division thereof, its or their respective officers, 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 entry or participation in the "Fall Into Winter 5K Run". If I should suffer injury or illness I authorize 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 competition in this event. I have read the above and understand that I am entering this event at my own risk.

Date: _____ Signature: _____ Parent or Guardian, if under 18: _____

Cash or Check only accepted

Make checks payable to
 Cocoa Beach Parks & Rec
 (CBRD)
 P.O. Box 322430
 Cocoa Beach, FL 32932-2430

Cocoa Beach Parks & Recreation Presents...

&



**BEST
COSTUME
CONTEST**

Fall into Winter Halloween 5K Beach Run / Walk Breakfast Run

**Saturday, October 31st, 2015
Race Time 8:00 a.m.
Coconuts on the Beach**



**Post Race:
Breakfast for All Runners**



**Awards for
TOP 3
MALE/FEMALE
in 12 AGE
CATAGORIES**



**CARVED
PUMPKIN
CONTEST**

1st - 2nd - 3rd Place Prizes!

**Top Male and Female
Overall Winners**

- 1st Place...Surfboard**
- 2nd Place...Skimboard**
- 3rd Place...Bodyboard**

Courtesy of...



Race Calendar



10/3	Longdoggers Kids Marathon/Half Marathon	7:30 am	Schecter Center, Satellite Beach	info@runningzone.com
10/3	Exploration Tower 5K	8:00 am	Exploration Tower, Cape Canaveral	pinkribbon-walk5k@gmail.com
10/3	Ryan's Hope 5K	8:00 am	Goode Park, Palm Bay	https://runsignup.com/Race/FL/PalmBay/RyansHope5KPB
10/10	Wild Shrimp Shuffle 5K/10K	7:45 am	Titusville	runsalot@cfl.rr.com
10/10	Witch Way 5K	5:30 pm	Nance Park, Indialantic	lorengoldfarb@mac.com
10/17	Will Run for Chocolate, Won't Stand for Violence 5K	8:00 am	Space Coast Stadium, Viera	sferry@fitaviation.com
10/17	Jailbreak Adventure Race	8:00 am	Brevard County Jail, Sharpes	321-264-7755
10/17	Florida Beer Company 5K	5:00 pm	Florida Beer Company, Cape Canaveral	jessmassoni@gmail.com
10/24	Ghostly Gecko	6:30 pm	Eau Gallie Civic Center, Melbourne	info@runningzone.com
10/25	Cocoa Beach Half Marathon	7:30 am	Lori Wilson Park, Cocoa Beach	info@cocoabeachhalfmarathon.com
10/31	Fall Into Winter 5K	8:00 am	2 Minuteman Causeway, Cocoa Beach	https://runsignup.com/Race/FL/CocoaBeach/FallIntoWinter5k
11/5	FIT Homecoming 5K	6:00 pm	Meg O'Malleys, Melbourne	bcampanini@fit.edu





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



GORDON & CORNELL
ATTORNEYS AT LAW



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

Location & Schedule

Race starts and ends at the **Bailiwick Mall**, located at 22 N. Brevard Avenue in Cocoa Beach on Thanksgiving, November 26

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

Amenities

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

Awards

Seasonal Thanksgiving awards presented to:

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

(No duplicate awards)



Second race in the Holiday Beach Series

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

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

<p>Saturday and Sunday</p>	<p>Downtown Cocoa Beach Thanksgiving Weekend Schedule of Events!</p> <p>Thursday - Cocoa Beach Turkey Trot 5K Friday - Minutemen Mingle Reunion Street Fest Saturday - Cocoa Beach Art Show Sunday - Cocoa Beach Art Show</p> <p><small>Please click on word to learn more and how you can help keep tradition alive in downtown Cocoa Beach!</small></p>	<p>Friday Night</p>
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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.*

HAPPY BIRTHDAY

OCTOBER

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

1	Ed Donner, Susan Martin, Jim Garrard	17	
2	Andrea Lucas, Daphne Willingham, Joshua Thompson	18	A.J. Catanese, Cecilia Walker, Bryce Kanner, Suellen Conant, Wendy Lento, Michelle Saunders
3	Jennifer Kyle	19	Robert Paxton, Craig Piepmeier
4	Kayla Wildenthaler	20	Connie Maltby, Jim Cunningham, Sean Lamb, Jim Cunningham
5	Susie Koontz, Claire Sims, Kristy Reesh	21	Michael Hauck
6		22	
7	Gary Castner	23	Danny Barrett, Rich Patisaul
8	Madison Hannah, Kayla Hannah, Donn Sardella, Canon Crovo, Derek Stough	24	Beverly Glenn
9	David Farrall, Dodie Johnson, Michael Berner	25	Song Koh
10	Haskell Walker	26	Brian Kessler, Betsy Butler, Cody Long
11	Rhonda Butler, Nate Ojeda, Cameron Shagena, Jackson Krupp, Judy Bailey	27	Jeff Poor
12	Mary Ramba, Joshua Boucher, Heather Mitchell, Nicole McAnary, Harrison Runyon	28	James Krupp, Kimberly Prosser, Angelo Lento, Angelo Lento, Nickolas Lake, Dennis Kroskey
13	Frank Webbe, Julia Plumley	29	
14	Stephanie Scoggins, Maria Kostka	30	Riley Crovo
15	Dylan Maltby, Darin McBride, Joe Godleski, Vanessa Orantes	31	Martha Belinski, Jordan Boggs, Kimberly Tomlinson
16	Jack Lightle, Michelle Smurl, Dave Thomas, Alexis Shagena		