

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

FEBRUARY 2017



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Drama at Disney World

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Matt Mahoney**

**Before You Run
Again, Identify
and Rectify**



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On Our Cover: Wolfgang Jensen heads into the chilly last turn of the Tooth Trot 5K on January 28th. Photo credit: TriHokie Images

Above: With over 300 participants racing the new Wickham Park course, the 19th annual Tooth Trot 5K was a smashing success. Shown l to r: Greg Griffin, Hazel McNees, Carol Ball, David Grant and Chris Marriott. Photo credit: TriHokie Images



33K SPACE COAST CHALLENGE IS BACK!

Don't miss out! The 33K Space Coast Challenge's next race is the Eye of the Dragon 10K on February 19. Runners and walkers who have completed the Space Coast Classic 15K and then also complete this race along with the Space Walk of Fame 8K will receive this unique medal stand (shown above) to commemorate their running efforts.

SCR Membership Information

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

www.spacecoastrunners.org

SPACE COAST RUNNERS

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

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



Where to find Space Coast Runners on Social Media?

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

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

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

HOWARD KANNER
SCR President

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P.O. Box 541837

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SERIES**



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FOR MORE INFO CONTACT JUDD SPITZER
judds@gmail.com

VISIT US ONLINE AT
SpaceCoastRunners.org



It's true. Space Coast Runners newsletter is without an editor.

Last month Lisa Hamelin stepped down as our editor-in-chief. This was a great loss but luckily she is still on hand working on newsletter advertising.

We do need to recruit a new editor for the SCR newsletter which is published eleven times a year via email. Most of the communication and work on the newsletter happens through email. We have a project management app that keeps us organized but we do need an EDITOR!

As editor you would be responsible for:

Keeping the deadlines of the newsletter and sourcing sufficient articles, including updates from the board, articles from the membership and collecting interesting snippets from other news sources. You would edit articles (but our proof reader double checks everything) and work with the race reporters and creative each month.

The role requires about 10+ hours work for each newsletter, spread over a month. The editor is a volunteer position but you get a lot of love from the membership. Lisa is on hand to offer support.

No experience or qualifications necessary except for an enthusiasm to make SCR better for our members. A good feel for written text and grammar and some Microsoft Publisher experience would be a bonus. If you are interested contact us ASAP at info@spacecoastrunners.org.



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](#).



Advertise in this newsletter.

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

To advertise your business or race in the SCR newsletter contact Lisa at lisahamelin@gmail.com.



Where in the World are Space Coast Runners Running?

[Click here](#) to email us so we can list your next out-of-town race!



For More Information:
Email: EyeoftheDragon10k@gmail.com

29th Annual

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

Sunday, February 19th, 2017
Eau Gallie Civic Center
1551 Highland Ave, Melbourne
ONLINE at [Facebook](#), Register [Running Zone](#)



<http://spacecoastrunners.org>

Join Space Coast Runners in
Celebrating the 29th anniversary
running of the Eye of The Dragon
10K!

Schedule of Events:

Friday, 10:00 am-6:30 pm; Saturday, 10:00 am – 5:00 pm
Packet Pick Up & Registration @ Running Zone, 3696 N.
Wickham Road, Melbourne, FL 32935

Sunday, February 19th, RACE DAY:

5:45am: Packet Pick up and Day-Of Registration Opens
6:45am: Eye of the Dragon 10K Registration Closes
7:00am: Eye of the Dragon 10K BEGINS!
8:15am: Tail of the Lizard 2 Mile Registration Closes
8:30am: Tail of the Lizard 2 Mile BEGINS!
9:15am: Kids' Runs: SCR Youth Series Event
FREE Quarter, Half and 1 mile runs for children 12 & Under (with parent waiver)

Important Details:

10K: You must be able to maintain a 20-minute mile pace. If you cannot maintain this pace, you must do the 2-mile event.
Teams: A minimum of 3 team members required to score. No SBC Teams.
For Safety Reasons: No animals, baby joggers, skates or headphones permitted.

Fees:	Postmarked 2/13	After 2/13
10K:	\$30	\$35
2M:	\$25	\$30
SBC (2M + 10K):	\$45	\$50

SCR Member & Students 12th grade & Under: \$5 off all fees above.

Amenities:

- ***Back this Year*:** Complete the 2 Mile and 10K to complete the Slay the Beasts Challenge (SBC)
- Men and Women's cut technical race shirts for first 600 registrants (pre-registration is suggested)
- Electronic D-Tag Timing for both the 10K and 2M
- Great Post-Race Refreshments
- You pick the door prize you want to win!

Awards:

10K Awards: Top 3 M & F Overall, Top Masters M & F (40+), Top Grand Masters M & F (50+), Top Senior Grand Masters M & F (60+) and Top 3 in the following age groups: 14 & under, 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+
SCROY points for 15 & Over only for 10K

2 Mile Awards: Top 3 M & F Overall, Top Masters M & F (40+), and Top 5 in the following age groups: 8 & Under, 9-11, 12-14, Top 3 in 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+
SCROY points for 14 & Under only for 2M

Team Awards: Top 2 Teams in 10K and 2M / No SBC Teams

Slay the Beast Awards: All SBC finishers will get a unique Slay the Beasts Challenge Finisher Medal and Top 3 Male and Female finishers get an award.

OFFICIAL ENTRY FORM **Eye of the Dragon 10K/ Tail of the Lizard 2M** INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED
CHECKS PAYABLE TO: Space Coast Runners, MAIL TO: Running Zone, c/o: Eye of the Dragon, 3696 N Wickham Rd, Melbourne, FL 32935

SELECT RACE: Eye of the Dragon 10K Tail of the Lizard 2 Mile Slay the Beasts Challenge 2M + 10K (SBC)

FIRST _____ LAST _____ SCR MEMBER

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

SEX: MALE FEMALE DOB: ___/___/___ AGE ON RACE DAY _____ TEAM NAME _____

SHIRT SIZE: Gender Specific Shirts:

Men's: S M L XL XXL Women's: XS S M L XL XXL

Youth Shirt Sizes: Youth Medium Youth Large

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 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 or officials involved from all claims or liabilities of any kind arising out of my participation in the vent. 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

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE



PRESIDENTIAL Ponderings

A Monthly Column from SCR President, Howard Kanner

We are well into winter now, and we have had a handful of cool days here in Florida, which makes for some great runs. This is optimal training, and racing, weather. Time to choose and run your races! So, how do you pick those races? What makes a race “great” versus “meh”?

Personally, I like courses that are scenic, without potholes or turn-arounds like a cone in the middle of the road, and an early start time. Sometimes, the destination appeals to me, so I can plan a nice after-race meal, or to visit family/friends. Other times, I am chasing the hearsay that a course is “fast” and I have a chance to PR (if everything else goes well that morning).

Some races have awesome finisher medals, like the famous [Space Coast Marathon](#), or maybe there is live music on the course, or it is the right distance for a training run for an upcoming longer race, such as the Space Coast Classic weeks prior to the Space Coast Half Marathon. Do you prefer incredible after-parties, or special guests like elite runners or astronauts?

Maybe you want a race that is actually two (or more) races in one, like the [Eye of the Dragon](#) with the Slay the Beast Challenge? Some races offer unique distances, like the 8K Space Walk of Fame. Or perhaps you have a crazy friend who has their own goal and really wants to train with you (and that, folks, was why I ran a marathon). But then again, some races might just be a fun experience, like racing with 499 other peo-

ple dressed as Santa Claus.

So, thinking about what makes a great race for you, please go to the [SCR Facebook page](#) and share your thoughts (even if you pick a race out of guilt, like the [Tooth Trot](#) because you do not floss enough :-)) See you on the road.

-Howard

Howard Kanner, SCR President
president@spacecoastrunners.org

PS—Don’t miss out on registering for the 2017 Space Coast Marathon & Half Marathon. Race registration opens on February 15, 2017.



Space Coast Runners Runner of the Year Series

Race #8 is the Downtown Melbourne 5K on 03/25/17. Men run first this year.

To register online: www.runningzone.com/events/downtown-melbourne-5k-2/



FEBRUARY BOARD MEETING

February 20, 2017 — 7:00pm, Pro-Health Merritt Island

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

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Saturday 10:00am - 5:00pm • Sunday 12:00pm - 4:00pm

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

LOCAL FUN RUNS

It's always better to run and walk with friends! Our fitness community offers several opportunities to find a group to train with. [Email us](#) to add your fun run.



Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (mcbergs@att.net)
Sun	Oars & Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars & Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Sun	Sandpoint Park, Titusville	6:00 am	Janet Canfield— jcanrun@hotmail.com 321-745-0122
Sun	Murrell Road Running Group (MRRG) Spyglass parking lot, Viera	7:00 am	http://goo.gl/HHfG3C
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St John	5:30 am	Kim Badgett (kbadisrunning@gmail.com)
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	Long Doggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon	Running for Brews Cocoa Beach, Hogan's Irish Bar	7:00 pm	Bo Trapnell (phogan330@gmail.com)
Mon	Florida Beer Company, Cape Canaveral	7:00 pm	http://goo.gl/ayyQao
Tues	Iron Oak Post Run Club, Melbourne	5:45 pm	321-327-8479
Tues (1st/3rd of each mo.)	Playalinda Fun Club Runs, Playalinda Brewing Company	6:30 pm	Donna Scott (225-8978)
Tues	Running for Brews Satellite Beach, Long Doggers	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Pineapple Park, Eau Gallie	6:00 am	Running Zone (erin@runningzone.com)
Wed	Intracoastal Run Club, Eau Gallie	5:30 pm	Amy Ustjanowski (amy@theyogiperogi.com)
Wed	Cocoa Beach Fun Runs Long Doggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:30 pm	Judd Spitzer (judds@gmail.com) and Craig Piepmeier (cpiepmeier@gmail.com)
Wed	Village Idiot Pub, Cocoa Village	6:00 pm	321-301-4487
Wed	Running for Brews Melbourne, Charley & Jake's Brewery	7:00 pm	http://www.meetup.com/Running-for-Brews-Melbourne/ - Marcus Smith
Wed	Run Amuck Running Group, Taco Bell across from Titusville High	6:30 pm	Robert Schneider (rschneider85@gmail.com)
Wed	Long Doggers, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	Running Zone, Melbourne	5:30 pm	Running Zone (erin@runningzone.com)
Thurs	CrossFit Rise Above, Melbourne (1st Thurs of month), Chase Bank, Indialantic (all other Thursdays)	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	Running for Brews Viera, Long Doggers	7:00 pm	Sean & Sandra Christian (IDLifeteamChristian@gmail.com)
Fri	Find Your Fitness with Gina 5K Fun Run, 2101 S. Waverly Place, Melbourne	5:30 pm	Gina: http://goo.gl/1vxqSL

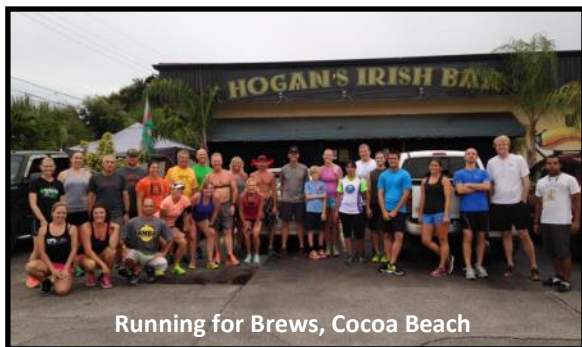
LOCAL FUN RUNS & WALKS



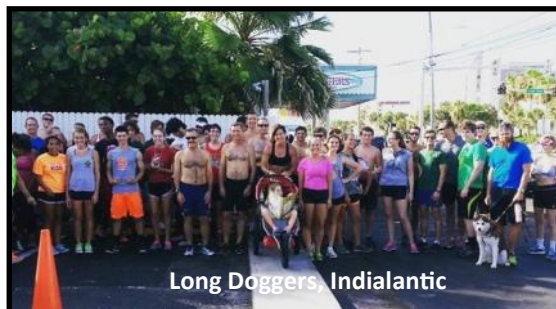
Running for Breds, Viera



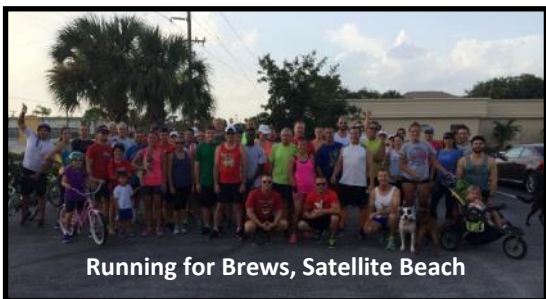
Intracoastal Run Club, Melbourne



Running for Breds, Cocoa Beach



Long Doggers, Indialantic



Running for Breds, Satellite Beach



Village Idiot Pub, Cocoa Village



Running for Breds, Melbourne



Running Zone, Melbourne



Cocoa Beach Runners, Cocoa Beach



Up & Running Fitness, Indian Harbour Beach

Oh my beets...

HERE IS A RECIPE FOR A BEET SMOOTHIE THAT TASTES GOOD AND MIGHT EVEN HELP YOU PERFORM BETTER! TO READ MORE ABOUT THE POTENTIAL BENEFITS OF BEETS, READ MY FULL POST [HERE](#).



**RUNNER
RECIPE OF
THE MONTH**



Lori Nedescu, MS RDN LD

Fit foodie behind
CADENCE KITCHEN
Whole food nutrition for
active bodies **DIETITIAN ***
Wellness Coach

INGREDIENTS: SERVES 2

- + 2 cups Coconut milk
- + 2 tbsp Chia Seeds
- + Juice of 2 Red Beets
- + 2 cup Strawberries, frozen
- + 1 cup Coconut Water
- + 2 tbsp Raw Sugar
- + 1 scoop Protein Powder
- + 2 Party Straws (not optional) + Zest of 1 Orange

INSTRUCTIONS:

Combine the chia and coconut milk, set aside. Blend the coconut water with strawberries, sugar, and protein powder. Divide this puree into two glasses. Top with equal amounts of pure beet juice. Now give the chia - milk mixture an extra shake and then add to each glass. You can skip all this and just blend it all together... but what's the fun in that! Need extra fuel? Add a frozen banana to the mix! Now add your fun straw and **ENJOY!**

SCR Central

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



Jim Baker
Derek Barber
Stephanie Barber
Jenni Barna
Missy Bekemeyer
Chester Bolton
Diane Bolton
Paul Boucher
Erin Broline
Joshua Broline
Marcia Bryant
Shelly Bryant
Maryory Calixto
Erin Canfield
Janet Canfield
Richard Carns
Shannon Connelly
Kati Craig
Charles Croft
Michelle Culley
Jeff Davis
Matt Davis
Pam Davis
Adelin Eggers
Jack Eggers
Jennifer Eggers
Neal Eggers
Verena Faure
Billy Feldmeier
Cristina Feldmeier
Bart Ferguson
Juliet Fletcher
Hilary Francine
Jane Garrard

Jim Garrard
Bill Gaviria
Etta Gibson
Melissa Gilham
Ilona Giles
Rick Giles
Anju Grover
Sara Hart
Jeffrey Hathaway
Mary Hawes
Debbie Hines
Robert Hoag
Kenneth Kelly
Alan King
Sam Kozaitis
Cliff Lanham
Patrick Lanham
Sandra Lanham
Jackie LeClaire
Paula Lemieux
Eric Lenck
Heather Lewis
Lisette Lineberry
Mark Lineberry
Jessica McCaskill
Michael Manion
Christina Martin
Suzie Martin
Leidy Matos
Jeffrey Meister
Gail Miksch
Anna Montes
Eric Montes
Ceal Muldoon

Autumn Newton
Christ Newton
Estee Newton
Orion Newton
Carter Niehoff
Dawn Niehoff
Jasper Niehoff
Timothy Adam Niehoff
Steve Nivens
Catherine Norris
Bryan Parry
Lisa Parry
Madeline Parry
Cory Patrick
Peter Petracco
Shelby Petracco
Susan Petracco
Debbie Phelps
Steve Picerne
Ayden Pope
James Pope
Noah Pope
Tamara Pope
Lauren Price
Brion Quandt
Clarisse Quandt
Tom Quandt
Richard Radcliff
Kelly Rich
Ian Rich
Sean Rich
Trish Rich
Jeff Roselip

Miroslava Roselip
Terry Ryan
Sondi Ryерsee
Isaiah Sandy
Amber Santoso
Lauren Schatz
Caleigh Schmoll
Delaney Schmoll
Jackie Schmoll
Nathaniel Scmoll
Steve Schmoll
Donna Scott
Zane Shadowen
Alberto Sierra
Cristie Sinclair
Finn Sinclair
Macie Sinclair
Deborah Skinner
Jacqueline Skinner
Elizabeth Smith
Laura Smith
Susan Smith
Kelly Taylor-Sandy
Sherry Thorpe
Edward Vasquez
Teresa Weber
Jim Westermeyer
Antonia White
Daphne Willingham
Zoey Willingham
Carrie Wilson

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 Running Zone in Melbourne.

SCR Central

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

2017 Off and Running!

We're so lucky to have fellow runners wanting to usher in a new year with a fun run. The festivities started at 11:45pm on New Year's Eve in Melbourne Beach and continued in the morning at Cape Canaveral and finished with the Solar Bear runners hitting their stride around noon.



Photo courtesy of Brittany Streufert

12:30 AM – Jan. 1, 2017

The 36th annual SCR New Year's Eve Run was led by Matt Mahoney in Melbourne Beach. The attendance record is 89 participants and it dates back to the early 80's. We set out to break it this year and 14 runners showed so we ended up 76 short. However a good time was had by all at this age-graded event that was deemed "a race" by Shane Streufert to anyone that would listen to him.

The 14 runners, ages 15 to 75, started out in 2016 and ran an out and back course on the sidewalk that Matt had setup and marked very nicely. Fireworks lit up the sky as the Garmins struck midnight. Streufert was the first 2017 finisher. Matt recorded everyone's time (<https://goo.gl/DZ3Azr>) along with their age-graded result. We then had a yummy smorgasbord of snacks to finish off the evening.



Photo courtesy of Kelly Hunter

8:00 AM – Jan. 1, 2017

2017 dawned bright and beautiful, welcoming the 18th annual New Year's morning run and potluck breakfast in Cape Canaveral, hosted this year by the Cocoa Beach Fun Runners & Walkers. Fun, fitness, and friends— what better way to begin a new year? Held at the beachside Cherie Down Park, the tradition of this gathering is to begin with a run or walk; many times this is a beach run, but the high tide this year made a road run down Ridgewood Avenue a nice alternative. After the run, the group enjoyed a hot potluck breakfast and a chance to ring in the new year with friends old and new. Following breakfast, everyone ventured down to the ocean; some hardy souls enjoyed a Florida version of a polar bear plunge. This year, the ocean dip was permanently dedicated to the memory of beloved coach Bernie Sher.



Photo courtesy of Doug Carroll

12:00 PM – Jan. 1, 2017 – Solar Bear Run

REGISTER ONLINE TODAY! [CLICK HERE.](#)



- 6:30 AM Registration
 - 8 AM 5K Start
 - 9 AM Kids' Run
- Activities until 10:30 AM

Awesome Silent Auction!
 Airline Tickets,
 Shows,
 Merchandise, etc.

5th Annual Brianna Marie FOUNDATION 5K

Lots of free children activities!
 Bring the whole family!

Funds raised from this event benefit the field of Fetal Medicine and Fetal Surgeries

March 11, 2017
 8AM

Wickham Park
 2500 Parkway Drive
 Melbourne, FL 32935



www.briannamariefoundation.com



Age Group Awards



SPACE COAST Runners enter **SPACECOAST** at checkout for 15% off. Valid through 3/1/17.

NEW DIRECTION!

JOIN US SUNDAY

SPACE COAST RUNNERS FUN RUN

6:30 AM | COCOA VILLAGE | RIVERFRONT PARK

HYDRATION STATIONS ARE SET OUT ON SOUTH RIVER ROAD
AT APPROXIMATELY MILE 2 & MILE 4

.....
**SILENT
AUCTION
ITEMS** 
.....

Mark your calendar!

Awards Night is on **Sunday, June 4th** this year. We're excited to announce this year's event will include a **Silent Auction**.

We need your help!

The **Procurement Team** is looking for unique, creative and/or run-related auction items. If you or your workplace has something to donate, please talk to or email Nancy Foresteire at wingon@bellsouth.net.

RRCA Race Etiquette on Course

Bodily functions are a fact of life during a race. If you need to spit, blow your nose or throw-up, move to the side of the road and do it there. If nature calls, check for a port-a-potty, an open business, a kind neighbor along the course, or as a last resort, a discreet clump of bushes before relieving yourself.

If you need to tie your shoe or stop for any reason (phone call, nose blow, etc) move to the side of the road and step off the course.



SCR Central

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

Fashion Police:

Crushing it on the Course

Sonya Zuniga came out to the Tooth Trot 5K to run and to stun in her fashion focused outfit. And that's why we love her winning style.

Her flawless ensemble stood out from the crowd of runners as she effortlessly passed participants on her way to a third overall finish in the women's division. Sonya's cool printed tights reflected the morning daylight beautifully. And her layering of tank tops under a gun-metal gray jacket looked just right. Her colorful Nike sneakers added a racy edge to the look. This is modern running at its finest.

Plus, Sonya shows us how easy it would be to run a race, grab an award and finish up any Saturday morning tasks on the to-do list while looking comfy and athleisure trendy.

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.



CADENCE KITCHEN



Lori Nedescu is obsessed with cappuccinos, beets, and fun cycling kits! She holds a master's degree in human nutrition and practices as a consult dietitian, recipe developer, and elite athlete. As a sub 3-hour marathon runner and CAT1 road cyclist, Lori knows how important quality nutrition is to athletic performance as well as overall well-being. When she's not training or consulting clients, you can find Lori putting her creativity and photography passion to use in the kitchen making delicious, colorful, and nourishing whole food based meals.



Visit her at TheCadenceKitchen.com or @CadenceKitchen for more!

Win a \$1500 Scholarship

Attention high school seniors!

Each year, SCR awards two **\$1500** scholarships, one to a male and one to a female; applicants are judged based on the merits of a **250-word essay**. To apply for this opportunity, students should visit their school's guidance office in **mid-February** and ask for the Brevard Schools Foundation scholarship packet. Applications and essays will be due back to the **Brevard Schools Foundation** in March.

Save the dates

FLORIDA TODAY COMMUNICATIONS

PRESENTED BY: **Health First**

BENEFITING: **United Way** United Way of Brevard

CORPORATE 5K
THURSDAY, MARCH 9, 2017
MELBOURNE, FLORIDA



CITY OF MELBOURNE 2016 TEAM

REGISTRATION OPEN!



*Improve the bottom line,
Shrink the waistline,
See you at the finish line!*

- 1 • 1/18/17**
- 2 • 2/15/17**
- 3 • 3/8/17**
- 4 • 3/9/17**

1	2	3	4
Informational Meeting Wednesday, 1/18/17 6:00pm @ Running Zone	Team Captains' Meeting Wednesday, 2/15/17 6:00pm @ Running Zone	Packet Pick-up Party <i>TEAM CAPTAINS ONLY</i> Wednesday, 3/8/17, 6:00pm @ Running Zone	Race Day! Thursday, 3/9/17 6:15pm @ Wickham Park

321-751-8889 • www.brevardcorporate5k.com • email: info@brevardcorporate5k.com

SCR Central

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



CONGRATULATIONS SCR BOSTON 2018 QUALIFIERS!

To many a runner the holy grail of marathon racing is stepping across the finish line with a time that qualifies them for the Boston Marathon.

The list of SCR qualifiers continues to grow.

John Wall 2:56:26 1st AG 45-49

Celebration Marathon

Joe Lento 3:17:51

Celebration Marathon



**Congratulations to the Space
Coast Marathon!**

**It's been named the 2017
RRCA National Championship
Event.**

The RRCA Championship Event Series is one of the oldest distance running traditions in the US, dating back to 1958 when the RRCA awarded their first championship designation.

The goal of the RRCA Championship Event Series is to shine a spotlight on well-run, community-based events, and to promote the sport of running by recognizing the top performing runners in the Open, Masters (40+), Grand Masters (50+), and Senior Grand Masters (60+) categories for both men and women as RRCA Champions.



HELP WANTED

RACE REPORTERS

The award-winning eNewsletter is in need of two dedicated race reporters. Duties include reporting on local 5K race events and experiences. While reporting and writing experience is advantageous, it is not necessary. What we need most is a willingness to cover one or two races each month and produce a 3 to 5 paragraph story. If you have interest in being a race reporter, please email Brittany Streufert at socialmedia@spacecoastrunners.org.

It's easy. It's fun. If you like running, why not write about it?



JOHN OUWEELEEN

Congratulations on being voted the 2016 USATF Masters LDR Road Runner of the Year in the M75-79 division. The USA Track & Field presents these divisional road runner awards once a year.

You're in great company considering Meb Keflezighi received the award for M40-44 this year. Way to make Space Coast Runners proud!

Check out the list of [2016 award winners](#).

Photo credit: TCPalm.com



RRCA Aid Station Etiquette

If you need to stop at an aid station step to the right side of the road and proceed to the aid station, but do not block others from accessing the aid tables or volunteers handing out fluids.

Throw your used cup to the side away from the course as close to an aid station as possible. Drop your cup down by your waist as opposed to tossing it over your shoulder. The person behind you may not appreciate the shower if the cup is not empty.



GETTING TO KNOW YOUR SOCIAL MEDIA CONTRIBUTOR

Elisha Gould

Favorite SCR Series race?

This is my first year running all the SCR series (I just started running in mid 2015!), but so far my favorite is the Space Coast 1/2 - the route is awesome! It's very scenic, fun run since it isn't completely flat & straight, and the best feature was it being out & back, so I could see all the faster runners coming through & have the opportunity to cheer for them! The Space Coast area has the best Runners!

Favorite place to run on the Space Coast?

From my house since I don't have to drive anywhere and use that excuse to skip it. It's also pretty fun because we live near FIT and I can loop around to see all kinds of people from all around the world due to the diversity of the college. BUT - If I were to drive to a perfect spot it would be over the 192 causeway - there's a great sense of accomplishment taking on that "FL hill" & it's always scenic & breezy, and usually lots of people around so you feel safe!

Running Partner(s): I typically do most of my runs on my own, but I am a member of the SCR Race Team, so we get together to run pretty regularly. I'm also getting into the habit of taking my oldest fluffy mutt, Diego, a 5-year old rescued GSD, on some of the shorter runs.

Little know fact or secret about yourself: I'm a pretty open book, so I don't know if I have a "secret" but I must confess that I grew up in WV & didn't learn to ride a bike or swim. I did take swimming lessons at the Y a few years ago, so I can swim a little (not great by any means), but I haven't tackled learning to ride a bike. I would really like to though, especially to possibly do a Tri sometime in the distant future!

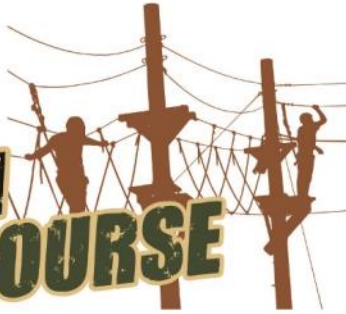




PANTHER CHALLENGE 2017

AT THE

FLORIDA TECH CHALLENGE COURSE



PUSH YOURSELF TO THE LIMIT!

Test your strength and endurance on this 3 mile course that runs on trails through the Florida Tech Challenge Course and the Sebastian River State Preserve in Fellsmere, Florida.

You will encounter a military spec Marine Obstacle Course, Air Assault Course and additional challenges along the way.

Choose your category:

- **COMPETITIVE GROUP** — You must complete the obstacles as designed to be eligible to win.
- **OPEN GROUP** — Do your best with modified obstacles.

Food, drinks and vendor booths available after the race!

DATE AND TIME:

**Saturday, February 25, 2017
9 a.m.**

LOCATION:

Florida Tech Challenge Course
11090 CR 512, Fellsmere, FL

COST:

\$45 — until midnight 11 Feb 2017
\$60 — 12 Feb 2017 and after

AWARDS:

Competitive class only

- Top 3 Male 40 and under
- Top 3 Female 40 and under
- Top 3 Male over 40
- Top 3 Female over 40

FOR MORE INFO:

www.fit.edu/challenge-course



[www.facebook.com/
FITPantherChallenge](https://www.facebook.com/FITPantherChallenge)

SPONSORS:



FIVE GUYS
BURGERS and FRIES



Sponsorship opportunities available.

Contact Race Director Dave Beach at 321-271-0834 or dbeach@fit.edu

The Trailhead Preserve FIT Challenge Course is a publicly owned outdoor recreation facility operated by Florida Institute of Technology and partially developed with assistance from the Land and Water Conservation Fund on land acquired with funds from the Florida Communities Trust (FCT) and Indian River County. The Trailhead Preserve is compliant with Title VI of the Civil Rights Act, Section 504 of the Rehabilitation Act, and Americans with Disabilities Act.

RE-006-117

SCR Central

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

Join the new *Sunday* Morning Run in Titusville



We've added a new **Sunday** run to the Local Run Calendar. It's headed up by Janet Canfield and is held each Sunday morning starting at 6 am.

Runners meet on **Sunday** at Sandpoint Park (101 N Washington Ave). The course is a series of out and backs. All paces are welcome.

For more information contact Janet at icanrun@hotmail.com

HELP SATELLITE BEACH HIGH SCHOOL REACH THEIR GOAL!



Satellite High School is in the middle of a fundraising effort to raise \$300,000 to repave and rubberize their track. They are 2/3 of the way there with fundraising but could use help getting to their goal before March so construction can begin in May.

With the upgrade, SHS will be able to host meets that will benefit every track athlete in Brevard County. Plus, the track will be open year round 2 nights a week, Tuesday and Thursday, to ALL residents of Brevard. **To make an online donation:** Go Fund Me page: <https://www.gofundme.com/sdrbc-tuf?ssid=849417984&pos=8>

Direct donations: Make check payable to: Satellite Distance Runners Track Refurb — Mail to: Satellite High School, 300 Scorpion Court, Satellite Beach Fl. 32937. Any questions please contact Doug Butler at 321-749-9778 or email him at coachbutler@gmail.com.



Run for Team SCR at the Corporate 5K

Thursday, March 9th at 6:15PM is the Florida Today Corporate 5K to benefit the United Way of Brevard County. Space Coast Runners will once again be putting together a competitive team to race this St. Patty's Day themed-event. Carol Ball is the 2017 team captain.

SCR is offering a **50% registration discount** to the first 20 male or female members who sign up to be on the team. [Click here](#) to register for the Corporate 5K event which will be held at Wickham Park.

Let's make this the **BIGGEST, BEST Team** ever! Contact Team Captain, Carol Ball cball1@cfl.rr.com Full race details on the Corporate 5K: www.brevardcorporate5k.com

2 DISCOUNT SPOTS ARE LEFT!

MARATHONERS CELEBRATE FAST TIMES

at the 4th annual Celebration Marathon & Half Marathon

Space Coast Runners produced some incredible finishing times at Sunday's 4th annual Celebration Marathon & Half Marathon. Over 50 members made the one hour trek to run the race on the overcast, chilly day. The cooler conditions gave runners a little extra incentive to push themselves and the results clearly show it.

John Wall was the first male Space Coast Runner, finishing in 2:56:26, or seventh overall. His 11-minute PR secured him first in his age group and a BQ. Fellow member, Joe Lento also ran a Boston Marathon qualifying time. Lento crossed the finish with a huge smile on his face as he clocked a 3:17:51 PR. Liz White made it a victory marathon.

In the half marathon, SCR extraordinaire, Kaitlin Donner won the women's race in yet another PR performance. Her time of 1:18:43 was also good enough for third overall. Ed Donner picked up the men's Master title by running 1:22:58. Check out all the results from Celebration on [page 53](#).





35th Downtown Melbourne 5K Run/Walk

Saturday, March 25, 2017

Start Times

* Men 7:30 AM * Women 8:15 AM
* Youth Series 9:00 AM * Awards 9:15 AM

Location

Starts on Municipal lane at East New Haven Ave.
Race Day Registration and awards at Holmes Park
USATF Certified Course (FL14017EBM)



Proceeds benefit **THE HAVEN**

The race benefits The Haven, a shelter for abused, abandoned and neglected children.

Space Coast Runners Youth Series

The Space Coast Runners Youth Series aims to include youth in organized runs so as to encourage participation and interest in running and fitness. There will be no charge for these runs, but parents will be required to sign a waiver for their children to participate on the morning of the race. Distances: 1/4 mile, 1/2 mile, & 1 mile.

Registration

- Online at <https://secure.runningzone.com/> until March 23rd at 11:59 pm
- In Person at Running Zone on Wickham Road (between Parkway and Post Road)
- By mail to Running Zone (3696 N Wickham Road, Melbourne, FL 32935)
- Checks payable to **The Haven**
- Race day - beginning at 6:30am at Holmes Park - corner of Melbourne Ave and Melbourne Court

Packet Pick-Up

- Friday, March 24th from 10:00 am to 6:30 pm at Running Zone (3696 N Wickham Road, Melbourne, FL 32935)
- Race day: Saturday, March 25th - beginning at 6:30am at Holmes Park - corner of Melbourne Ave and Melbourne Court

Information

- Frank Webbe
* 321-674-7457
* Email: webbe@fit.edu

School Challenge

All children under the age of 18 may register for a special reduced fee of \$20. The School (public or private) that has the most registrations for the 5K will earn a special award to be presented at the results following the races.

Open Team Challenge

Not new but still topical, open team competitions will be held, with a minimum of four individuals comprising a team. In addition to a trophy for the overall male and female team winners, the four scoring members of the winning teams will earn a complimentary entry to the 2018 race.

Awards

Male-Female: Top 3 Overall, Top Masters (40+),
Each Race – Top 3 Teams, Age Groups (top 3 male & female): 10 & Under, 11-14, 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, 80-84, 85+

Fees: \$25 until March 23rd
\$20 for students 18 & under until 3/23
(\$22 for SCR & Gecko Club Members until 3/23)
\$30 March 24th & Race Day

2017 DOWNTOWN MELBOURNE 5K OFFICIAL ENTRY FORM

RACE MANAGEMENT BY



Last Name (Please print)

First Name

Address

City

State

ZIP

Telephone

Email

Date of Birth

Age on Race Day

M ___ F ___
Gender

S ___ M ___ L ___ XL ___
T-shirt Size

Y ___ N ___
Space Coast Runners Member?

Open Team Challenge Name _____ (if applicable, see above for details)

School Participation Challenge (K-12) _____

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 high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I grant permission to all of the foregoing to use any photographs, motion pictures, and recording, or any other record of this event for any legitimate purpose. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Space Coast Runners, Running Zone Race Management, Inc., the City of Melbourne and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I have read the above release and understand that I am entering this event at my own risk.

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE

SCR Member Race Discounts

SPECIAL DISCOUNTS EXCLUSIVELY FOR CLUB MEMBERS

FEATURED RACES



- ◆ **NEW!** Heart of Gold Virtual Run presented by Virtual Strides. Receive a 20% discount on all [Virtual Strides](#) events by entering the club discount code **SCRmember20** during registration. Choose 5k/10k/Half Marathon distances all of which will benefit the February charity, Joyful Heart Foundation. Help spread awareness and raise money for a charity whose vision is a world free of sexual assault, domestic violence, and child abuse
- ◆ Runners get ready to race and save at the [Daytona Beach Half Marathon](#). Use **DBHspace17** for \$5 off the 2017 event on February 5th.
- ◆ Local Discount! Save \$10 off the registration price for [The Florida Marathon & 1/2](#) on February 5, 2017. Use code: **SCRISTHEBEST** to receive your discount on the marathon, 1/2 marathon or 1/2 relay.
- ◆ **NEW!** Limited Time offer from the Vero Beach Sunrunners! Save \$5 off the upcoming [Sunrunners 10K & 10K Relay](#) now through the 12th of February. Race is on 2/26/17. Use code: **SCR5OFF**
- ◆ **NEW!** Receive a 10% discount on [Marathon of the Treasure Coast and Half Marathon](#) on 3/5/17 in Stuart, FL in this festival-type event! Use code: **TCMSPACECOAST2017**.
- ◆ **NEW!** Receive a \$10 Discount to the 2017 [Rock the Parkway Half Marathon](#) in Kansas City, KS, on 4/8/17. Huge cash prizes for the top 5 male & female and the top 4 Male and Female Masters! Use code: **SpaceCoast**.
- ◆ **NEW!** Receive a 20% discount on the [Atlantic City April Fools Oceanfront Half Marathon](#) (4/23/17), 11K, 7K & Kids 1 Mile Run (4/22/17). All races start and finish on the historic Atlantic City Boardwalk in front of Resorts Casino Hotel. To register use code: **SCRAC**.
- ◆ **EXTENDED!** SCR Members can now save \$10 on any and all of the [Rock 'n' Roll Marathon Series](#) events. Use code **SCROCKS** on marathon, half marathon and relay races. Please note that discounts do not tend to apply during early bird pricing, series sales or in conjunction with another code. Valid until 07/15/17.
- ◆ **EXTENDED!** [Vacation Races](#) is extending a 15% discount to all SCR members. Save on upcoming 2017 races like the Yellowstone Half Marathon (06/17), Rocky Mountain Half Marathon (08/17) or the Grand Canyon Half Marathon (10/17) use code **16RC84784**.
- ◆ **EXTENDED!** Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPACE-EMOAT**. Events are on 4/22 (Half Marathon), 7/16 (Marathon), 10/22 (Half Marathon).
- ◆ Run down A1A in South Florida and save! Receive a 15% discount for the [Fort Lauderdale A1A Marathon, Half Marathon & 5K](#) on Sunday, February 19th. Use club discount code: **SPACECOAST**.
- ◆ The [Clearwater Distance Classic](#) is offering lots of discounts on their races. Use code **SPACE5** for \$5 off the Florida Beach 5K (Mar 12). Use **SPACE10** for \$10 off any of the upcoming half marathons Florida Beach on Mar 12.
- ◆ **EXTENDED!** [MultiRace](#) will extend a 10% discount to all its events! Check out the 2017 [Singer Island Half Marathon & 10K](#) on 3/18/17. For triathletes, there's the 2017 Tri Cocoa Village Sprint & Olympic Triathlon | Duathlon | Aquabike in Cocoa,

SCR Member Race Discounts

SPECIAL DISCOUNTS EXCLUSIVELY FOR CLUB MEMBERS



Kennebunk | Biddeford
Maine | USA



- ◆ FL on Mar 26. Use code: **SCR17**. (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor).
- ◆ Exclusive \$5 SCR club discount to the [Riverside Dash](#) races — choose the 5K or 15K distance. You'll get to run along the mighty St. John's River on roads that are unavailable to runners at any given time. To register for the April 2nd races make sure to use code: **SpaceCoastRun**.
- ◆ **NEW!** Receive a nice 10% discount to the [Shipyard Maine Coast Marathon and Half Marathon](#) (and 39.3 Challenge) on 5/13-14/17, in Kennebunk and Biddeford, Maine. Experience the Maine Coast in May. Use code: **SpaceCoastRunners**.
- ◆ **NEW!** Receive a 10% discount to the [Shipyard Old Port Half Marathon and 5K](#) on 6/8/17, in Portland, ME. Portland's premier summertime running event cuts through the heart of the old port district, featuring sweeping views! Use code: **SpaceCoastRunners**.
- ◆ **NEW!** Receive a 10% discount to the [Rock Lobster Relay](#) (200 mile team relay from Bar Harbor to Portland, Maine) 6/23 & 24/2017. You and your friends will be running and enjoying Maine's eastern rocky coast in its most beautiful time in the summer. Use code: **SpaceCoastRunners**
- ◆ Run the September 2017 [Pocatello Marathon, Half Marathon, 10K or 5K](#) in Idaho and receive a \$10 discount on any race. Fast, scenic course awaits you. Great late summer running weather. Use code: **SCR10**.
- ◆ **NEW!** Receive a 10% discount to the [Pumpkinhead Trail Relay](#) at Pineland Farms (128 mile, 8 person relay teams) on 9/8 & 9/2017, in New Gloucester, Maine. Unique trail relay race in the woods of Maine! Grab your tent, running shoes, and 7 friends to complete this fun two day relay race. Each person on the team must complete three independent loops during the race. Use code: **SpaceCoastRunners**

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.

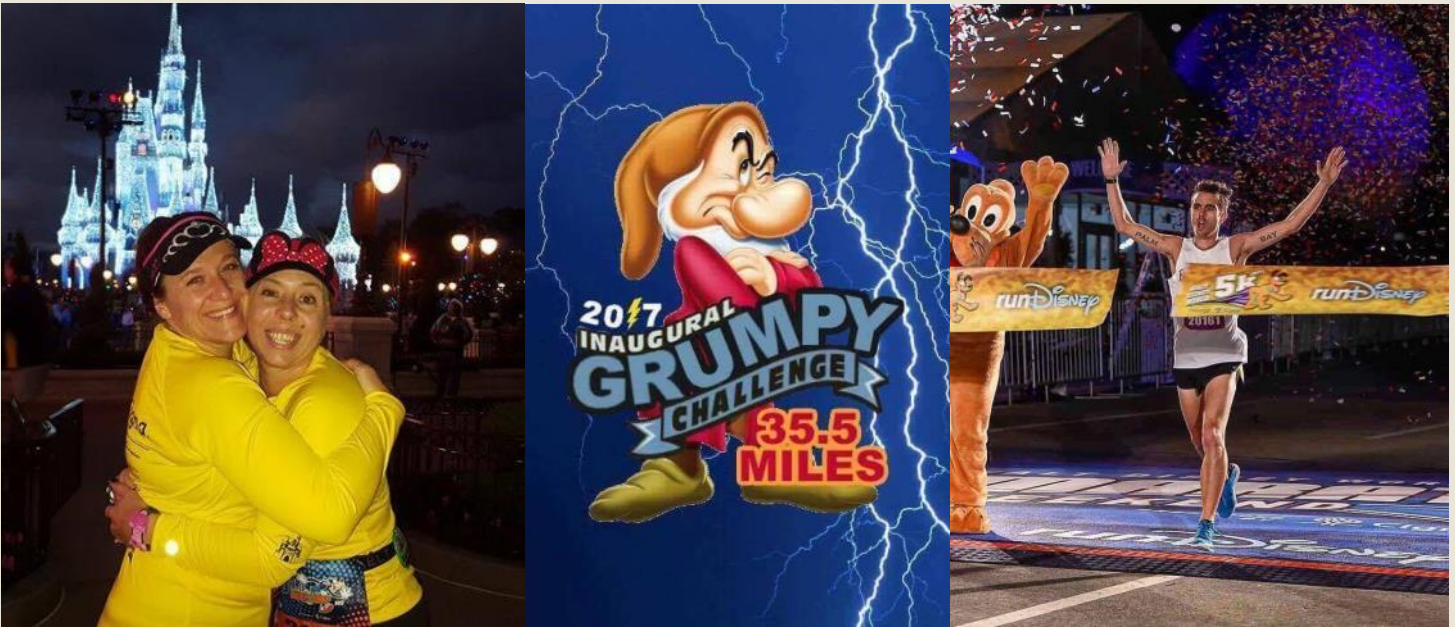
Here are some fun statistics on Eye of the Dragon 10K & Tail of the Lizard 2 Mile races.



- Race started **January 1989**
- Number of finishers first year – **89**; 69 male, 20 female
- **Tail of the Lizard 2 Mile** was added in 1994 with 52 finishers
- Last year we had **544** finishers in the Eye of the Dragon 10K and **258** in the Tail of the Lizard 2 mile. Nearly **100** hardy runners completed the **Slay the Beast Challenge** and more than half the finishers were female
- **CURRENT** Course record is held by Steve Hedgespeth (35:53) for the men and Jessica Crate (39:19.3)

The weather in the past has ranged from howling, freezing rain to hot, humid conditions ...depending on the mood of the beast?

Remember in the words of an early race director: “..it was the bridge that separated the well-trained from the slackers.” [Register today](#) and don't miss the fun!!!



DRAMA AT DISNEY WORLD

In an unprecedented move, Disney cancelled the Half Marathon the night before it was to run on Saturday, January 7th due to a high risk of lightning. 22,000 half marathoners were offered one of four reimbursement options along with the race medal. The move affected many competitors. Here's a recount of what happened to Brevard residents, Heather Felix and David Kilgore.

Heather Felix: While we were obviously disappointed, I believe Disney made the right call. Races begin way before runners arrive at their corrals. Volunteers and cast members have shifts that generally start around midnight and the weather at that time was dangerous. Lightning was still present the morning of the race and sections of the course do not provide immediate shelter. It was the right decision to cancel.

I have to give Disney kudos for providing everyone with a refund. They didn't have to do that, we all signed agreements stating that the race is non-refundable. Disney provided 4 options for those signed up for the Half only and a Disney gift card for challenge participants. I signed up for Goofy so I, like 100's of others, pinned on our bibs and ran the half on Disney property after the weather cleared up! I was going to earn that medal. The best part, Disney cast members cheering us on, they even had a water stop and finish line set up on the dock at the Polynesian where they passed out hand written Disney half marathon buttons. I finished my half around 7PM in front of Cinderella's castle.

While I had to make the decision to drop out of the full around mile 15 due to knee issues, the weekend was still a success! I love Disney races and will be back running through the parks in November.

David Kilgore: When I first heard the news about the cancellation, I stayed glued to my phone checking for updates everywhere just to make sure it was true. Once I had clarified the news from different sources I was honestly frustrated with the circumstances because now I felt that a huge section of the challenge that I signed up for was being taken away from me.

I woke up the next day, got to hang out with my family, then went to the hectic expo flooded with people in lines going in every direction around the Disney Wide World of Sports facility inside and out. I quickly scrambled through the waves of people to the Dopey Challenge line where I spoke with the Disney staff about the reimbursement options. I was grateful that Disney refunded me for the half marathon, however disappointed that one of the options wasn't to rerun the Dopey Challenge the following year or so considering the circumstances and the price of the race.

Some people were calling our race weekend the Grumpy Challenge 35.5 miles (another one of the seven dwarfs) due to the aggravated people and the loss of the half marathon. As many others, I decided that I wouldn't let the weather win and keep me from completing the challenge. I made sure I went out and completed all the miles I signed up for during the four day span in order to complete the dopey challenge and earn the medals I had been given.

Everyone should try a runDisney race least once, a lot of excitement and fun in the air, but I guess that's expected at Disney World.



RUN LOCAL



Southwest Park

Southwest Park offers a great paved .4-mile sidewalk that borders soccer fields. The paved sidewalk is great for tempo runs and doing speedwork.

The park is dog friendly and offers a few covered picnic tables throughout the course, along with the open fields for soccer in the middle of the track it's the perfect spot to bring kids and have them run around, while you also get your run in.

It is not crowded in the morning or afternoons, but evenings when soccer is in session it can get a little congested with walkers.

Amenities: Restrooms, basketball court, playground

Park is located at:
401 West Florida Ave.
Melbourne, FL 32901

Report & photos by Krysti Dixon





Before You Run Again, Identify and Rectify

Dr. Richard Clarke, DC
Clarke Chiropractic & Wellness

A belated Happy New Year to all of my fellow SCRrunners. I hope that 2017 is off to your desired start, and if not, you'd better hop to it as we're already one down and eleven to go. No pressure though.

I'd like to start this month with a shout out to the author of a much needed article from last month. In case you missed it, Kaitlin Donner provided an insightful and informative take on not only the benefits of strength training to runners, but also included various types of training in the [January newsletter](#).

Being someone who gratefully works with a steady diet of runners on a daily basis, I echo Ms. Donner's sentiment and would like to piggy back on her proactive theme of stepping up your running performance by intelligently going beyond exclusive upright, uniplanar, cross-crawl repeats; aka running. It is quite common for a seasoned runner to present with an issue, along with a lack the strength, stability, and/or mobility to correctly perform basic movements. This can translate into the inability to move efficiently and pain free while navigating the obstacles of the day, but is exponentially put on display when those everyday tasks like walking, are altered in intensity and duration in the form of running. Unsteady stabilizers, shortened tissues and insufficient or incorrect neurological firing patterns and muscle recruitment can all spell disaster and frustration for any athlete, but especially us runners.

This month we're going to go through a few tests and potential, subsequent remedies to work at, and then retest. These are all designed to serve as self-help to hopefully identify and rectify a possible impedance to optimal performance.

(Please note that the handful of tests and remedies shared in this article serve as a general assessment and are based on some of the most common issues seen in daily practice. If you are truly having an issue or any question, your best bet is to work with myself or any of the other skilled practitioners in the county. There are a good variety of us, and each can provide their unique approach that may be right for you.)

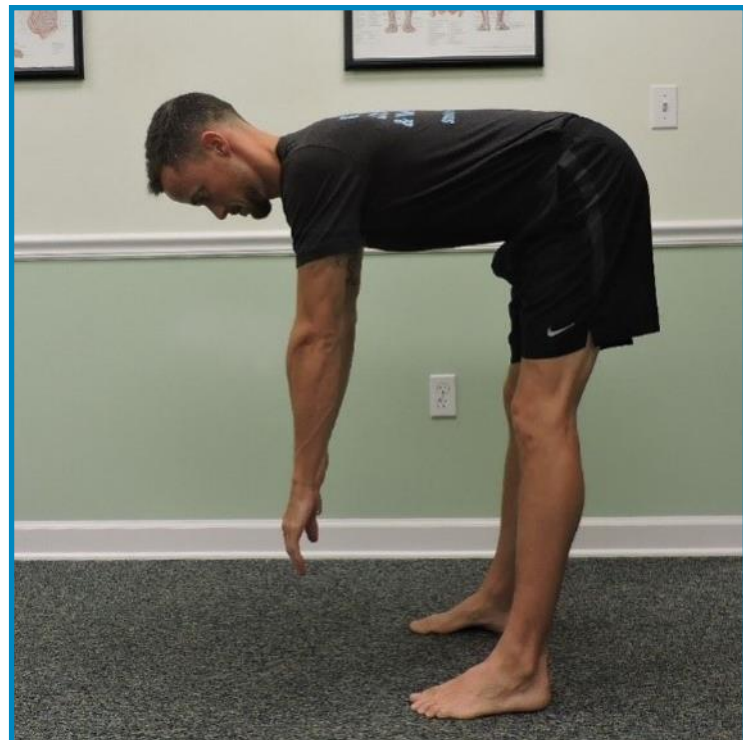
Let's dive right in:

Hip Hinge Test:

This is a good test to assess posterior chain mobility, mainly in your glutes and hamstring.

Test:

Maintain a braced and neutral spine, drive your hamstrings back and tilt your torso forward, allowing your arms to hang. Hinge from the hips and try to keep your legs straight and shins vertical. If you are unable to flex your hips to 90 degrees while keeping the shins vertical, actively mobilizing the hamstrings is a good place to work and then retest.



Before You Run Again, Identify and Rectify

How to Fix It:

The banded hamstring floss is my personal preferred, do it yourself, hamstring mobilization technique. Wrap a band around your upper thigh, just inferior to the hip and create tension by walking forward. Optimal positioning would be to also have both hands in front of you, on the ground, without rounding the back. If this is not possible, use a chair as shown in the picture. Keeping the back as flat as possible, create a flossing motion by repeatedly straightening and bending the banded leg and driving the hips back.



Bi-Lateral Squat:

This test is used to identify the commonly seen hip flexor and quadriceps dominance that most are plagued with for a variety of reasons, including prolonged, uninterrupted sitting.

Test:

Stand with feet about shoulder width apart and perform a squat. Ideally you should be able to lower to the point that your hamstrings are close to parallel to the ground, while keeping your tibias (shins) perpendicular to the ground. If you find that your knees translate forward past your toes, it can be a contributor to a longer stride, leading to an unsteady lever arm that can lend itself to issues anywhere from the hips to the feet. Ideally you want your squat and stride to be more posterior dominant, mostly in the form of gluteus maximus recruitment.



CORRECT



INCORRECT

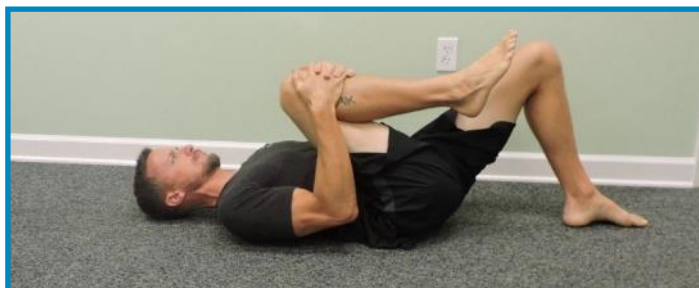
How to Fix It:

To work on this, stand with your knees about an inch from a chair and practice initiating your squat by hinging at the hips, sticking out your rear, and working on sustaining your balance as you lower your hamstrings towards a level parallel with the floor. To return to the starting position, keep the knees and hip back and concentrate on firing and sticking out your rear. Repeat until this becomes your default firing pattern when performing a squat. The key things being worked on here are true core stabilizing balance and optimal recruitment of your glutes.



The flip side to reversing the anterior dominance, is training that gluteus maximus to fire. When asked to, many aren't even sure how to do this. A good way to begin to reacquaint yourself with the designed ambulatory and running workhorse is by performing a knee to chest bridge.

Pull in your right knee, and hold it against your chest. While keeping the shoulder blades and head on the ground, push up with the left leg, getting into a bridge position while keeping your right leg against you. Practice this for 12 to 15 reps on each side, concentrating on what it feels like to contract and relax the gluteus maximus that is responsible for pushing into the bridge, and propelling your forward efficiently when you run. Once this is mastered, not only in exe-



cution, but the ability to fire and feel the glute, appropriate progression in conditioning can be made.



Deep Squat:

This test is utilized to identify a variety of mobility issues necessary for proper movement as it can shed light on limited hip range of motion.

Test:

Again, stand with feet slightly wider than shoulder width apart, but no narrower. Keep your toes pointed directly forward and attempt to lower downward into a deep squat, with your hamstrings resting on your calves, your spine neutral, and your knees slightly outside of your feet. The photograph paints a better picture of what we are shooting for here.

A variety of dysfunctional movement patterns and restrictions can be identified through this test, but the most common are the inability to keep the spine neutral (back straight) or the backside from rotating underneath you, indicating a lack of hip flexion. Another commonly seen issue is the inability to externally rotate the hips and get the knees outside of the feet.

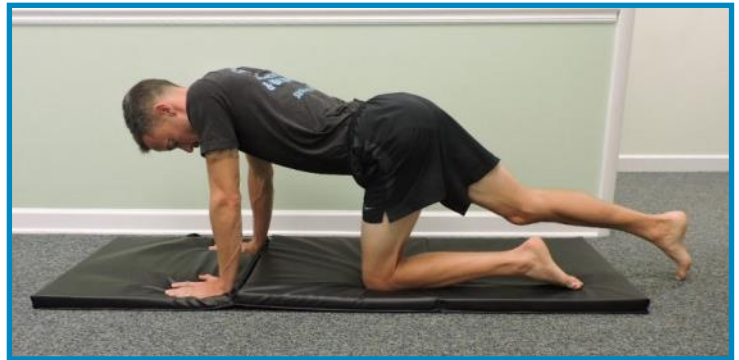


How To Fix It:

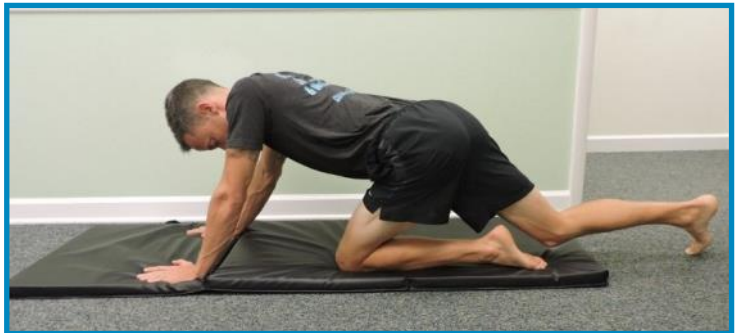
If you noticed an inability to keep the spine neutral or the backside rotating underneath you, and we are zoning in on limited hip flexion as the culprit, we often see this as a product of a femur that sits anterior in the hip joint. Again, not to be a dead horse (horrible saying), but this can be an additional product of long uninterrupted sitting, as the femur head gets pushed

forward in the joint space.

We can begin rectifying this issue by working on resetting the hips to their biomechanically optimal orientation. Begin by kneeling on the ground and extending one leg out behind you. Follow this by shifting the majority of your weight onto the grounded knee (mat or some sort of padding highly recommended for grounded knee) by aligning that knee directly underneath the hip. Keeping that weight on the knee, sit the hips back in the direction of the grounded leg, which, when done correctly, creates a posterior, lateral pressure in the hip joint.



This can be further amplified by taking the foot of the grounded knee and placing it in front of the knee of the extended leg, and then sitting back again. (see picture) Working on getting in and out of this position for 2 minutes on each side can assist in encouraging that femur into a more optimal position within the hip joint, allowing for improved range of motion in the hip, necessary for running.

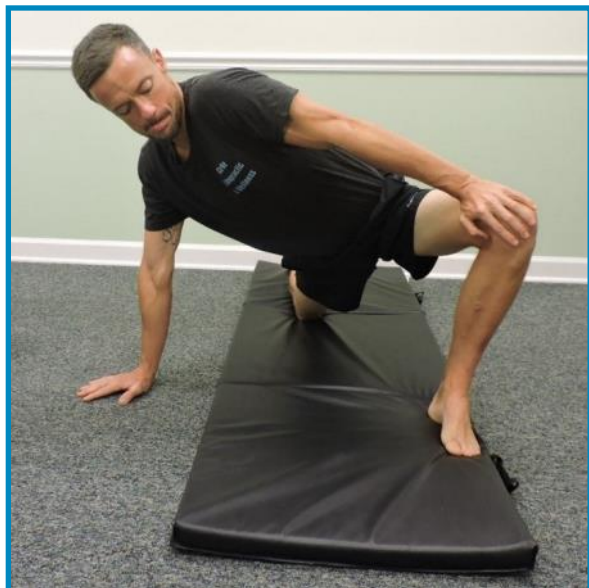


Before You Run Again, Identify and Rectify

Before You Run Again, Identify and Rectify

If you noticed an inability to, or you struggled with getting the knees outside of the feet (while keeping the feet flat and facing forward), you can work on improving your external rotation in the hip. Often times we see a lack of external rotation in runners who notice their knees knocking together, an inward pointing foot, or chronic, tender adductors (muscles along the medial thigh).

To begin to rectify this issue, start with getting down on your hands and knees, and step one leg forward, keeping your shin perpendicular to the ground. Keep the back flat, hips square and lead foot facing forward. Keeping the lead foot flat on the ground, drop the lead knee to the outside of you, while actively driving your hips into the ground. Encourage this movement further by placing one hand on the knee and pushing the outward (see picture). This movement, when done correctly, simultaneously mobilizes the hip into external rotation, while actively stretching the adductors.



A common theme seen here is generally reversing the anterior dominance, improving range of motion and mobility, and become better well acquainted with recruiting, firing, and utilizing your gluteus maximus and other posterior chain musculature for optimal hip extension and propulsion forward.

These serve as just a sampling of the functional tests we implement with all of our runners as part of an initial and ongoing assessment in order to identify, and correct any imbalances and asymmetries that may be contributing to that painful issue up or down the kinematic chain. If you have any questions on how to perform these tests, feel free to reach out. If it “just doesn’t feel right,” or causes pain, definitely refrain and save it for working with your trusted healthcare practitioner or trainer. These tests are designed to identify problematic issues, and the subsequent remedies are provided as potential ways to begin to fix the problem, contingent upon the fact that they are performed correctly. Proper supervision and advisement from a trained professional is always well advised.

Happy running my friends, and good luck to you as we steamroll forward into another year. Enjoy yourself out there and our beautiful Florida winter. As always, if you ever have any questions pertaining to any musculoskeletal issues, the content above, or an overall natural and holistic approach to your health, feel free to reach out.

Phone: 321-848-0987; Email: dr.rclarke@gmail.com; clarkechiropracticwellness.com

Be well and continue to **STRIVE** to **THRIVE**.

REFERENCES:

Starrett, Dr. Kelly. (2016) Deskbound; Standing Up to a Sitting World. Las Vegas, Nevada: Victory Belt Publishing

Dicharry Jay. (2012) Anatomy For Runners; Unlock Your Athletic Potential For Health, Speed, and Injury Prevention. New York, New York: Skyhorse Publishing

SCR Membership Information

Head to spacecoastrunners.org to renew your annual membership with no extra fees. The website no longer charges any additional online fees. Now, save the cost of a postage stamp and do it online.

MARK YOUR
CALENDAR!

SCR Runner of the Year SERIES

2016—2017

Running on Island Time 5K

Saturday, August 27, 2016

**Overall Male & Female Winners:
John Davis, Alison Nolan**

Turtle Krawl 5K

Saturday, September 10, 2016

**Overall Male & Female Winners:
John Davis, Alison Nolan**

Space Coast Classic 15K & 2 Mile

Sunday, November 6, 2016

**Overall Male & Female Winners:
Chris Cacciapaglia, Holly Davis**

Space Coast Marathon & Half Marathon

Sunday, November 27, 2016

**Overall Half Marathon Male & Female Winners:
Brian Atkinson, Kaitlin Donner**

**Overall Marathon Male & Female Winners:
David Kilgore, Karolina Viquez**

Reindeer Run 5K

Saturday, December 10, 2016

**Overall Male & Female Winners:
John Davis, Holly Davis**

Tooth Trot 5K

Saturday, January 28, 2017

**Overall Male & Female Winners:
John Davis, Holly Davis**

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

Sunday, February 19, 2017
at Eau Gallie Civic Center
Melbourne

Downtown Melbourne 5K

Saturday, March 25, 2017
at Holmes Park
Melbourne

Space Walk of Fame 8K & 2 Mile

Saturday, April 8, 2017
at Space View Park
Titusville

Eat My Crust 5K

Sunday, May 7, 2017
at Viera Pizza/Viera High School
Viera



Runner of the Year Series

RUNNERS LOOK FORWARD TO COOLER TEMPS AT THE 15K

Eye of the Dragon 10K

FEATURED ROY SERIES RACE

Get ready for Series Race #7, which is the 29th Annual Eye of the Dragon 10K & Tail of the Lizard 2 Mile! Runners can once again try to Slay the Beast by participating in both the 10K and the 2 Mile events (150 person cap). The finishers receive a special medal in addition to their finisher medal.

Did you run the Space Coast Classic 15K? If you said yes, you're eligible for the Space Coast Runners 33K Challenge. Runners who participate in all three SCR races (SCC 15K, Eye of the Dragon 10K and Space Walk of Fame 8K) will be awarded the 33K medal stand, designed to display the 3 race medals.

Draco the Dragon, our fun and friendly mascot is back this year to meet, greet and cheer the runners on!

WHERE► Eau Gallie Civic Center 1551 Highland Ave, Melbourne

WHEN► Sunday, Feb. 19 — 7:00 AM 10K - 8:30 am 2 Mile

COST► Early registration for SCR members - \$25/\$20 before 2/13

WHAT TO EXPECT► Fun after race party with awesome door prizes and tasty post-race refreshments. Guaranteed tech shirts for the first 600 registrants.

SCR YOUTH SERIES► Starts at 9:15 AM

LAST YEAR'S WINNERS►

10K	2 Mile
John Davis 34:45.7	Jonathan Howse – 12:07.9
Sara Trane – 38:39.0	Kristi Choate – 14:14.4

Slay the Beast Challenge

Jonathan Howse – 50:27
Kimberly Gero – 58:27

EVENT WEBSITE► <https://goo.gl/qpSWeK>

2016—2017 SERIES SCHEDULE

02/19/17	Eye of the Dragon 10K & 2 Mile
03/25/17	Downtown Melbourne 5K
04/08/17	Space Walk of Fame 8K
05/07/17	Eat My Crust 5K

2016—2017 ROY Leader Board

OVERALL

- 1 John Davis
- 2 Steve Hedgespeth
- 3 Jonathan Howse

MASTERS

- Joe Lento

GRAND MASTERS

- Keith Snodgrass

SENIOR GRAND MASTERS

- Tie: Matt Mahoney + Sal Farino

At publishing time, the **Runner of the Year** series results had not been updated to include the Tooth Trot 5K points.

2016—2017 ROY Leader Board

OVERALL

- 1 Annie Caza
- 2 Tricia Rydson
- 3 Mary Hofmeister

MASTERS

- Lori Kruger

GRAND MASTERS

- Ilse Berube

SENIOR GRAND MASTERS

- Roz Freas

2017/2018 ROY UPDATE

Space Coast Marathon Relay

Runner of the Year (ROY) points will **NOT** be awarded to participants running in the Marathon Relay which will debut at the 2017 event. The relay is not an eligible ROY race.



on your mark, get set, TROt!



The Tooth Fairy was loving it as the sixth Youth Series fun run got underway after the Tooth Trot on January 28th. The kids had a great time racing around the parking lot of the Wickham Park Senior Center. Each little one who crossed the finish line received the coveted series button. This one featured a dashing tooth!

Remember every Youth Series participant can earn a custom button at each of the free series fun runs. Children who run five of the nine SCR series races can also qualify to win a series participation award! There are 4 fun runs left.



Check out Kara and Colin Hedgespeth (shown left). They are displaying the five buttons they've received at the Youth Series' races so far this season. Don't they look awesome? Thanks to Mom, Kelly for sharing this great picture with us.

The next youth series race will be at the Eye of the Dragon 10K on February 19th where the kids can try and conquer the beast by running on their little feet. **Learn more** about the SCR Youth Series and download the waiver needed to participate in each race by clicking [here](http://www.eyeofthedragon10k.com).

10K

Slay the Beast Challenge

2 Mile

SUNDAY, FEBRUARY 19, 2017 — www.eyeofthedragon10k.com

PRESENTED BY



MELBOURNE



Dragon Slayer 2 Miler Medal




Excaltibur
10 MILER & RELAY
SAPPHIRE 2017

Sunday, March 19, 2017
Viera, Florida • 7:30 am Start
Dragon Slayer 2 Miler • 7:45 am Start



2017 Finisher Medal Design

Dragon Slayer 2 Miler Perks:

- Finisher medals!
- Cotton t-shirts
- Age group awards & overall male & female winners!
- Best Camelot costume contest
- Post race feast fit for kings & queens!

Sword fight by
Medieval Times
DINNER & TOURNAMENT

Register online at
ExcaltiburRun.com

Excaltibur 10 Miler & Relay Perks:

- Sapphire Sword finisher medal!
- Gender specific tech shirts
- Age group & overall winners to receive Excaibur sword
- Best Camelot costume contest
- Post race feast fit for kings & queens!

■ Just a short drive to Kennedy Space Center, Medieval Times, other Orlando Attractions & the beautiful Space Coast beaches.
■ Race site on the beautiful Campus of Viera High School Race Kingdom: 6103 Stadium Parkway, Viera, FL 32940.



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Fax: (888) 452-8851



The Rall Capital Management Team

**315
SMILING
finishers!**



Four year-old Abigail Shore receives her 3rd place AG award.

Trotting a New Course for Smiles!

The Tooth Trot 5K, held at the Wickham Park Community Center on Saturday January 28th, was the 6th race in the 2016-2017 SCR Runner of the Year Series, and was a huge success despite the chilly weather! Over 300 participants, 315 to be exact, braved the 46° weather to trot a new 5K course centered around the community center. Not only were the tooth trotters running around the Center, but were appreciative of the opportunity to be inside pre-race & during the post-race feast, awards & over 50 prize raffles. This new race route was ideal for a quick paced 5K, resulting in an amazing first place overall of 16:56 by John Davis, and female overall of 17:53 by Holly Davis, both local runners from Viera FL.



Report by Elisha Gould

OVERALL MEN

John Davis, 16:56
Steve Hedgespeth, 16:58
Shane Streufert, 17:21

OVERALL WOMEN

Holly Davis, 17:53
Alison Nolan, 19:10
Sonya Zuniga, 21:34

MASTERS

Gary Gates, 17:38
Kristi Choate, 22:06

GRAND MASTERS

Joe Hultgren, 19:21
Annie Caza, 22:12

SENIOR GRAND MASTERS

Sal Farino, 20:13
Anne Dockery, 23:12

COMPETITIVE WALKERS

Dave Farrall, 34:58
Michael Petrillo, 37:16
Lisa Farrall, 39:25

TEAM COMPETITION

Viera Pizza
Running Zone
SCR Racing Team

TOP DENTAL TEAM

Solid Bite
Smile Design & Wellness
Gentle Dental Associates

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



Matt Mahoney shows focus as he races the new course.

Congratulations to all the fantastic participants in this run for a phenomenal cause, the Brevard's division of Give Kids a Smile! This was truly a race for everyone, runners and walkers alike! The course saw several 4-legged companions and families with strollers, but also included an official Competitive Walkers Division and free SCR Youth Series race!

Jerilyn Bird, the outstanding race director of this event had this to say, "The 19th Annual Tooth Trot 5K for 2017 was the biggest event yet! The new location at the Wickham Park Community Center was nice, new and warm compared to the old location at the pavilion. Race proceeds benefit Give Kids a Smile in Brevard which will be held on Saturday, February 4th at the Dental Clinic located at Eastern Florida State's Campus in Cocoa. Social Media was heavily used this year to recruit families with kids in need. General dentists, specialists and hygienists will be on hand until 4:00PM to treat kids on site. All will receive cleanings, dental sealants, as well as any other dental care they may need. We are looking forward to a great turnout for a very worthwhile cause."



Not only was the race route new this year, but for the first time, all the race participants received a finisher medal of their own! This year's race swag was pretty appropriate as many of the participants were sporting their new long-sleeved, safety yellow race shirts and, of course went home with a toothbrush and floss.

THANK YOU TO ALL THE VOLUNTEERS. PHOTO CREDITS: TRIHOKIE IMAGES & ELISHA GOULD



Overall race winner, John Davis



Overall women's winner, Holly Davis

Fun 5K Starts 2017 On Good Foot

viera voice
Newspaper of Viera & Suntree... BLUEWATER CREATIVE GROUP
JANUARY 2017 VOLUME 10 ISSUE 12 vieravoice.com

5K Run/Walks put boots on the ground for charity

Golf carts rule the road

Hawks' girls basketball is having big impact

Pet page features local hams

5K Run/Walks put boots on the ground for charity

BY LINDA WIDDINGS Inaugural Color Me Healthy 5K Run/Walk last year that...
one another out to build their runner base from...
through the Guardian Ad Litem program, the Master...

VIERA VOICE Bob Pavetto
The Color Me Healthy 5K Run/Walk last year has inspired a network of mutual support runs for Viera/Suntree charities to be announced at this year's event Saturday, Jan. 7 at Jack Mahon Park on Spyglass Hill Road in Suntree.



Report by Brittany Streufert

OVERALL MEN

Art Anderson, 20:45

OVERALL WOMEN

Ceal Muldoon, 21:35

MASTERS

Paul Pirillo, 23:21

Syl Corr, 24:53

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



Photo credit: Bob Safari

There is nothing like a 5K race to start a new year off and running, especially if the atmosphere is filled with fun and a little bit of color.

In its second year, the Color Me Healthy 5K, presented by the Viera Voice, got underway with some 87 participants. In the field was four year-old, Anne Wilson who was the day's youngest competitor while Gerry Fahey, 73 was the oldest.

The course began at the Jack Mahon Park in Suntree and wove its way down Spyglass Hill Road into Viera. Much of the race winds its way through private communities which makes for a real pleasant running experience. Many homeowners were out along the way cheering the participants on as they made their way back to the park to finish.

SCR Members captured both overall titles at Color Me Healthy. Art Anderson, 57, of Melbourne won the race in 20:45 and was followed less than a minute later by Cocoa Beach's Ceal Muldoon, 54, who led the ladies in 21:35.

At the end of the awards ceremony a grand prize drawing was held with the winner receiving three tickets to a helicopter tour for up to three persons over the Indian River Lagoon. Proceeds and donations from the 5K went directly to the three YMCAs in Brevard County to sponsor memberships for children and youth whose families cannot afford them to attend.

You have the right to be passed while running...



No arrests were made in the 2nd Cops and Robbers 5k at Wickham Park, Melbourne on January 7th but all the participants enjoyed this unique race.

Orange shirted robbers attempting to make their getaway were at the starting line for a prompt 8:30am escape. A minute later the cops in blue began the chase and were soon close on the robbers' heels. It all made for a fun, competitive and well organized race on a loop course around Wickham Park which was a pleasure to run.

The race benefitted the Melbourne Police Department's Specialty Teams K-9, Dive, SWAT and Crisis Negotiation through the Melbourne Police Foundation, many of whom were out there volunteering and cheering us on.

Runners were treated to coffee, delicious bagels and pastries donated by Einstein Bagels. The awards, medals and prizes were stylishly handed out by Melbourne Police Chief Steve Mimbs.

We were greatly blessed as the rain and lightning held off until after the awards ceremony was completed although we did miss out on the K-9 demo. I look forward to seeing that next year.

For complete race results and pictures from Up & Running Race Management, click [here](#).



Report by Anne Dockery

OVERALL MEN

Gabe Montague, 19:37
Vincent Auitable, 19:42
Joshua Williams, 20:15

OVERALL WOMEN

Tricia Rydson, 24:01
Anne Dockery, 24:15
Hazel McNeese, 25:10

MASTERS

Steve Turner, 21:32
Michele Campbell, 26:58



Melbourne Police Chief, Steve Mimbs congratulates the 5K award winners.



Matt Mahoney crosses finish first in inaugural 5K to Fight Child Hunger

There is a new race in town. The Health First: Fight Child Hunger 5k was held in Viera on January 14, at 7:30 A.M.

The weather was a comfortable upper 60s when 301 runners gathered at the start line. Soon, the runners were off and weaving their

way through the Viera complex.

Matt Mahoney crossed the finish line first and was followed by Jeff Cook. Michele Longstreet, the first woman to cross, showed a strong finish as well.

Honorary Chairpersons, Bob Gabordi, executive editor at FLORIDA TODAY and his daughter Jessica Gabordi, supported Health First, The Children's Hunger Project, and Sharing Center of Central Brevard in the Fight for Hunger 5k as they raised money to help feed children in need. Complete results can be found at [Running Zone](#). Race photos are from Florida Today and can be found at [Florida Today](#).



Report by Angela Leeds

OVERALL MEN

Matt Mahoney, 21:13
Jeff Cook, 21:56
Stephen West, 22:25

OVERALL WOMEN

Michele Longstreet, 23:35
Reagan Cancro, 24:20
Emily Hall, 25:49

MASTERS

Trevor Branam, 22:40
Michelle Henderson, 27:51



Above: Matt Mahoney and Michele Longstreet celebrate their first place finishes.
Right: Trevor Branam rushes for the finish line.

Drinking & Running: Race features cold post-race brews

World of Beer's Tap It and Run continues to get bigger and better each year; at this year's fifth annual race, over 400 athletes participated in the 5k and 10k races, held at the Avenues in Viera. Both races took off together at the relatively leisurely start time of 8:30. After a loop around the shopping complex, runners headed out to the courthouse, where the 5k participants found their turn-around while the 10k runners continued out to the surrounding neighborhood.

The morning was sunny and a bit warm for January, but participants were treated to two cold beers at the finish. In the sunny courtyard, participants also enjoyed an early lunch of hamburgers, hot dogs, chicken, and pasta. Early registrants received long-sleeve technical shirts, and overall and age-group winners scored glasses customized with the race logo. There was also competition for teams and for World of Beer loyalty club members.

This year, the beneficiary of the Tap It and Run races was Viera High School's instrumental music department.



*And they're off at the 5th annual Tap It and Run!
Photo courtesy of World of Beer.*



Report & photos by Marisa Flint

OVERALL MEN 5K

Joel Kinnunen, 18:32

Paul Sikoski, 21:24

Michael Walker, 22:08

OVERALL WOMEN 5K

Aubre Piepmeier, 19:24

Patti Spoerle, 22:43

Susan Snodgrass, 23:23

MASTERS 5K

Ted Amgott, 22:43

Brittany Streufert, 23:43

OVERALL MEN 10K

Shane Streufert, 38:18

Brad Cody, 42:19

Art Anderson, 43:21

OVERALL WOMEN 10K

Meredith Luther, 46:06

Pam Maxwell, 48:46

Cristina Canales, 49:10

MASTERS 10K

Stephen Bernstein, 44:02

Ilse Berube, 49:38

TEAMS

Berman Hopkins CPAs, 1st 5k

Space Coast Runners, 1st 10K

LOYALTY MEMBERS

Anthony Gonzalez, 1st 5k

Brad Cody, 1st 10k

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



Runners Fly Through Distinctively Different Titusville Course

The Fly Fish 5k is a gem of a Titusville race. For those who are looking for a distinctive course, this is the race for you! Held at Knight's Armament, which is usually a restricted property, the well-marked 5k course loops around the company's grounds, including an off-road section. The course winds past bunkers and retired tanks, and on this January day the weather was perfect.

Participants of the race received long-sleeve shirts, and enjoyed plenty of post-race refreshments. Overall and age-group winners received unique awards—colorful fly fishing ties.

This race benefits Casting for Recovery (CFR), which is a program that enhances the quality of life for breast cancer patients and survivors. CFR combines breast cancer education with the therapeutic sport of fly fishing, and their retreats are free to participants.

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



by Marisa Flint

OVERALL MEN

Ron Ritter, 19:18

Dave Nevitt, 19:45

Ryan Thomas, 19:52

OVERALL WOMEN

Sarah Grant, 20:31

Molly Kirk, 23:47

Marie Thomas, 23:55

MASTERS

Michael Walker, 21:20

Brittany Streufert, 24:07



Big day! Ron Ritter celebrates his very first Overall race win.

Above: And they're off! Runners start the race on a beautiful Saturday morning in Titusville. Photos courtesy of Shane Streufert.



by Brittany Streufert

TOP DOGS

Ruby Tuesday, 17:46—SMALL
Nala, 19:46 — MEDIUM
Roxy, 26:32 — LARGE

OVERALL MEN

Shane Streufert, 17:46
Derek Beckett, 19:56
Andrew Kaltenbach, 20:38

OVERALL WOMEN

Kim Hunger, 19:46
Eileen Conway, 22:23
Megan Pendergast, 24:33

MASTERS

David Bills, 21:20
Leslie Coles, 26:37

TEAM COMPETITION

Up & Running Fitness
The Fast & the Furry-ous
Canine Commandos

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



Ruby Tuesday claims 4th 5"K9" win

So let's start off with full disclosure, your race reporter for this 5K is also the mom of Ruby Tuesday, the Boston Terrier that won this year's event with her dad, Shane. I'm really proud of the two of them, thus the big picture above. Now on to the report...

The Bayfront 5"K9" is a top notch race for runners that have both two and four legs. The south county race is held at the Palm Bay Animal Clinic every January and it caters to the canines in every way they could hope for. This year 59 dogs lined up to run or walk with their owners. You can hear their excitement as the start nears

Race Report

as the howling and barking becomes extremely loud. Once the gun sounds, leashes are pulling and the participants take off in a flurry of fur.

Shane Streufert and Ruby Tuesday led the pack as they took claim to their fourth straight overall win, crossing the finish two minutes ahead of Kim Hunger and her young Vizsla, Nala who was nipping at Ruby's paws the first mile of the race. They were followed ten seconds later by Derek Beckett along with Gnar, his Shiba Inu who like Hunger were running the race for the first time with their canine companions. It's the first time I can recollect where the top three finishers of the race were all accompanied by their dogs. Individuals can run the race solo.

There were many familiar dog faces out on the course. Cooper Petrillo was accompanied by his new brother Murphy as they walked the route. Vadar Schuck finished fast so he could prepare for his announcing duties with his mom, Running Zone's Erin Schuck. Dave and Duchess Hernandez ran the route like they owned it. SCR member, Barbara Holst was a guest runner as she accompanied an adoptable dog for the run. The one thing they all had in common was a little panting along the way with what could only have been viewed as big doggie smiles.

Award winners took home engraved dog tags. Lots of dog treats were on hand as well as a huge spread of food for the humans. Dogs could also run the lure course after the race which also went to benefit the homeless pets of Brevard County.

If you have a dog or just like being around them, think about taking part in next year's event.



Roxy & Cami Waldon



Gnar & Derek Beckett



Nala & Kim Hunger

Vadar & Erin Schuck



Start of the 5"K9"



VOLUNTEER WITH SPACE COAST RUNNERS

There are 2 Ways to Win!

VOLUNTEER OF THE YEAR – *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 2016-2017 season. The top two members will receive a \$100 Amazon gift card. Volunteer point standings will be posted at spacecoastrunners.org. Winners to be announced at Awards Night 2017.

RUN&1 PROGRAM – *for those who like to race our events*

- ◆ Complete 8 of 10 Runner of the Year series races during the 2016-2017 season
- ◆ Volunteer at 1 SCR race or designated event during the 2016-2017 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 2017-2018 SCR Runner of the Year series or into

RULES & RESTRICTIONS

- Be an active member of SCR by May 1, 2017.
- Volunteer MUST sign-in with the designated volunteer coordinator at each event.
- Volunteer points can be accumulated from 8/24/16 to 5/31/17.
- 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
- Youth Series assistance



For more information, email info@spacecoastrunners.org.



Matt Mahoney

Local Legend on the Run Scene



Name: Matt Mahoney

Family: Parents and 2 brothers, Dan and Mike

Age: 61

Originally from: Wayne, NJ

Currently reside: Melbourne, FL

Number of years running: 31

Began running because: I had a roommate that ran.

I knew I was hooked when: After I ran my first 5K in 23:45 in Palm Bay in 1985 at age 30.

What has been my biggest running accomplishment to date: Running my age in hours (60) and my weight in miles (152) last year to finish in the top 10% of A Race for the Ages in Tennessee.



Top: Matt runs races, sometimes a few races in 1 weekend.
Bottom: Matt is never one to shy away from the extreme.

Race personal records (PRs) :

5K: 18:40

10K: 38:55

15K: 1:01:06

half marathon: 1:29:18

marathon: 3:15:04

100 miles: 22:14:03

After age 60:

5K 20:29

10K 44:35

15K 1:07:54

half marathon 1:35:57

marathon 3:35:33

100 miles 31:52:23



Favorite local and/or out-of-town race: Barkley marathons

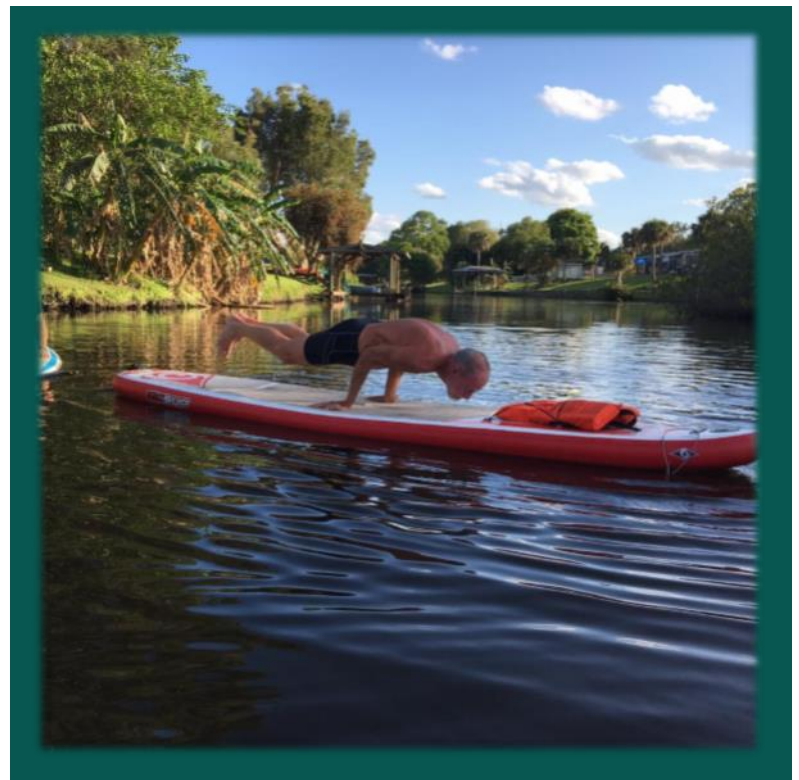
Favorite place to train: Wherever there is a fun run where my friends are running.

Running goals: To maintain health, strength, and flexibility, not just endurance. There is more to fitness than running and more to life than fitness.

Training philosophy: Training makes you weaker; recovery makes you stronger. The point is not to run more. The point is to randomly stress your body in ways it was not expecting and then wait for the adaptive response.

I rarely run more than 20-25 miles per week, but most of it is racing and interval running because the fastest way to run faster is to run faster.

Running partners: I almost always run with others in races or fun runs.



Oddest thing I have seen running:

a meteor as bright as a full moon, followed by a sonic boom, from 14,000 feet on a ridge on Mt. Harvard in the middle of the second night of Nolan's 14.

If I could run a mile with any other person(s), dead or alive:

Usain Bolt, just to see how fast he could do it.

One piece of advice that I would give to a new runner:

Never buy a shoe with a heel thicker than the forefoot (like 99% of running shoes). Land mid-foot or forefoot, never on your heel, just like you did as a child when you ran barefoot.

Don't start a bad habit that will take you years to break.


Other interests: Obstacle runs, triathlon, CrossFit, yoga, stand up paddle boarding

Last movie I saw: Star Wars in 3-D.

Favorite pre-race meal: my normal breakfast of a glass of orange juice and 1/2 box of raisin bran with skim milk.

I can't live without my.... friends

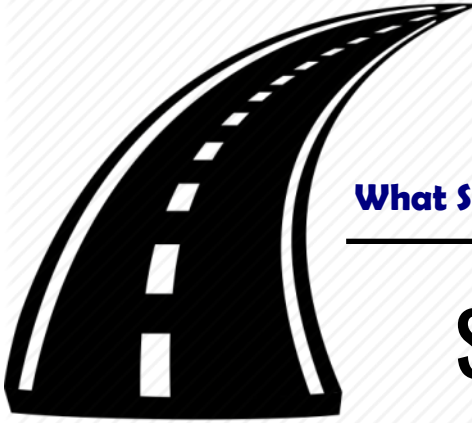
Last time I took a selfie: I took several today. Doesn't everyone? :)



If you would like to be featured in an upcoming "Run a Mile with" profile, please contact SCR, at socialmedia@spacecoastrunners.org.

STAY CONNECTED WITH SPACE COAST RUNNERS





Long Distance Relationships

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

Shark Bite Half Marathon & 5K

No terrible wind, rain delays and tornado warnings like last year's inaugural race! *by Nancy Foresteire*



Sunday, January 15th was a beautiful morning for the 2nd Shark Bite Half Marathon and 5K in New Smyrna Beach. This loop course starts on the Flagler Avenue Boardwalk with a gorgeous beach and ocean view. Mile 1 takes you over the north causeway and off you go through residential areas and then on to a scenic bike trail. By mile 7 you are heading over the south causeway, where you turned right into the hot sun! You finished up going back into the beach area.

The perks were appropriately-themed shark t-shirts, a DJ, free pictures to be posted on line and lots of vendors and tasty craft beer! Males and females finishing in the top 10% received special hats. Both the Half Marathon and the 5k participants were promised huge shark-type finisher medals but, unfortunately, they got caught up in customs. All the runners can celebrate their finish again when they receive the bling!

Some of the race finishers went on to brave the spinning mechanical shark after the race, which was very entertaining!

It was great to see so many Space Coast Runners enjoying the event, with a special shout-out to:



Runners gather before the start of the race as the sun rises on Sunday.

Shark Bite Half Marathon & 5K 11.14.17



Half Marathon Award Winners:

Keith Snodgrass, **Masters**, 1:29:04; Ryan Miller, **1st AG 15-19**, 1:27:18, Ron Abel, **2nd AG 30-34**, 1:29:13; Bret Halliday, **1st AG 55-59**, 1:31:52; Matt Mahoney, **1st AG 60-64**, 1:35:59; Marie Thomas, **1st AG 50-54**, 1:44:13

5K Award Winners:

Ceal Muldoon, **3OA Female**; 21:06; Raena Karl, **1st AG 15-19**, 27:12; Angela Coram, **2nd AG 35-39**, 25:37; Rhonda Creek, **1st AG 45-49**, 25:15

Of Note:

Molly Kirk, 1:47:27, qualified for NY

Richard Grove of NSB, 90 years old! 5K, 47:58

Visit www.sharkbitehalf.com for more complete results and race details.



Above: Kimberly Prosser rides the shark after her half marathon finish. Left: Marie Thomas displays her killer age group award.

Above: SCR members pose for a post-race picture. Shown left to right: Matt Mahoney, Molly Kirk, Marie Thomas, and Kelly Hunter



SCR Out-of-Town Race Recap

We love covering our members' out-of-town races!
Submit your race name, date, city/state and finishing time to
info@spacecoastrunners.org. No race is too big or too small.

RESOLUTION RUN 5K, Vero Beach, FL on 1/1/2017

Mike McNeas, 61, **1st AG** 21:40
Hazel McNeas, 42, **2nd AG** 24:21
Anne Dockery, 68, **1st AG** 24:28

DELEON SPRINGS HALF MARATHON & 5K on 1/1/2017

Half—Nancy Foresteire 63 **2nd AG** 2:17:03
5K—Rick Foresteire 69 **3rd AG** 51:18

WALT DISNEY WORLD MARATHON WEEKEND, Lake Buena Vista, FL on 1/5-8

Dopey Challenge

(5K, 10K, Marathon— Half marathon not run due to weather conditions.)

Kim Bissonette, 52,	1:01:51	1:35:24	6:28:19
Maria Dishaw, 46,	36:31	1:19:03	5:43:33
Elizabeth Gmerek, 55	46:19	1:31:22	6:54:11
David Kilgore, 25,	15:35	32:42	2:33:45
Kelley Lake, 54	38:35	1:18:49	6:49:03
Jackie LeClaire, 37	1:01:59	1:35:26	6:28:19
Sherri Lorraine, 40,	34:44	1:07:49	5:21:11
Jim Martin, 47,	51:15	1:09:34	5:43:19
Clara Squires, 43,	39:44	1:22:06	6:37:50
Ana Stark, 34,	46:35	1:39:55	5:50:15
Joy Turingan, 50,	46:30	1:27:35	6:35:15
Ralph Turingan, 54	46:31	1:27:33	6:35:13
Ned Voska, 56,	1:17:11	1:54:21	7:07:10
Sandra Walker, 36	1:17:13	1:54:21	7:07:12
Daniel Wood, 32,	46:38	1:39:55	5:34:38

Goofy Challenge *(Half marathon not run due to weather conditions)*

Bill Floyd, 44 6:24:24
Lorna Mazza, 60 7:31:27
Suzie Meltzer, 52 6:13:07

Marathon

Suzie Koontz, 71 5:46:12 **1st AG 70—74**
Jason Hart, 42 4:38:13
James Dishaw, 46 5:43:34
Jim Martin, 47 5:43:19

Joseph Werner, 59	6:19:36
Karen Stout, 57	6:19:55
Bill Floyd, 44	6:24:24
Eric Lenck, 32	7:05:01
RC Koontz, 70	7:11:11

10K

Chris Squires, 16	55:41
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CROOM ZOOM 25K, Wesley Chapel, FL on 1/14/17

Cyndi Berge, 46 2:57:36
Marisa Flint, 51 3:38:40

LONG HAUL ULTRAS 100K, Wesley Chapel, FL on 1/14/17

Bob Alexander, 56, 15:55:09

NAPLES DAILY NEWS HALF MARATHON, Naples, FL on Jan 15, 2017

John Davis, Viera, 1:19:24 **3rd AG 35-39**
Holly Davis, Viera, 1:25:28 **1st AG 20-24**

SHARK BITE HALF MARATHON, New Smyrna, FL on Jan 15, 2017

Keith Snodgrass, **Masters** 1:29:04
Ryan Miller **1st AG 15-19** 1:27:18
Ron Abel **2nd AG 30-34** 1:29:13
Bret Halliday **1st AG 55-59** 1:31:52
Matt Mahoney **1st AG 60-64** 1:35:59
Marie Thomas **1st AG 50-54** 1:44:13
Aiden Montague 1:37:11
Molly Kirk 1:47:27
Anne Mitchell 1:54:46
Lori Kruger 2:01:29
Harry Prosser 2:01:30
Janet Erlacher 2:08:39
Kimberley Prosser 2:12:35
Kelly Hunter 2:13:04
Nancy Foresteire 2:14:10
Monica Hall 2:26:12
Jeanne Higbee 2:29:13

SCR Out-of-Town Race Recap

Veronica Maren 2:31:25
Donna Scott 2:34:26
Angela Leeds 2:55:43
Carol Souve 2:55:43
Patty Garten 3:14:08
Sharron Leathlean 3:13:42

5K

Ceal Muldoon **30A FEMALE** 21:06
Raena Karl **1st AG 15-19** 27:12
Angela Coram **2nd AG 35-39** 25:37
Rhonda Creek **1st Ag 45-49** 25:15
Paige Murrill 30:08
Gary Tumlinson 32:39
Michael Higgins 34:35
Kaelyn Murrill 35:16
Mary Murrill 36:57
Maryory Calixto 37:09
Jason Murrill 44:49
Rick Foresteire 49:47

KEY WEST HALF MARATHON, Key West, FL on Jan 15, 2017

Kurt Russell 38 1:53:38
Christina Russell 38 2:09:21
Ricardo Suarez 62 2:28:21
Karen Suarez 63 2:50:28
Sara Griffin 58 3:03:43
Debbie Wells 51 1:58:37
Shelley Christian 61 1:58:41
Jim Christian 67 2:04:51
Stacy-Anne Zeller 36 2:13:31
Judd Spitzer 47 2:18:39
Alysson Lyons 35 2:26:37
Greg Griffin 59 2:26:38
Suzanne Dawes 42 2:28:09
Marlene White 58 2:43:16
Dick White 63 2:43:16
Martha Ransom 62 2:43:25
Terry Ryan 58 2:42:58
Cyndi Bergs 46 2:51:53
Heather Mitchell 42 2:59:18

LAKERIDGE WINERY HALF MARATHON, 10K & 5K, Clermont, FL on Jan 22, 2017

Scott Rose, 1:47:42, **2nd Ag 40-44**
Lisa Rose, 2:02:03, **1st Ag 40-44**
Shannon O'Boyle, 2:04:58
Jeanne Higbie, 2:23:37
Teresa Murphy, 2:52:49
Beth Walker, 3:11:09
Lorna Mazza, 3:19:50

10K

Lori Kruger, 51:06, **1st Ag 50-54**
Janet Erlacher, 56:49
Marisa Flint, 1:07:33
Mandy Gillespie, 1:13:32
Martha Ransom, 1:15:52
Maryory Calixto, 1:18:55
Jeffrey Meister, 1:18:55
Karen Suarez, 1:19:12
Heather Mitchell, 1:20:37

5K

Tony Mazza, 44:05

CELEBRATION MARATHON & HALF MARATHON, Celebration, FL on Jan 29, 2017

Kaitlin Donner 27 1:18:43 **1st FOA**
Ed Donner 40 1:22:58 **Masters**
Cristina Canales 48 1:46:56 **2nd AG**
Marie Thomas 52 1:43:30 **1st AG**
Ilse Berube 52 1:46:18 **1st AG**
Ron Ritter 44 1:27:26
Mike Acosta 39 1:45:20
Micah Vanatta 49 1:46:10
Molly Kirk 52 1:48:32
David Thornberry 56 1:50:38
Brittany Streufert 44 1:50:40
Harry Prosser 48 1:50:53
Heather Akram, 26 1:53:42
Naweed Akram 61 1:56:27
Terri Pignone 54 1:57:56
Jara Tomana 52 1:58:42
Kimberly Prosser 49 1:59:36
James Elmer 60 1:59:47
Anne Mitchell 44 2:00:04
Kristen Tinker 47 2:00:07

Kelly Semenko 39 2:02:33
Jo-Anne Boland 50 2:06:54
Emily King 40 2:09:00
Daniel Hart 32 2:10:22
Paula Lemieux 51 2:11:44
Nancy Foresteire 63 2:11:45
Monica Hall 50 2:14:32
Eric Bissonnette 48 2:17:13
Amy Sequeira 49 2:17:15
Rebecca Maitlen 43 2:20:55
Dana Kelley Ashley 50 2:28:54
Patricia Lucas 34 2:30:18
Kellie Monteleone 45 2:30:46
Cami Waldon 31 2:37:32
Laura Smith 33 2:39:00
Joan Meadows 57 2:39:12
Katie Wilson 35 2:40:31
Karen Suarez 63 2:45:33
Teresa Ragan 50 2:46:5
Sharon Smith 52 2:46:54
Linda Schultz 59 2:52:45
Kelley Lake 54 2:52:45
Kim Bissonnette 52 2:53:17
Jackie LeClaire 37 2:53:19
Susie O'Connell 64 2:56:28
Mary Collins 45 2:56:29
Shannon O'Boyle 44 2:56:45
Virginia Lamb 47 2:56:46
Karen Stokes 55 3:08:21
Arlene Allen-Buono 67 3:08:21
Kalina Person 55 3:29:06
Trisha Jones 45 3:29:06

MARATHON

John Wall 46 2:56:26 **1st AG**
Matt Mahoney 61 3:45:27 **3rd AG**
Joe Lento 46 3:17:51
Joshua Maitlen 37 4:26:30
Liz White 37 4:50:16
Andrea Lucas 51 5:44:09

MIAMI MARATHON January, 29th
Stephanie Lopez, 5:12:11

MIAMI HALF MARATHON

Pat Mister, 2:40:59
Kerry Philbeck, 3:15:23
Suzie Philbeck, 3:50:12

SPACE COAST CHALLENGE 33K



If you ran the Space Coast Classic 15K you're on your way!

Complete all 3 SCR Races & Receive the Challenge Medal Stand

Space Coast 33K Challenge information available at spacecoastrunners.org.

Run 3 Races — 3 Different Distances



Where in the World?

ARE SPACE COAST RUNNERS RUNNING



February 2017

February 5
Daytona Beach
Half Marathon
 Daytona Beach, FL



Doug Nichols, Deb Stokes, Keith Snodgrass, Tom Stokes, Brittany Streufert, Shane Streufert, Micah Vanatta

February 11
Gulf Coast Half
Marathon
 Gulf Shores, AL



Hilary Eisbrenner

February 25 & 26
Gasparilla Distance
Classic Tampa, FL



Jim Christian, Shelley Christian, Brittany Streufert, Shane Streufert

March 2017

March 11
Biltmore Estates
Half Marathon
 Asheville, NC



Hilary Eisenbrenner

March 11
Gate River Run
 Jacksonville, FL



Jim Christian, Shelley Christian, Lisa Hamelin, Jonathan Howse

March 11
Run Away with the
Cirque du Soleil 5K
 Las Vegas, NV



Deb Stokes, Tom Stokes,

March 19
Yuengling Shamrock Marathon,
Half Marathon & 8K
 Virginia Beach, VA



Charlene Anstett, Heather Felix, Elisha Gould

April 2017

April 14
Boston Marathon
 Boston, MA



Jonathan Howse

April 30
Big Sur International
Marathon
 Big Sur, CA



Molly Kirk, Marie Thomas

May 2017

May 7
Eugene Marathon
 Eugene, OR



Doug Nichols

October 2017

October 8
Chicago Marathon
 Chicago, IL



Mike Acosta, Doug Nichols

October 15
Detroit Free Press Marathon &
Half Marathon
 Detroit, MI



Carol Ball, Molly Kirk, Brittany Streufert, Marie Thomas

THANK YOU

HEALTH FIRST PRO-HEALTH & FITNESS CENTERS!

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



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

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

We know you're out there running...

Get your next race on the list!

Send an email to:
socialmedia@spacecoastrunners.org

SCR MEMBER DISCOUNTS!

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

SAVE 10% at these local businesses



GET MOVING!
Group Fitness & Personal Training



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

SAVE 10% off one item per member



SAVE \$10 on a zoo membership



SAVE 10% on Hammer products at Nutrition Leaders in Indialantic



ENDURANCE FUELS & SUPPLEMENTS

STAY CONNECTED WITH SPACE COAST RUNNERS



FOLLOW US ON
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twitter



Find us on
Facebook

Race Calendar

DATE · EVENT · TIME · LOCATION · CONTACT

2/4	Florida Today 5K & 8K	7:00 am	Front St Park, Melbourne	info@floridamarathon.com
2/4	Coloring the Causeway for a Cure 5K	9:45 am	Front St. Park, Melbourne	www.coloringthecauseway.com
2/4	Superhero 5K & 1 Mile	7:30 am	Avenue Viera, Viera	superhero5kviera@gmail.com
2/5	Florida Today Marathon & Half Marathon	6:00 am	Front St. Park, Melbourne	info@floridamarathon.com
2/11	Komodo Krawl 3K	7:00 am	Brevard Zoo, Melbourne	events@runningzone.com
2/18	5K Run/Walk for Autism Awareness	8:00 am	Florida Tech Scott Center, Melbourne	childandfamily@cfl.rr.com
2/19	Eye of the Dragon 10K & 2 Miler	7:00 am	Eau Gallie Civic Center, Melbourne	eyeofthedragon10k@gmail.com
2/25	Max Brewer Bridge 5K Glow Run	6:30 pm	Sand Point Park, Titusville	5krun@sculptorcharter.org
2/25	Insane Inflatable 5K	8:30 am	Wickham Park, Melbourne	https://insaneinflatable5k.com/contact-us/
2/25	Panther Challenge Obstacle Run	9:00 am	FIT Challenge Course, Fellsmere	dbeach@fit.edu
2/25	Freedom 5K	8:00 am	Harry & Harriette Moore Memorial Park, Mims	
2/26	Sunrunners 10K & Relay	7:00 am	South Beach Park, Vero Beach	www.sunrunnersofverobeach.com

3 Ways to Rekindle Your Love for Running



By Angela Leeds

2017 was supposed to be my year for running — at least that is what I told myself as I began to slack off on any serious training toward the end of 2016.

Then 2017 came. I have spent most of January with a cough that won't go away and a bit of bad luck. Honestly, who loses a crown from her tooth on mile 8 of a half marathon? Listening to that thing rattle in a water bottle for 5 more miles made me feel badass or crazy, depending on the step.

February is the month of love. If you are like me and have been thinking about breaking up with running, here are three suggestions for making it a priority again.

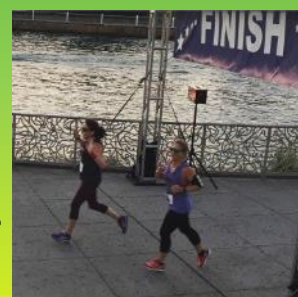
Mood Music: Create a playlist that motivates you and save it for those days when you do not want to run. Having your favorite songs ready will rev you up quickly on even the slowest of days. For me, a mix of Fall Out Boy, AC/DC, and Pink always get my legs moving, and I don't care who catches me singing on the run.



Schedule Time Apart: Every day that you are not running does not need to be filled with guilt. Find another sport for cross training days. Attending scheduled kickboxing classes on Tuesdays, Thursdays, and Saturdays has helped me plan long runs on Sundays and shorter runs on Mondays and Wednesdays. With an exercise schedule, I do not keep putting off my chance to run nor do I feel guilt if I miss one day because I know the next day has an activity scheduled.



Plan A Getaway: Perhaps, it is not that you are bored with running; you could be bored with your routine. Planning a race weekend with friends in a new spot can help reignite the running spark. The getaway race could be a run through a theme park like Universal Studios or a whole weekend of running at Gasparilla. Even though I'm currently in this running funk, knowing that I have signed up for the Amber Challenge (15k, 5k, Half) keeps me training, even if I am not at the level of my performance where I had expected myself to be.



At the end of the run, you remember why you love it. You look around and once again, get the happy buzz of being with people wearing neon who love waking up at 5 A.M. and are not afraid of a porta potty. Race day is your holiday.

The year is still filled with possibilities. Remember the passion you once had for the sport and make it a priority again.



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.*



February

Happy Birthday

- | | | | |
|-----------|--|-----------|--|
| 1 | Sheila Desrosiers, Alex Hansen,
Risa Holmquist, Michael Miller | 15 | Jim Borin, Abbigail Hansen, Mark
O'Donnell, Susan Snodgrass |
| 2 | Steven Brigman, James
Harrison, Geoffery Pletcher,
Terry Tullis | 16 | Missy Bekemeyer, Jeannie Hig-
bie, Debbie Hines, Don Nelson,
Kathryn Ownby, Kathryn Varnes |
| 3 | Ron Roff, Colin Hedgespeth,
Ayden Pope, Noah Pope, Laura
Sardella, Tyler Smith, Mei Wong | 17 | Kurt Holst, Trisha Jones, Matthew
Lerret, Aubrey Long, Lorna Mazza |
| 4 | Linda Bunting, Greg Butler,
Danielle Hennessy, Debbie
Molina, Steve Schmoll,
Teresa Weber | 18 | Jenni Barna, Melissa Gilham,
Jackson Parks, Clarisse Quandt |
| 5 | Ryan Berube, Steve Colella,
Jackie LeClaire, Marlene White | 19 | Joe Lento, Caroline Noack,
James Ralph |
| 6 | Gabriel Good, Dana Herman,
Quinn Kanner | 20 | Brooke Armbruster, Alexis Garten,
Joseph Joseph |
| 7 | James Dishaw, Gary Gates,
Sean Michaels, Elizabeth Smith,
Vern Thomas | 21 | Patrick Hanan, Robin Murphy |
| 8 | Michael Girard, Dave Nazarek | 22 | Bill Branan, Anna Dean,
Shawn Saunders, David Scholl,
Debbie Unrue |
| 9 | Rachel Bowen-Wilkerson,
James Conant, Hazel McNees | 23 | Jackie Schmoll |
| 10 | Sarah Chapman, Alecia Dutter,
Amy Sequeira | 24 | Tracy Geiger, Scott Kegut,
Clara Squires |
| 11 | Christina Feldmeier, Terry
Hayden, Laura Hickman,
Cassandra Ranson | 25 | Chris King, David Linney,
Beatriz Perez |
| 12 | Wade Dauberman, Nestor
Escalera, Sarah Habusman,
Linda Schultz, Shane Streufert | 26 | Paula Collins, Kem Sprawls,
Alexis VanVuren |
| 13 | Tim Gannon, Robin Mathias,
Brad Thomas | 27 | Charles Croft, Alex Lipford,
Denise Piercy, Harrison Tinker |
| 14 | Ingrid Baird, Cindy Bishop,
Kendall Enlow | 28 | Ben Hagerty, Anna Montes,
Teresa Murphy, Shona Price,
Nina Rossini, Jordyn Vu |