

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

Volume 32, Issue 11

December 2010



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On the Cover: Ty Bowen and Carol Ball (in costume) after finishing the Space Coast Half-Marathon



2010-11: WHO WE ARE

The **Space Coast Runners (SCR)** is a nonprofit organization incorporated under the laws of the state of Florida whose purpose is to promote fitness, running and walking at the community level. SCR is a chapter of the Road Runners Club of America. Visit us on-line at www.spacecoastrunners.org. We also invite you to attend our board meetings which are held at 7 p.m. on the third Monday of the month. See website for meeting

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**ADVERTISING:**

The on-line newsletter is published 11 months a year and ad rates are \$50/page; \$25/half-page & \$10 for a business card. Buy 10 months and the 11th is **FREE!** Deadline is on the **25th** of the month prior to publication and we accept text in Publisher or pdf and photos in .jpg or .psd. *Material in this newsletter may not be reprinted or used on a non-SCR website without permission from Space Coast Runners.* Contact Bob Rall at bob@rallcapital.com for more information.

Getting To Know Your SCR Board Members

The Space Coast Runners Board of Directors is a group of dedicated volunteers that work hard to make Space Coast Runners and Space Coast Runners events an enjoyable experience for all participants. We would like to introduce these dedicated individuals to you by highlighting one board member in each newsletter. This month we would like to introduce you to **Tammy Foster, Space Coast Runners Vice President.**



I would like to take this opportunity to introduce myself to the Space Coast Runners community. I started to run when I was nine years old, when I competed in an all school race put on by the PE teacher who was also the Junior High and High School cross-country coach. I ran cross-country in junior high, high school, and for Eastern College in St. David's, PA. After graduating college in 1996, I continued to run recreationally. It wasn't until I moved to Brevard County in 2000 that I once again found a community of runners; Space Coast Runners.

For the last ten years, Space Coast Runners has become an increasingly important aspect of my life. Not only do I have the privilege of calling many of its' members friends, but I have also had the opportunity to see the participation in running related events grow tremendously in our local area. It has been a wonderful experience to see more people getting involved in running, to see more people out on Indian River Road, and to see more youth participating in the youth series runs.

Running and Space Coast Runners has become a family affair. My husband, Chris, can often be found as the lead bike for several of the local races. And if he isn't lead bike, he is often helping in any number of other capacities. My stepdaughter, Madeline, has been participating in the youth series races for nine years, since she was two. She too, can often be found volunteering at races, handing out awards, working at a water stop, or doing one of several other tasks. I tell her that my greatest running day will be the day she beats me in a race, whenever that will be. As your vice president and fellow runner, it is with great pride that I serve such a wonderful community of runners.

2010-2011 SPACE COAST RUNNERS RUNNER OF THE YEAR SERIES

Running on Island Time 5K

August 21, 2010
Divine Mercy Catholic School
Female OA: Jessica Crate, 17:28
Male OA: Ezekiel Zauner, 17:09

Chain of Lakes 5K

October 16, 2010
Titusville
Female OA: Jessica Crate, 18:19
Male OA: Ron Abel, 17:23

Space Coast Classic 15K and 2-Miler

November 6, 2010
Windover Farms, Melbourne
15K Female OA: Jessica Crate, 57:37
15K Male OA: Erik Blosser, 52:37
2 Mile Female OA: Melissa Taylor, 12:30
2 Mile Male OA: Mike Fretz, 11:53
15K Walker Male OA: Ty Bowen, 1:52:11
15K Walker Female OA: Carol Ball, 1:52:11
2 Mile Walker Male OA: Richard Reeves, 39:24
2 Mile Walker Female OA: Alicia Salter, 45:00

Space Coast Marathon and Half-Marathon

November 28, 2010
Riverfront Park, Cocoa
Marathon Female OA: Melanie Peters, 2:57:38
Marathon Male OA: Oscar Orozco, 2:40:25
Half-Marathon Female OA: Dot McMahan, 1:15:40
Half-Marathon Male OA: Ruairi Moynihan, 1:13:11

Sun n Fun 4-Miler

January 15, 2011
Time: 8 a.m.
Port Canaveral
Doug Willard, 868-1954
F7running@gmail.com

Tooth Trot 5K

February 12, 2011
8 a.m.
BCC Wickham Park Pavilion
Melbourne
Jerilyn Bird, gwbooms@aol.com

Eye of the Dragon 10K and Tail of Lizard 2-Miler

February 26, 2011
Time: 10K-8 a.m.; 2M-8:10 a.m.
Eau Gallie Cswy, Melbourne
Marlene White, 783-6535
EyeoftheDragon@cfl.rr.com

Downtown Melbourne 5K

April 2, 2011
Males: 7:30 a.m.; Females: 8:15 a.m.
Downtown Melbourne
Frank Webbe, 674-8104
webbe@fit.edu

Space Walk of Fame 8K

April 9, 2011
Time: 8:00 am
Space View Park, Titusville
Marty Winkel, 537-3526

You don't have to be fast... To have a blast!!

The Runner of the Year Series offers you more than just a chance to rack up points for year-end Series awards. It also offers you ten races of varying distances that provide a great incentive to get fit!

The races, themselves, provide an opportunity to enjoy a 'catered' workout; socialize with fun and like-minded individuals and enjoy the unique amenities that are provided by each Race Director.

Once you start, you might become addicted! For complete Series information, click
<http://www.spacecoastrunners.org/roy.html>

MOVING THROUGH THE CHUTE

By Patti Sponsler

I have finally crossed the finish line as editor of the Space Coast Runners newsletter.

The journey has been an incredible one! It has given me a deep appreciation for the people in our running community who volunteer their hearts and hard work to make our races, fun runs and other running-related events so successful.

Without them, Brevard's running community would not be the vibrant and close-knit group we enjoy. And because of them, our pod keeps expanding.

Over the past few years, it had been amazing to witness and write about how the sport's passionate and faithful have changed the running landscape of our county.

*We now have two successful and generous running stores, Running Zone in Melbourne and Daddy Ultra Runs in Cocoa Village.

*There are three racing series that offer everything from cash to age-graded awards: Space Coast Runners' Runner of the Year; Running Zone Race Series and Titusville Race Series.

*There are multiple coaches, clinics and camps to help us get faster, stronger, better.

*The number of races in our county has more than doubled.

*There are multiple group fun runs throughout the entire county.

*The Space Coast Marathon and Half-Marathon has grown in participation by more than 400 percent in the past seven years and now brings close to \$1M in revenue to Brevard County. And that explosive growth led to the development of Brevard's second marathon - Melbourne and the Beaches.

*Most races are now donating their proceeds back into community charities.

What we share as runners in Brevard County is special. So many transplants have commented that they feel lucky to have found such great people and support. Let's not take that or each other for granted.

I'm thankful to be able to turn this newsletter over to Bob Rall, who I know will bring fresh ideas and do great things for Space Coast Runners.

I'll continue to provide positive exposure for Brevard's multisport athletes and their races through my hobby website www.spacecoastmultisport.com and through spacecoastmultisport on facebook. (Please comment on facebook if you have a good story, photo, etc....)

It's been an honor and privilege to volunteer with the Space Coast Runners and other running/multisport-related endeavors.

I look forward to continuing to contribute to and being a part of Brevard's awesome running community. Thank you for allowing me to do so.

Merry Christmas and see ya on the roads!



Some Big Shoes To Fill

By Bob Rall

It is with great pleasure, and a fair amount of trepidation, that I assume the Editor's position for the Space Coast Runners' newsletter. I have been a fan of the newsletter for several years now and of my predecessor, Patti Sponsler. Patti has decided that it is time for her to move on and I look forward to carrying on the tradition of providing a resource that is enjoyable, informative and helpful to the Space Coast fitness community. Patti did a great job of writing and producing a newsletter that did just that for me. Moving forward, I hope to do the same for you.

My wife, Gina and I have been involved in our local running community since our very first 5k back in 2003 (yes, I started running later in life than most). We both realized very quickly that we were not as fast as many of the runners in the races we participated in, but we could go for a long time. So, we started focusing on longer events. Our first long-distance race was the Space Coast Half-Marathon, in the fall of 2003. We were hooked.

We ran our first marathon in the summer of 2004 as participants with Team in Training after training with longtime TNT Coaches Barry and Michele Birdwell. The pain of that first marathon soon passed and we continued training. We even became a part of the TNT family by coaching three different teams during recent summers. We were lucky enough to take a team to Dublin, Ireland in 2005 and we took two different teams to San Francisco for the Nike Woman's Marathon.

We just keep running. We are now both members of the 50 States Club, but we still have a long way to go before we are "finishers." This weekend, we travel to Baton Rouge to run the Baton Rouge Beach Marathon. It will be my 18th state and Gina's 11th. We enjoy traveling together to different cities and seeing them from a perspective that most people wouldn't. We've made some great friends along the way, and often travel with them to events.

We've done a Ragnar Relay, a few 15Ks, and we have a tradition of running the Suntree Turkey Trot every year. We also volunteer every year to help out at the finest marathon in the State of Florida, the Space Coast Marathon and Half-Marathon.

So, we've been pretty involved in the running community, and are looking forward to taking that to the next level with my new position. I welcome your comments, your stories, and your photos...anything that will reflect what the runners and walkers that make up Space Coast Runners are all about. You can reach me at bob@rallcapital.com.

Gotta run!



RUNNERS IN ORBIT

Contributed by Patti Sponsler

CONGRATS to all who participated in the 39th running of the Space Coast Marathon and Half-Marathon. More than 2,500 athletes lined up to run or walk one of the two, mostly flat courses that gently wind along the beautiful Indian River.

The race, which has grown by more than 400 percent since race directors moved the venue to Cocoa Village and added some of the best athlete race perks in the nation, had grown too big to start all athletes on the same course. As such, those running 13.1 miles ran an out-and-back south along Rockledge Drive. Those doing double distance ran the first half of their race north and back on Indian River Dive before picking up the same course that the half-marathoners had run.

While the weather bode well for most Floridians, it was a little toasty for Half-Marathon victor, Ruairi Moynihan, who hails from Fargo North Dakota. The 21-year-old St. Johns (MN) College track and cross-country team member finished in one-hour, thirteen minutes and 11 seconds almost two minutes ahead of second-place finisher, Puerto Rico's Carlos Rivera-Camancho, who came in at 1:15:03.

Although he finished fourth overall, Steven Sears, 42, from Seekonk, MA, threw down a 1:17:34 for third overall male.

In the ladies' race, 34-year-old Dot McMahan finished third OVERALL and settled for the women's overall victory. The Hanson/Brooks team member from Rochester Hills, MI finished in 1:15:40 more than eight minutes ahead of Viera's Jessica Crate.

Crate, who is one of Brevard's fastest runners - male or female, finished 13th overall and second in the women's race in 1:23:38. Natasha Yaremezula of Ontario, took third in 1:24:09.

While Crate was the only local to crack the top three overall in the half-marathon, several others managed top ten gender finishes. *Continued on next page...*

Photo above shows three of Brevard's Space Coast Half-Marathon award winners. From left to right: Robin Moran, 2nd 50-54, 1:42:13; Jessica Crate, second OA, 1:23:38 and Robin Hernandez, 1st 40-44, 1:34:00.

Runners In Orbit *continued...*

West Melbourne's Steve Hedgespeth led the local men with his 1:19:18 finish, good enough for sixth male overall and first in the 30-34 age group.

John Davis, also from West Melbourne, finished 8th overall in the men's race and second behind Hedgespeth in the 30-34 division. The 33-year-old father-of-two finished in 1:20:47.

Jessie Delia, 38, from Indian Harbour Beach was tenth male overall and taking second in his age group in 1:21:07.

Melbourne's Meredith Van Veen and Palm Bay's Robin Hernandez finished in the top ten in the women's field.

Van Veen, 25, ran a 1:31:59, good enough for fifth overall and first in the 25-29 age group. Hernandez, who was seventh overall, won the 45-49 division in 1:34:00.

A HUGE THUMBS UP to all of our local finishers and special props to Brevard's age group award winners Ron Abel, 3rd 25-29, 1:27:47; Chris Bennett, 3rd 50-54, 1:37:01; Tony Bills, 3rd 45-49, 1:31:53; Nancy Buonanni, 2nd 45-49, 1:38:33; Chris Butler, 3rd 35-39, 1:24:34; Jonathan Campbell, 1st 19 and under, 1:24:06; Gary Castner, 1st 65-69, 1:50:13; Steve Chin, 1st 40-44, 1:21:38; Jessica Crate, 2nd OA, 1:23:28; John Davis, 2nd 30-34, 1:20:47; Jesse Delia, 2nd 35-39, 1:21:07; Pat Dixon, 1st 75+, 2:51:08; Anne Dockery, 1st 60-64, 1:40:39; Ken Frey, 2nd, 65-69; Steve Hedgespeth, 1st 30-34, 1:19:18; Joy Hess, 32, 1:37:04; Travis Hiers, 2nd 25-29, 1:26:58; Robin Hernandez, 1st 45-49, 1:34:00; Joel Kinnunen, 3rd 40-44, 1:26:18; Susie Koontz, 1st 65-69, 2:08:35; Jack Lightle, 1st 75+, 2:30:10; Michelle Lyle, 1st 55-59, 1:47:15; Michael Miller, 3rd 55-59, 1:37:11; Robin Moran, 2nd 50-54, 1:42:13; Mercedes Pliego, 3rd 40-44, 1:38:14; Tricia Rydson, 3rd 35-39, 1:38:12; James Towers, 3rd 60-64, 1:48:56; Nicholas Vannorsdall, 1st 20-24, 1:27:55; Meredith Van Veen, 1st 25-29, 1:31:59.

As most of the half-marathon finishers sat swapping race stories and snacking on post-race pizza and/or the pancake, egg and sausage breakfast, a steady stream of those who went double the distance began darting through the finishers' circle in Riverfront Park.

Continued on next page...



Runners In Orbit *continued...*

Tampa's Oscar Orozeo took the men's victory by more than four minutes in 2:40:25 and Melanie Peters, of St. Pete, stole the women's race by 13 minutes with her 2:57:38 victory.

Only one local, Lori Jandreau of Indian Harbour Beach, took an overall marathon award. The 26-year-old owner of Fresh Wellness Nutritional Counseling finished third in 3:13:53, good enough to qualify for both Boston (BQ) and New York City (NYCQ) Marathon.

Cocoa's Bret Halliday, 49, sewed up the Masters (40+) award and eighth overall in the race with his 3:03:17 finish. Halliday's time also gave him both a BQ and a NYCQ.

CONGRATS to all of Brevard's finishers including age group award winners Thaddeus Austin (first marathon), 34, 2nd 30-34, BQ, NYCQ, 3:09:48; Jeff Gleacher, 1st 45-49, BQ, 3:18:43; David Grant, 3rd 60-64, BQ, NYCQ, 3:43:09; Matt Mahoney, 1st 55-59, BQ, NYCQ, PR, 3:15:04; Amy Tompkins, 1st 25-29, BQ, 3:29:50.

Editor's note: Complete Space Coast Marathon and Half-Marathon results can be found online at <http://www.spacecoastmarathon.com>

November 28, 2010



Former Astronaut Mike McCulley with legendary marathon champion Dick Beardsley at the finish line. McCulley finished the half marathon.

Marathon winner Oscar Orozco and running partner, and second place winner, Joshua Prevatt enjoy an early lead on the north side of the Space Coast Marathon course.

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ACROSS FROM BREVARD COMMUNITY COLLEGE**

Hernan Garcia's Marathon Weekend

By Bob Rall



I stopped into the Daddy UltraRuns store to see how Hernan was doing after his Daddy UltraRuns Challenge this weekend, which ended with his participation in the Space Coast Marathon. He had a pretty good bounce in his step for someone who, just a couple of days ago, had finished 29 hours of running. But for this experienced ultra-distance runner, 29 hours was nothing special.

What was special was that he made the run to bring attention to, and raise funds for, Families Exploring Downs Syndrome of Brevard (FEDS). FEDS is basically a support group for families that have a child with Downs Syndrome. Their group provides education and support to parents, family members and friends. You can learn more about their group at <http://fedsofbrevard.org>.

The first and most obvious question I asked him was how many miles he managed to get in during his 29 hours. The answer? 122 miles! But Hernan has bested that number several times. He's run 180 miles through the Sahara, and several runs through mountain ranges in Europe and in his home country of Argentina that were not measured, but well over 100 miles.



So, while it was a successful run, and it raised more than \$3100 for FEDS, it probably wasn't his best run. Maybe that's because he was running with the flu! He suffered from a fever Saturday evening and had to take more rest stops than he would have liked. He used his store in Cocoa Village as a base and ran up and down River Road in 1-2 hour segments, stopping at the store for food and water. He had good support from our running community and was never alone on the road.

A pit stop in Cocoa Village Park on Saturday morning to play tag with some local children with Downs Syndrome was a nice break. And he timed his last few segments early Sunday morning so that he could be at the starting line of the Space Coast Marathon, which he ran to complete his journey. After 24 hours of running, he ran the marathon in 5:08. His reaction? "My worst marathon time ever!" Did I mention that Hernan has a pretty good sense of humor?



FREEDOM 7 ELEMENTARY SCHOOL'S MILEAGE CLUB PRESENTS THE
SUN 'N FUN RUN



Race Information

Race Date Saturday, January 15, 2011
Race Time 8:00 am - 4 Mile and 2 Mile Run/Walk
 9:00 am - Family Fun Run
Location Rusty's in the Cove at Port Canaveral
 628 Glenn Cheek Drive, Cape Canaveral
Events 4 Mile and 2 Mile Run/Walk
 Fun Run for all ages (1/4, 1/2, 1 mile)



Race benefits the Freedom 7 Mileage Club, an extra-curricular running program for students

Registration

By Mail

Mail entry with check payable to
 Freedom 7 APT
 Freedom 7 Elementary School
 400 Fourth Street South
 Cocoa Beach, FL 32931

On-Line

At www.Active.com

Race Day Registration

From 7:00 to 7:45 am at Rusty's, Port Canaveral

Fun Run

Register by mail or race day (no on-line entry)

Awards

Overall 1st, 2nd, 3rd Male and Female

Master 1st Male and Female 40+

Age Group 1st, 2nd, 3rd Male and Female *

Freedom 7 Students and Staff First Male and Female Freedom 7 Student and Teacher

* Age groups as follows:

4 Mile Starting 0-9, 10-14, 5 year age groups thereafter to 70+

2 Mile Starting 0-8, 9-11, 12-14, 15-19, 10 year age groups thereafter to 70+

No duplicate awards

For More Information, contact **Doug Willard**
 (321) 868-1954 or F7running@gmail.com

Amenities

T-Shirt with 4 mile & 2 mile entry (*T-shirts not guaranteed for race day registration*)

Door prize drawings after Family Fun Run

Finisher prize to all children in Family Fun Run

Entry Fees	Postmarked by 1/6/11	After 1/6/11
-------------------	-------------------------	-----------------

<input type="checkbox"/> 4 Mile or 2 Mile	\$20	\$25
<input type="checkbox"/> Student through grade 12	\$15	\$15
<input type="checkbox"/> Freedom 7 Staff	\$15	\$15
<input type="checkbox"/> Family fun run (<i>no shirt</i>)	Free	Free

Name _____

Address _____

City _____ State ____ Zip _____

Phone _____ Email _____

Events (circle): 4 Mile 2 Mile Fun Run

T-Shirt: Pre-register early to guarantee your shirt size! *T-shirts not guaranteed for race day registration.*

Circle one.

Youth sizes: [YM] [YL]

Adult sizes: [S] [M] [L] [XL] [XXL]

Age on 1/15/2011 _____ Male Female

Freedom 7 (circle): Student Teacher Alumnus

I hereby release Freedom 7 Elementary School of International Studies, the Brevard County School Board, and other sponsors and officials involved in this event from any and all damages or injuries arising out of participation in the Sun 'N Fun Run and further state that I am in proper physical health and condition to compete in said runs.

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

Competition for E-Harmony?

Contributed by Patti Sponsler of SpaceCoastMultiSports.com

Wanna pick up chicks? Forget the on-line dating.

There were 27 gals for every guy who crossed the finish line of yesterday's Women's Half Marathon in St. Petersburg.

But be forewarned. It took some moxie for those men to join the more than 4,500 ladies making up the sea of pink and purple in... the starting corrals.

The race, which was one of three sponsored by Women's Running Magazine, catered to the feminine side by offering bling palm tree charms attached to the finishers' medals; pink tech race shirts and girly designer race bags crammed with cutesy crap.

Even the expo was an almost unbearable encounter with estrogen. About 20 minutes after entering, the mix of perfumes combined with tiaras, tutus, girly shirts, headbands and socks got to be a bit much - for guys and many of the girls.

Race day, however, provided a more normal reality with the 7 a.m. race start offering temperatures in the high 60s and a light but cooling ENE breeze. The course was flat but provided multiple turns, a romp up and down the pier and a shuffle through the sole-sucking astroturf of Tropicana Field.

Somewhere after mile three, several Brevard ladies were surprised to see Jessica Crate and coconut-braless Steve Chin come flying through the field from somewhere near the back. Huh? Why weren't they up front?

"I had gotten a comp'd entry into the race but it turns out they didn't enter my projected finish time," said Crate. "Hence, I got stuck in corral six and Chin in four. They only allow you to move back so we started about seven minutes after the gun went off. It was definitely fun playing the "dodge and weave" game through the crowd."

Continued on next page...



Competition for E-Harmony? *continued...*

In spite the energy-sucking maneuvers, both Crate and Chin pulled out a net time of 1:24:51, good enough for third and fourth overall. The top three, however, were based on gun time so Crate was relegated to first in the 25-29 age group and Chin got nothing but a good marathon-paced workout since men weren't eligible for awards.

Congrats to all our local Women's Half-Marathon finishers including Heather Anderson, 35, 1:56:21; Kim Anderson, 35, 2:44:25; Kim Berglund, 20, 2:45:55; Cyndi Bergs, 40, 2:20:48; Barbara Berry, 43: 3:02:30; Michelle Birdwell, 48, 2:25:14; Jo-Anne Boland, 43, 2:02:10; Rachel Bowen-Wilkerson, 2:14:26; Shelley Christian, 54, 1:51:41; Lori Cooper, 50, 3:01:13; Linda Cowart, 48, 1:55:19; Jessica Crate, 25 1st 25-29, 1:24:51; Karen Dibbern, 43, 2:24:26; Audra Erwin, 39, 2:15:29; Lacey Fisher, 31, 3:07:11; Marisa Flint, 45, 2:04:39; Amy Gadapee, 39, 3:14:21; Brandi Gaffney, 35, 1:58:59; Charis Gaines, 43, 2:10:23; Sharon Gillette, 46, 2:33:50; Kathy, Gonzales, 30, 2:11:55; Marcella Gooden, 40, 1:58:52; Tia Grant, 44, 3:20:07; Janice Hawkins, 49, 2:21:32; Jessica Hawkins, 26, 2:49:31; Jo Lea Hearn, 49, 3:11:18; Page Howard, 40, 3:14:22; Kelly Hunter, 45, 2:04:39; Kira Juranek, 40, 2:01:27; Molly Kirk, 46, 1:56:18; Michelle Lamb, 44, 2:19:32; Dolly Launicella, 56, 3:11:59; Erin Lauscher, 29, 3:04:09; Courtney Lundy, 26, 2:08:00; Amy Limonta, 35, 2:10:32; Tegan Litt, 33, 2:18:36; Jenny Lucas, 50, 3:50:14; Courtney Lundy, 26, 2:08:00; Linda Marzano, 39, 1:58:51; Charlotte McClure, 38, 1:51:56; Melinda Millband, 32, 1:58:49; Kathy Nardone, 43, 2:24:00; Kathy Ojeda, 51, 1:59:40; Maggie Picerne, 44, 2:08:30; Gina Rall, 40, 2:18:36; Debbie Rescott, 52, 2:06:51; Karen Sanchez, 51, 2:24:06; Laurie Saunders, 2:25:14; Kathy Schindler, 26, 2:25:02; Erica Shein, 37, 2:31:24; Veronica Sim, 2:00:57; Christie Sinclair, 34, 2:04:13; Leisha Sinclair, 44, 3:11:17; Audrey Smith, 42, 2:57:20; Brittany Streufert, 1:58:53; Christy Tagye, 38, 2:07:51; Jeannette Thomas, 45, 2:56:32. WOMEN'S 5K finishers Riza Gilroy, 46, 48:33; Dawn Harrison, 54, 45:07; Karla Roberts, 44, 57:02; Nicole Roberts, 13, 38:36; Paula Steere, 46, 3rd 45-49, 23:57; Nancy Wingo, 57, 3rd 55-59, 29:44.



Some of the Brevard runners who made the trip to St. Pete. Pictured are (standing L-R) Janice Hawkins, Karen Sanchez, Jessica Hawkins, Gina Rall, Tegan Litt, Charlotte McClure, Brittany Streufert. Sitting are Marie Thomas and Kira Juranek. Sunrise on race morning in St Pete. Pictures provided by Studio Hawk at www.StudioHawk.com

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THE PASSING LANE

With Ron Hoar

It's Been A Fun and Rewarding Run

Editor's Note: My first month as editor of the SCR newsletter and Ron decides to end his writing career! Ron, we've never met, but I've enjoyed reading your columns over the last few years. Thanks for all you've done and please feel free to send a "guest contribution" if you ever have the urge to write again.—BR

There comes a time--and it's now--my final running column. I've been telling Patti for the past year that the ink is running dry. It's time to bow out--to let a new format and ideas take over.

I began writing these columns in April 2002 when Patti asked me if I'd be willing to do some articles from the perspective of the older runner on the impact of physical and psychological aging. With 11 issues per year, I believe this is my 95th story.

Running will continue to be a part of my life--yet writing about it has provided some of the impetus to try to remain somewhat age group competitive. And I'll continue to do the 94.1 FM running report that I started six years ago. Here we go with one last story.....

Age becomes the enemy of a runner at some point in life. While a few can fend off the sharp deterioration in performance into their 70's and even 80's, eventually age wins.

With 22 years of running races, I thought it might be an interesting exercise to convert some of my race results to an age graded basis. So I entered my 5k times into a spread sheet (about 120 of them) and did the conversions. For this article I have included the best age graded time for each year. The conversions also indicate the percent of "world best" that the time indicates.

Once I began running races at age 50 I stayed with it in a serious way for 12 years, then there's a 7 year period of non racing followed by the past couple of years of an attempted comeback--a struggle both physically and mentally.

It took about five years before I reached my pinnacle--achieving an 82.8% of world best at the Oklahoma Senior Games at age 54 with my PR time of 18:43--age graded to 15:35. I was able to stay in the high 70% area until age 62. At that time I was concentrating on twice weekly speed work in preparation for the shorter distances at the 2000 Florida Senior Games. That effort resulted in a new Florida Senior Games 800 meter record of 2:32:53. Age graded charts don't seem to include the 800 meters yet that may have been the race of my life. My record was broken the next year by less than one second.

Continued on next page...



THE PASSING LANE

With Ron Hoar

It's Been A Fun and Rewarding Run

Continued...



Runners age 50 and over can compete in the Senior Games and experience the high of that level of competition which propels one to superior performance. You should try it.

Month/Year	Age	Actual Time	Converted Age Group	Place	InCity	% of "World Best"	
May 90	51	19:45	17:08	3 rd	Dallas	75.3	
Feb 91	52	19:36	16:52	-	Dallas	76.5	
Feb 92	53	19:15	16:26	1 st	Cash, Tx	78.5	
Nov 92	54	18:39	15:47	-	Dallas	81.7	
Mar 94	55	19:18	16:12	1 st	Richardson	79.2	
Sep 94	56	18:43	15:35	1 st	Tulsa, OK	82.8	Senior Games
Oct 95	57	19:53	16:28	2 nd	Largo, FL	78.3	
Sep 96	58	20:37	16:54	1 st	Dallas	76.3	
Oct 97	59	20:40	16:46	1 st	Prosper, TX	76.9	
Mar 99	60	21:04	16:57	1 st	Dallas	76.1	
Apr 00	61	20:25	16:17	1 st	Melbourne	79.3	Downtown
Dec 00	62	20:50	16:28	4 th	Kissimmee	78.3	Senior Games
Apr 08	69	25:03	18:33	1 st	Melbourne	69.6	Downtown
Apr 09	70	24:37	18:01	3 rd	Melbourne	71.6	Downtown
Sep 09	71	25:28	18:25	2 nd	Belgrade, ME	70.0	

It was fun to see how competitive I could become over those years with determination and whatever God given attributes I was blessed with.



KEEPING TABS

A huge **THANKS** to all those who helped with this month's newsletter including Patti Sponsler, Todd Paroline, Steve Colella, Cathy Chapman, Carol Ball, Dave and Lisa Farrall, Robin Hernandez, Ron Hoar, Running Zone, and Loran Serwin.

CHANGING DIRECTIONS

The Space Coast Runners Sunday morning fun runs will start heading south along Rockledge Drive from Cocoa Village instead of north beginning on December 5, 2010. Start time will be 6:30 a.m. and water and Gatorade will be provided at miles two and four along the route. All runners and walkers are welcome to join the fun!

STRANGE, BUT TRUE

Dave Farrall contacted us to let us know that, for the second year in a row, his finishing time in the Space Coast Marathon was 4:56:24. Two years in a row! To the second! That's perfect-pace Dave. Although his wife, Lisa, says it's just another example of his OCD (Obsessive Compulsive Disorder). I think almost all runners have some degree of that disorder...I know I do!

SPACE COAST CLASSIC 15K AND 2-MILER

It was a crisp, cool and clear morning that greeted the 200+ runners and walkers that participated in this year's Space Coast Classic. There were two distances that participants could choose from...the 15K and a 2-Mile run/walk. Awards were given for both distances and, in what I believe is a first, there were awards for walkers this year.

In the 15K run, Vero Beach's Erik Blosser cruised to a victory in a time of 52:37, more than 2 minutes ahead of second place finisher John Davis of Melbourne. West Melbourne's Steve Hedgespeth rounded out the Male Overall winners, placing third. On the female side, Melbourne's Jessica Crate continued her winning ways, coming in at 57:37, 3 minutes ahead of her closest competitor, Tracy Smith of Melbourne, who finished second, and Lori Jandreau of Indian Harbour Beach, who finished third.

The closest race of the day was in the Male Age Group 50-54, where Joe Hultgren and Roger Travis battled it out all the way to the finish line. Melbourne's Hultgren managed to edge out Fort Pierce's Travis at the finish line by ONE second! Hultgren finished in 59:11, to Travis' 59:12. Nice race!

SPACE COAST CLASSIC *continued...*

Congratulations to all the age group winners (listed below) and everyone who finished this year's Classic.

<u>15K-Male</u>	<u>Age</u>	<u>City</u>	<u>Time</u>
Overall Champion—Erik Blosser	25	Vero Beach	52:36
Masters Champion—Mike Kodya	56	Pt St Lucie	57:11
Grandmasters Champion—Art Anderson	51	Melbourne	58:25
Age 15-19—Dave Friedland	19	Melbourne	1:27:19
Age 20-24—Jeremy Gonlet	20	Melbourne	1:12:59
Age 25-29—Alexandre Blain	29	France	55:18
Age 30-34—Thaddeus Austin	33	Merritt Island	57:33
Age 35-39—Shane Streufert	38	Viera	58:21
Age 40-44—Steve Chin	42	Satellite Beach	57:36
Age 45-49—Michael Adams	49	Melbourne Bch	1:00:25
Age 50-54—Joe Hultgren	51	Melbourne	59:11
Age 55-59—Matt Mahoney	55	Melbourne	1:01:06
Age 60-64—Ray Brown	62	Melbourne	1:18:10
Age 65-69—Gary Castner	65	Melbourne	1:15:44
Age 70-74—Darwin Tangen	70	West Melbourne	1:31:13
Age 75-99—Bob Pecor	76	Melbourne Bch	1:46:45

<u>15K-Female</u>	<u>Age</u>	<u>City</u>	<u>Time</u>
Overall Champion—Jessica Crate	25	Melbourne	57:36
Masters Champion—Robin Hernandez	45	Palm Bay	1:03:26
Grandmasters Champion—Cynthia Washam	53	Jensen Beach	1:06:25
Senior Grandmasters Champion—Anne Dockery	62	Melbourne Bch	1:09:21
Age 15-19—Alyssa Graham	18	West Melbourne	1:25:51
Age 20-24—Kim Bloomquist	23	Atlanta	1:24:51
Age 25-29—Megan Pendergast	25	West Melbourne	1:09:06
Age 30-34—Jackie Schmoll	30	Melbourne	1:13:24
Age 35-39—Julie Hannah	36	Melbourne	1:06:43
Age 40-44—Barbara Krause	44	Melbourne	1:09:46
Age 45-49—Jackie Clifton	48	Palm Bay	1:04:46
Age 50-54—Robin Moran	53	Indialantic	1:09:24
Age 55-59—Anne Doerflein	58	Melbourne Bch	1:25:17
Age 60-64—Jacquelyn Kellner	61	Palm Bay	1:29:07
Age 75-99—Pat Dixon	75	Rockledge	2:05:00

Handcycle

Male Champion—David Nickelson	31	Winter Garden	40:02
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SPACE COAST CLASSIC *continued...*

2-Mile Male

Overall Champion—Mike Fretz	42	West Melbourne	11:53
Age 01-09—Austin Hayes	09	Satellite Beach	16:31
Age 10-14—Rodolfo Valentin	12	Rockledge	14:22
Age 15-19—Alex Kennedy	16	Melbourne	16:37
Age 20-29—David Eahmie	27	Melbourne Beach	17:10
Age 40-49—Scott Baker	41	Melbourne	15:39
Age 50-59—Ken Flieder	52	Cocoa	20:04
Age 60-69—Rick Foresteire	64	Merritt Island	25:08
Age 70-99—Ron Hoar	72	Melbourne	16:41

2-Mile Female

Overall Champion—Melissa Taylor	32	Indian Harbour Bch	12:30
Age 10-14—Brianna Basford	10	Melbourne	15:41
Age 20-29—Nicole Iannelli	26	West Melbourne	17:27
Age 30-39—Casey Gilbert	31	Melbourne Beach	16:24
Age 40-49—Laurie Paul	49	Melbourne	16:43
Age 50-59—Anita Travis	52	Fort Pierce	16:00
Age 60-69—Stephanie Castner	63	Melbourne	25:59

15K Walkers

	<u>Age</u>	<u>City</u>	<u>Time</u>
1 st —Ty Bowen	42	Merritt Island	1:52:57.7
2 nd —Carol Ball	54	Merritt Island	1:52:57.8
3 rd —Lisa Farrall	56	Melbourne Beach	2:00:00

Complete results can be found at http://www.runningzone.com/event_results



Photos (L-R) Roger Travis (L) and Joe Hultgren battle it out for the win in the age 50-54 age group. Middle photo: Erik Blosser cruises to the Overall Championship by more than two minutes. Right Photo: Women's Champion Jessica Crate is paced by Steve Chin. Photos courtesy of Steve Colella. Check out all the great race photos Colella is offering at <http://yourphotosnow.com>

SPACE COAST LIGHTFEST 5K

Over 450 runners came out to kick off the holiday season by participating in the **10th Annual Space Coast Lightfest**. The 5K takes runners through the shimmering lights and animated displays in Wickham Park. It was a race dominated by youth. The first four finishers were either 15 or 16 years old, led by winner J. Blake Robison, who finished in 17:18, 6 seconds ahead of Luke Redito. The first female finisher was Melisa Taylor, who led the way with a time of 19:14.

Here's a summary of the age group winners:

<u>Male Results</u>	<u>Age</u>	<u>City</u>	<u>Time</u>
Overall Male Champion—J. Blake Robison	16	Melbourne	17:18
Masters Champion—Art Anderson	51	Melbourne	19:05
Age 01-08—Kyle Yancey	08	Viera	26:34
Age 09-11—Luke Blanchard	11	Melbourne	23:07
Age 12-14—Peter Balsitis	12	Viera	20:05
Age 15-19—Alec Reesh	15	Palm Bay	18:13
Age 20-24—Kyle Cryderman	23	Rockledge	22:22
Age 25-29—Andy Dutra	26	Melbourne	19:05
Age 30-34—Thaddeus Austin	34	Merritt Island	18:36
Age 35-39—John Kramer	35	Satellite Beach	20:52
Age 40-44—Chris Reesh	41	Palm Bay	20:01
Age 50-54—Keith Kowalske	50	Melbourne	21:47
Age 55-59—Matt Mahoney	55	Melbourne	19:57
Age 60-64—Teen Sum	62	Palm Bay	26:07
Age 65-69—Tom Lazar	65	Melbourne	32:41
Age 70-99—Hugh Wilson	70		24:23



SPACE COAST LIGHTFEST 5K *continued...*

Female Results

Overall Female Champion—Melisa Taylor	32	Indian Harbour Bch	19:14
Masters Champion—Terry Ferrisi	46	Melbourne	23:16
Age 01-08—Katelyn Owl	07	Palm Bay	32:48
Age 09-11—Marie Groppel	10	Rockledge	25:37
Age 10-14—Kristen Owl	13	Palm Bay	23:40
Age 15-19—Kristy McCoy	17	Melbourne	23:01
Age 20-24—Morgan Maslo	24	Melbourne	26:00
Age 25-29—Jamie Kennedy	26	Satellite Beach	26:09
Age 30-34—Krista Sanniola	30	Medford, NY	23:01
Age 35-39—Jennifer Ogburn	38	Indialantic	22:37
Age 40-44—Cristina Canales	41	Rockledge	23:56
Age 45-49—Cynthia Broome	47	Melbourne	23:21
Age 50-54—Joan Meadows	51	Malabar	25:32
Age 55-59—Eileen McGurk	56	Melbourne	27:22
Age 60-64—Susan Taylor	61	Melbourne	28:31
Age 65-69—Petra Gerhard	68	Palm Bay	34:55
Age 70-99—Esther Chinnery	71	West Melbourne	42:01

Complete results can be found at http://www.runningzone.com/event_results



Suntree Turkey Trot

Over 600 runners and walkers came out on Thanksgiving morning to burn off some calories before the day's big dinner. The race was created in 2005 to honor the late Dr. Brent Gooch and the funds raised are used to seek a cure for diabetes. The race offers a choice of a 5K or 10K. Over 450 participated in the 5K, which was won by Kyle Cook of Melbourne in a time of 16:20. Former Merritt Island High running champ John Culver led the way in the 10K with a time of 35:21.

5K Female Results

	<u>Age</u>	<u>City</u>	<u>Time</u>
Overall Champion—Jessica Crate	25	Melbourne	17:44
Age 01-09—Madison Carter	07	Melbourne	26:50
Age 10-14—Tori Clark	14	Melbourne	26:09
Age 15-24—Karina Coelho	19	Rockledge	19:15
Age 25-40—Heather Wetzel	25	Indianapolis	21:35
Age 41-54—Karen Minor	51	Rockledge	20:10
Age 55-98—Susan Burke	57	Melbourne	34:32

5K Male Results

	<u>Age</u>	<u>City</u>	<u>Time</u>
Overall Champion—Kyle Cook	20	Melbourne	16:20
Age 01-09—Chase Crowley	09	Palm Bay	24:07
Age 10-14—Christian Wright	12	Elizabethtown, KY	18:52
Age 15-24—Gordon Wright	24	Winter Garden	18:01
Age 25-40—Shane Streufert	38	Melbourne	18:21
Age 41-54—Ashley Fleeman	43	Melbourne	21:05
Age 55-98—Michael Slomins	55	Viera	21:37

10K Female Results

	<u>Age</u>	<u>City</u>	<u>Time</u>
Overall Champion—Lori-Ann Shamsidin	41	Pinellas Park	39:14
Age 10-14—Sarah Deibner	14	Melbourne	45:42
Age 15-24—Lesley Pepin	21	Melbourne Beach	49:50
Age 25-40—Heather Eley	32	Melbourne Village	48:47
Age 41-54—Sharon Carmean	51	Malabar	48:58
Age 55-99—Gloria Wavering	56	Melbourne	52:53

10K Male Results

Overall Champion—John Culver	21		35:21
Age 01-09—Benjamin Wooley	09	Palm Bay	1:04:55
Age 15-24—Aaron Ruster	15	Ft. Myers	45:52
Age 25-40—John Davis	33	Melbourne	45:43
Age 41-54—Chris Batt	52	Savannah, GA	40:55
Age 55-99—Bill Wavering	59	Palm Bay	50:11

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A Mile With... Shane Streufert



Shane receiving his award from Zippy the Gecko after winning his age bracket in this year's Fire-cracker 5K.

Name: Shane Streufert

Family: Wife – Brittany Streufert, Laila our Boston Terrier

Ages: Brittany and I are both 38. Laila is 3 (but that's 21 in dog years)

Occupation or Dream profession: Chief Financial Officer—PlanSource

Number of Years Running: On and off since middle school

Began Running Because/To: My dad used to run to stay in shape and so I would tag along.

I Knew I Was Hooked When: I ran my 17 mile long run in below zero temps on Christmas morning 2008 in Iowa.

Race PRs (Personal Records): 2M: 11:09; 5K: 18:11; 10K: 38:37; 15K: 58:22; Half Marathon: 1:26:29; Marathon: 3:12:16

Most Satisfying Race Performance(s): Running a 3:12:16 at Grandma's Marathon this summer and qualifying for Boston. I was actually lucky enough to get registered in the 8 hours before it filled up as well!

Favorite Race(s): I ran the Keys 100 relay as well as Dances with Dirt trail relay this year with a bunch of my local training partners and really enjoyed them both.

Favorite Place(s) to Run: River Road and Lake Shore Drive in Okoboji, IA

Running Partner(s): Jessica Crate, John Davis, Steve Chin, Scott Larson and the Team Black Sheep crew including Scott Wilmont, Bob Rall, my wife and many other, early am runners.....

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: Warren Buffett and Charlie Munger, the pace would be a little slow but the conversation would be great.

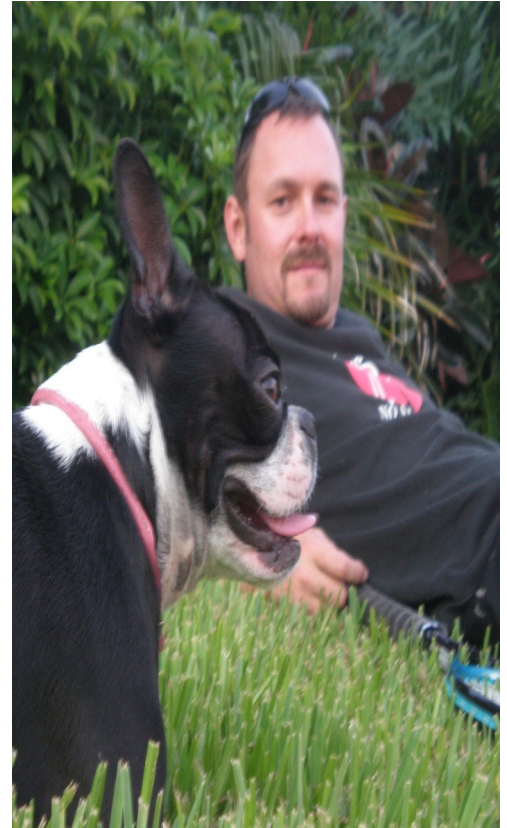
Funniest or Oddest Thing I've Seen While Running: My dog barking at me like she was telling me to hurry up as I approached the finish at the I Run For Pizza 5K this year.

Continued on next page...

A Mile With...Shane Streufert *continued...*



Shane driving towards the finish line in his age group win at the Running on Island Time 5K in August.



Just chilling with his 2nd favorite girl.

One Piece of Advice That I Would Give to a New Runner: Get plugged in with a group of training partners (preferably a few that are faster than you). They will share the things they have learned with you as well as push you to improve.

Other Sports& Interests: Iowa Hawkeye football

Favorite Reads: Anything by C.S. Lewis

When Nobody is Looking I Like to: Eat ice cream right out of the box.

Favorite Meal: Mrs. Lady's Beans & Cheese and Insane Burrito (an Iowa tradition for my family)

Dream Vacation: Brittany and I went to Israel with our Calvary Chapel church group a few years ago and it was incredible.

I Think That SCR Could Do A Better Job: They do a GREAT job!



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Sponsorships: \$100 donation to Brevard County Parks & Recreation receives recognition on our Race T-Shirt!
(check made out to: BCPR and mail to: 2300 Judge Fran Jamieson Way, Viera 32940)

Cost: Day of Race - \$18 runner /\$12 walker
Pre-Registered (mailed) before November 29, 2010- \$14 runner /\$11 walker

Registration: 7:00am-7:45am, Saturday, December 4, 2010
The registration, start, & finish is at Viera Regional Community Center

Course: 5K run & Fun walk (separate starts) on paved and unpaved roads through Viera Park.

Costume Contest: Best Holiday Themed costume will win a Prize!!

T-shirts: High Quality 50/50 Cotton. *Guaranteed to first 150 Pre-Registered entrants.*
Plaques: First Place Overall & Masters & First Place Runner each age Group (Male/Female)
Medals: Second and Third Place Runner Each Age Groups (Male/Female)
Age Groups: (M/F) 0-9. then standard 5 years increments to 80+

More Info: Call (321) 433-4891 or email Kristin.Swenson@brevardparks.com

Make checks to: Brevard County Parks & Recreation
Mail to: Reindeer Dash C/O Viera Regional Community Center, 2300 Judge Fran Jamieson Way Viera, FL 32940

NAME: _____ PHONE: _____

ADDRESS: _____ AGE: _____ Date of Birth: _____ SEX: _____

CITY: _____ STATE: _____ ZIP: _____ Email: _____

T-SHIRT SIZE (ADULT): S M L XL (YOUTH): S M L

I know that running a road race is a potentially hazardous activity. I should not enter and run 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 risk 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. 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 Space Coast Festival, Brevard County Parks and Recreation Division, Sunshine State Games Foundation, The City of Melbourne, The Brevard County Commission, The State of Florida, Space Coast Runners, MDA, race officials, and all sponsors, their representatives, and successors from all claims or liability 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 the waiver. I further grant full permission to any and all foregoing to use photographs, videotapes, and recordings, or any other record of an event for any purpose whatsoever. Additionally, I consent to all emergency medical treatment as may be deemed appropriate under existing circumstances by personnel associated with the Sunshine State Games.

SIGNATURE _____ DATE _____

PARENTS SIGNATURE (If under 18 yrs). _____ DATE _____



**CAPE CANAVERAL'S 15TH ANNUAL REINDEER 5K RUN/WALK FOR
UNITED WAY OF BREVARD COUNTY**

**L-O-N-G SLEEVED RUNNING SHIRTS, REFRESHMENTS, KIDS FUN RUN,
AWARDS, DOOR PRIZES AND A SPECIAL APPEARANCE BY SANTA CLAUS**



LOCATION: CHERIE DOWN PARK, CAPE CANAVERAL, FLORIDA.
**PARKING AT CAPE VIEW ELEMENTARY,
8440 ROSALIND AVENUE**

TIME: 8:00 A.M. 5K RUN/WALK
9:00 A.M. SCR YOUTH SERIES RUN
(¼ mile, ½ mile & 1 mile fun runs)
(FREE to kids 10 & under)
9:15 A.M. PRESENTATION OF AWARDS
9:45 A.M. DOOR PRIZES

DATE: SATURDAY, DECEMBER 11, 2010

PACKET PICKUP: FRIDAY, DECEMBER 10, 2010
RUNNING ZONE (across from BCC on Wickham Rd.)

PRE-REGISTRATION FEE: \$25.00 – BEFORE DECEMBER 4, 2010
(Space Coast Runners will receive \$1.00
discount – Pre-Registration Fee Only)

ON-SITE REGISTRATION FEE: \$30.00

RAIN OR SHINE!!

Complete this Pre-registration form, attach your check made payable to **City of Cape Canaveral**.
Mail to: United Way of Brevard County, Attn. Suzanne Sparling, 937 Dixon Blvd. Cocoa, FL. 32922

Last Name _____ First Name _____ M.I. _____

Address _____

Telephone (Home) _____ (Office) _____

Male _____ Female _____ Running _____ Walking _____

Age on 12/11/10 _____ D.O.B. _____ T-Shirt Size S M L XL XXL (Circle One)
****The First 400 Registrants Receive T-Shirts****

Restrictions: For safety reasons, bikes, in-line skates & skateboards will not be allowed in the race.

In consideration of my entry being accepted, I intend to be legally bound and do hereby for myself, my heirs, my executors, waive and release all rights and claims for damages which I may have or which may hereafter accrue to me against the City of Cape Canaveral, its tenants, and sponsors of the Reindeer Run, United Way of Brevard, their respective officers, agents, directors, representatives, successors and assigns for any and all damages or injuries which may be sustained and suffered by me in connection with my association with or entry or participation in the 15th Annual Reindeer Run 5K Run/Walk. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. I HAVE READ THE ABOVE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

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

SPACE COAST RUNNING REPORT

On 94.1 FM

Central Brevard County residents can hear the Space Coast Running Report on Windover Farms Radio - 94.1 FM.

Hear two different reports each week:

- + The Monday-Tuesday report provides weekend race results, upcoming races, interviews, high school results
- + The Thursday-Friday report will promote upcoming races, race series standings, interviews, high school running news

The 36-week series runs Aug 16-Dec 21 and, after a hiatus, from Jan 17-May 17

AIR DAYS

Monday

Tuesday

Thursday

Friday

TIMES

4:45, 5:45 PM

6:45, 7:45 AM & 4:45, 5:45 PM

7:45 AM & 5:45 PM

6:45, 7:45 AM & 4:45 PM



Connect with Space Coast Runners



Find us on
Facebook

LinkedIn



Twitter

Are you a social media participant?

Now you can connect with your fellow runners and walkers on Facebook, LinkedIn and Twitter. Stay current on club happenings; area races and fun runs; set up workouts; talk with other runners and walkers; share photos; and provide feedback to the Board.

Come join us!

