

*On-line with the*

# **SPACE COAST RUNNERS**

*Promoting Running and Fitness in Brevard County, FL*

Volume 33, Issue 1

January 2011



The next generation of runners in Brevard County gets ready for the start of the Jingle Bell 2-Miler, held in Satellite Beach on December 18th. More than 1000 runners and walkers turned out to burn off some pre-Christmas energy and calories. And all were treated to a special visit from the Jolly Old Elf himself...Santa Claus. Read more on page 23.



# IN THIS ISSUE

## Features

- Paying It Forward...page 5  
26.2 in Cajun Country—Baton Rouge Beach Marathon...page 11  
Bayfront K-9 5K Review...page 19

## Monthly

- Who We Are ... page 3  
Keeping Tabs...page 27

## Race Info

- Runner of the Year (ROY) Series ... page 4  
Reindeer Dash 5K...page 8  
Melbourne & Beaches Music Marathon Weekend ...page 10  
Game Day 5K...page 14  
Cape Canaveral Reindeer Run 5K...page 15  
Light The Way 5K...page 21  
Jingle Bell 2-Miler...page 22  
Surf Coast Trifecta...page 29

## Resources

- Running Zone ... page 7  
Investing For The Long Run ...30  
Discounts for SCR/RRCA members ...31  
SCR Now on Facebook, LinkedIn and Twitter...33





## 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, through 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](http://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. This month the meeting will be held at Pro-Health & Fitness Center in Viera.

### VOLUNTEER OFFICERS AND STAFF

**PRESIDENT:**

Cyndi Bergs, [mcbergs@att.net](mailto:mcbergs@att.net)

**VICE PRESIDENT:**

Tammy Foster, [tefoster@cfl.rr.com](mailto:tefoster@cfl.rr.com)

**SECRETARY:**

Cedric Ching, [Cching@cfl.rr.com](mailto:Cching@cfl.rr.com)

**TREASURER:**

Carol Ball, [cball1@cfl.rr.com](mailto:cball1@cfl.rr.com)

**MEMBERSHIP/ROY CHAIR:**

Loran Serwin, [Lserwin@cfl.rr.com](mailto:Lserwin@cfl.rr.com)

**NEWSLETTER:**

**Editor:** Bob Rall, [bob@rallcapital.com](mailto:bob@rallcapital.com)

**Proof Reader:** Carol Ball, [cball1@cfl.rr.com](mailto:cball1@cfl.rr.com)

**Photographers:**

Cedric Ching, [cching@cfl.rr.com](mailto:cching@cfl.rr.com)

Robin Hernandez, [robinsarunner@cfl.rr.com](mailto:robinsarunner@cfl.rr.com)

**WEB ([www.spacecoastrunners.org](http://www.spacecoastrunners.org)):**

**Editor:** Loran Serwin, [Lserwin@cfl.rr.com](mailto:Lserwin@cfl.rr.com)

**Results/Calendar:** Matt Mahoney, [Matmahoney@yahoo.com](mailto:Matmahoney@yahoo.com)

**FACEBOOK:**

Tammy Foster, [tefoster@cfl.rr.com](mailto:tefoster@cfl.rr.com)

Bob Maggio, [bmaggio.bm@gmail.com](mailto:bmaggio.bm@gmail.com)

### VOLUNTEER BOARD OF DIRECTORS

**CHAIRMAN:**

Tammy Foster, [tefoster@cfl.rr.com](mailto:tefoster@cfl.rr.com)

**DIRECTORS:**

Linda Cowart, [landclearing@bellsouth.net](mailto:landclearing@bellsouth.net)

Nick Flint, [nickruns@bellsouth.net](mailto:nickruns@bellsouth.net)

Dave Hernandez, [daveisarunner@yahoo.com](mailto:daveisarunner@yahoo.com)

Robin Hernandez, [robinsarunner@yahoo.com](mailto:robinsarunner@yahoo.com)

Morris Johnson, [johnsonmr@acm.org](mailto:johnsonmr@acm.org)

Mary Ramba, [mramba@aol.com](mailto:mramba@aol.com)

Loran Serwin, [Lserwin@cfl.rr.com](mailto:Lserwin@cfl.rr.com)

Ed Springer, [springer993@gmail.com](mailto:springer993@gmail.com)

Charlie Van Etten, [Charlie.fla@mindspring.com](mailto:Charlie.fla@mindspring.com)

Tristen Webbe, [twebbe@cfl.rr.com](mailto:twebbe@cfl.rr.com)

Dick White, [dickwhite@cfl.rr.com](mailto:dickwhite@cfl.rr.com)

Marlene White, [marlenewhite@cfl.rr.com](mailto:marlenewhite@cfl.rr.com)

Marty Winkel, [runsalot@cfl.rr.com](mailto:runsalot@cfl.rr.com)

Christy Zieres, [zieresc@bellsouth.net](mailto:zieresc@bellsouth.net)



### 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](mailto:bob@rallcapital.com) for more information.

# 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>



**Space Coast Runners does a lot more than sponsor a race series, provide opportunities for group runs, stage many races, and promote healthy living through running and walking on the Space Coast. SCR is a non-profit organization that also gives back to the community. Here are some examples of local organizations that have benefitted from your involvement in SCR.**

## **FAMILIES EXPLORING DOWN SYNDROME (FEDS)**

Recently the Space Coast Runners organization donated \$500 to the Families Exploring Down Syndrome (FEDS). Hernan Garcia, a local runner and owner of Daddy Ultra Runs in Cocoa Village, recently completed a challenge in which he ran for 24 hours straight followed by the Space Coast Marathon. During his challenge he was accompanied by many local runners eager to join him, including Steve Hesseltine who endured the whole challenge with him. Hernan totaled 122 miles in a little over 29 hours. He raised money from local businesses, generous individuals, and a few non-profit organizations such as Space Coast Runners and Space Coast Freewheelers.

All of the money donated to FEDS of Brevard is used to assist people with Down syndrome in Brevard County to meet individual needs that are not met by insurance or existing community resources. The funds are also used to help pay tuition at Space Coast Early Intervention Center, a therapeutic preschool which specializes in helping children achieve the skills necessary to attend regular kindergarten. In addition, they help pay for summer camps, Special Olympics events, gymnastics classes, horseback riding, and dance classes. It is their goal to empower every person with Down syndrome to realize their full potential as productive citizens within our Brevard County community. We hope to create a community of acceptance, respect, and appreciation of all people with Down syndrome and the significant contributions they can make to our community. —*contributed by Nick Flint*

## **BREVARD COUNTY SPECIAL OLYMPICS**

Space Coast Runners donated \$2000 of their proceeds from the 2009 Space Coast Marathon and Half-Marathon to Special Olympics of Brevard County. According to Nancy Taback, Fundraising Coordinator for Brevard County, this year the funds were used to purchase much-needed competition swim suits for the athletes. Special Olympics Florida provides year-round sports training and competition to children and adults with intellectual disabilities, at no cost to the athlete. Be a fan! <http://www.specialolympicsflorida.org/>

*Continued on next page...*

***“May the road rise up to greet you, and the wind always be at your back.”***  
—*Irish proverb*

Here is a list of other charitable contributions that have been made by Space Coast Runners over the last few years.

## **2010-2011**

Windover Farms Radio (\$81 Underwriters Fee for Space Coast Running Report)  
FLRunners Invitational (\$250 towards timing costs)  
Families Exploring Downs Syndrome (\$500)

## **2009-2010**

Windover Farms Radio (\$90 Underwriters Fee)  
Servants in Faith and Technology (Fiona Wright Medical Mission to Ecuador -\$250)  
Pinewood Elementary Run Day (provided water - \$60)  
Florida Juvenile Diabetes Camp  
(2 children @ \$500ea from Space Coast Classic 15K proceeds)  
Special Olympics of Brevard (\$2,000 from Space Coast Marathon proceeds)  
Boy Scouts of America Troop 338 (\$100 from Eye of the Dragon 10K proceeds)  
Space Walk of Fame Museum (\$300 from Space Walk of Fame 8K proceeds)  
Titusville Race Series (\$578 from Space Walk of Fame 8K proceeds)  
SCR Youth Series (\$250)  
Central Brevard Sharing Center Food Bank (\$1,000 from Weight Watchers 5K)  
Brevard Schools Foundation (High School Scholarships 2 @ \$1,000 ea)  
Help to a Brevard Family (Injured SCR member - \$75 Publix Gift Card)  
Help to a Brevard Family (Injured SCR member - \$75 Publix Gift Card)

## **2008-2009**

Windover Farms Radio (\$85 Underwriters Fee)  
Women's Center of Brevard (\$2,000 from Space Coast Marathon proceeds)  
Florida Juvenile Diabetes Camp (one child - \$500 from Space Coast Classic 15K proceeds)  
Scout Troop 696 (\$100 from Eye of the Dragon 10K proceeds)  
Titusville Race Series  
Space Walk of Fame Museum  
Brevard Schools Foundation (HS Scholarships 2 @ \$1,000 ea)

## **2007-2008**

Windover Farms Radio (\$80 Underwriters Fee)  
Leukemia & Lymphoma Society (\$1,000 from Space Coast Marathon proceeds)  
Florida Juvenile Diabetes Camp (one child- \$500 - from Space Coast Classic 15K proceeds)  
Freedom 7 Mileage Club Shirts (\$500 from Eye of the Dragon 10K proceeds)  
Scout Troop 376 (\$200 from Eye of the Dragon 10K, \$200 from Space Coast Classic 15K)  
Titusville Race Series (\$560 from Space Walk of Fame 8K)

VOTED ONE OF THE TOP 50 RUNNING STORES IN AMERICA

# **RUNNING ZONE**



***All Your Favorite Brands***

**Shoes • Apparel • Accessories**

**Runners • Walkers • Triathletes**

*Free gait analysis for proper shoe fit.*

**321-751-8890**

**www.runningzone.com**

*We want you to feel good when you exercise!*

**10% DISCOUNT TO ALL  
SPACE COAST RUNNER MEMBERS**

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

**3680 C N. WICKHAM ROAD, MELBOURNE  
ACROSS FROM BREVARD COMMUNITY COLLEGE**



# Reindeer Dash 5K

December 4, 2010



90 runners and walkers came out on Saturday, December 4th for the inaugural Reindeer Dash 5K to benefit Brevard Parks and Recreation. Tracy Simso Smith won the female division easily, besting her closest competitor by more than 4 minutes. The men's side was a bit closer with Art Anderson edging Andy Dutra by 1 second. Age bracket winners are listed below. For full results, go to <http://runningzone.com/>



## Female Overall

Tracy Simso (Smith) 37 19:33

## Female Masters

Jill Davies 53 26:19:00

## Female 0-9

Megan Foster 9 37:44:00

Cara Ainslee Nipper 9 39:47:00

## Female 10-14

Anna Martin 11 26:00:00

Jenna Levine 11 35:48:00

Taylor Grove 12 37:00:00

## Female 15-19

Pruitt Talaysh 16 32:28:00

Ashley Keeis 15 32:52:00

Rebecca Gray 16 33:00:00

## Female 20-24

Megan Bidelow 22 27:02:00

Melissa Baldwin 22 27:48:00

Holly Brady 24 32:58:00

## Female 25-29

Diana Johnson 26 32:03:00

Lisa Suttles 25 35:26:00

Lacy Zinsmeister 27 44:29:00

## Female 30-34

Casey Gilbert 31 24:48:00

Rene Dunne 30 25:32:00

Amber Foster 33 29:38:00

## Female 35-39

Charlotte McClure 38 23:51

Shea Mason 35 27:24:00

Brianna Nipper 37 39:49:00

## Female 40-44

Freida Martin 44 30:14:00

Katherine Lorentzen 42 30:32:00

Verena Faure 44 31:21:00

## Female 45-49

Debbie Pagillo 47 29:19:00

Helen Seaman 48 30:58:00

Karen Speed 48 35:12:00

## Female 50-54

Sherry Shamet 51 31:47:00

Mari Hiltz 54 32:33:00

Patty Smith 51 33:56:00

## Female 55-59

Nancy Wingo 57 28:16:00

Sue Lazar 54 42:31:00

## Female 65-69

Wanda Hizer 68 42:34:00

## Female 75-79

Roberta Osterling 76

*"People ask why I run. I say, "If you have to ask, you will never understand". It is something only those select few know. Those who put themselves through pain, but know, deep down, how good it really feels."—Erin Leonard, athlete*

# Reindeer Dash 5K *continued...*

## December 4, 2010

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Name</u>	<u>Age</u>	<u>Time</u>
<b>Male Overall</b>			<b>Male 35-39</b>		
Art Anderson	51	18:56	Mike Doyle	38	20:22
<b>Male Masters</b>			Hugh Bain 39 28:56:00		
Sean Black	42	19:17	<b>Male 40-44</b>		
<b>Male 0-9</b>			Ashley Fleeman 43 21:41		
Austin Hayes	9	26:14:00	<b>Male 45-49</b>		
Justin Grove	7	40:57:00	Greg Hayes 46 22:59		
<b>Male 10-14</b>			Derek Bernard 47 30:59:00		
Peter Balsitis	12	20:37	Robert Ayala 46 34:24:00		
Alex Balsitis	12	21:16	<b>Male 50-54</b>		
Jared Hayes	11	22:16	Kevin Bird 53 21:05		
<b>Male 15-19</b>			Haskell Walker 53 0.984722		
Cody Gerardot	15	22:08	John Murphy 52 25:27:00		
Ian Fisher	15	28:28:00	<b>Male 55-59</b>		
<b>Male 20-24</b>			Robert Crumb 59 43:09:00		
Dustin Baunight	24	25:30:00	<b>Male 60-64</b>		
Matt Stillwagon	23	26:46:00	David Grant 63 21:57		
Matthew McDugal	21	27:19:00	Jim Schreder 63 25:02:00		
<b>Male 25-29</b>			Frank Webbe 63 26:00:00		
Andy Dutra	26	18:57	<b>Male 65-69</b>		
Matt Suttles	29	20:31	David Wofford 69 27:09:00		
Edward Lopez	28	31:47:00	Tom Lazar 65 32:15:00		
<b>Male 30-34</b>			<b>Male 70-74</b>		
Mike Acosta	33	24:19:00	Ron Hoar 72 27:13:00		
Les Dunne	34	25:32:00	James Mottell 71 38:51:00		
John Cramer	35	28:21:00	<b>Male 75-79</b>		
			Henry Campbell 76 38:45:00		

*“We all have dreams. In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort.”—Jesse Owens, American track and field athlete and Olympic gold medal winner*



# MELBOURNE'S SIGNATURE SPORTING EVENT



20 BANDS - POST-RACE CONCERT - WALKERS WELCOME



Qualifier for the  
Boston Marathon

Connect with us via  
facebook



5K & 8K SATURDAY, FEBRUARY 5, 2011

PRESENTED BY **DICK'S SPORTING GOODS**



MARATHON & 1/2 MARATHON SUNDAY, FEBRUARY 6, 2011

[WWW.THEMELBOURNEMARATHON.COM](http://WWW.THEMELBOURNEMARATHON.COM)

1/2 MARATHON RELAY JUST ADDED



REGISTER NOW AT [WWW.THEMELBOURNEMARATHON.COM](http://WWW.THEMELBOURNEMARATHON.COM)





# 26.2 in Cajun Country—Baton Rouge Beach Marathon

December 4, 2010

By Bob Rall



When my wife, Gina, and I travel to marathons, we usually go with a group. But every so often it's just the two of us. Our trip to Louisiana for the Baton Rouge Beach Marathon was one of those occasions. It would be state #18 on my quest towards completing one in every state (Wow! That still means I'll have 32 to go!). It would be state #11 for Gina.

We arrived in Baton Rouge late in the morning on Friday, December 3<sup>rd</sup>. We were able to check into our hotel early, so we dropped off our luggage and went for a walk to find a local lunch spot. The host hotel, the Marriott, was about 3 miles from downtown Baton Rouge. We didn't have a car, and there wasn't much to do around us, so we just relaxed, did some reading and even caught a short nap in the afternoon.

Baton Rouge is a very small marathon. Having participated in several of the larger ones, we both agree that we like the smaller ones. The Expo was held in the hotel where we were staying, but this was different than most we have been to. It didn't start until Friday evening at 6pm and it was held in two of the hotel meeting rooms. One room was for packet pickup and late registration. The other room was set up with some tables and chairs and FOOD. Free beer, water, soda, gumbo, salad and pizza were an unexpected, and nice, touch. We sat with some 50-State club members and shared stories about other races. There were only a couple of vendors and they were set up outside the two meeting rooms.

Our race bag included a nice technical shirt that was the most neon-green color you've ever seen. We also received a pair of the ugliest running socks ever. The race is presented by "The Running Chicken Track Club" (we never did find out the origin of the name) and the socks were the same neon green as the shirts, but also had some running chickens in yellow on the ankle. They're so ugly that we figured we would only be able to wear them on our pre-dawn runs. We were also given a pair of throwaway gloves, which was another nice touch because the forecast for race morning called for a cool start to the race.



## 26.2 in Cajun Country *continued*

By Bob Rall

After spending a little time at the expo, we caught a taxi to the Downtown Festival of Lights. It is a holiday tradition in Baton Rouge and included a 35-foot Christmas tree, live entertainment, a small ice skating rink, “real” snow and several roaming performers. We walked around for a while, enjoying the holiday decorations. We ended the evening by ducking into The Wine Loft for a glass of wine.

Race morning, as forecast, was a bit cool, about 45 degrees at the start of the race. School buses served as shuttles to get us from the hotel to the starting line, which was at the “Beach” on University Lake, adjacent to the LSU campus. This was a “loop” course through the campus area and the residential neighborhoods around the lake. Half-marathoners did one loop, full marathoners did it twice. If you’ve done a loop race before, you know that it’s hard to watch the half-marathoners cross the finish line and celebrate while you know that you have to do it again.

The race started at 7am. As we normally do, Gina and I kissed each other at the start, wished each other a good race, then went on our way separately. We ran through the beautiful LSU campus, by Tiger Stadium (AKA “Death Valley”), and the Memorial Tower. The neighborhoods were also very pretty and the shaded streets provided some cover from what had become a hot sun on that second loop. With the half-marathoners outnumbering the full-marathoners almost 4 to 1, it got a bit lonely at times on the second loop. I’m not one to chat much while running, but I did talk with a couple of people on that second time around. One was a young lady from Utah who was running her second marathon ever and chose Baton Rouge because it fell on her 26.2 birthday. Cool. I also spoke with an army soldier from New Orleans running his first marathon.

I felt strong through the first 18 miles and was able to maintain my goal pace of 9:09/mile. If I could maintain that pace for the entire run, I would finally be able to break the four hour mark. Unfortunately, that wouldn’t happen. I ran into the infamous “wall” at mile 19 and struggled for the last 7 miles. I had been fueling with PowerBar Double Latte gels, as I did through training. When I started struggling, I broke one of the rules of running a marathon...don’t try anything new! I carried a nut bar and ate about half of it around mile 20. Not a good idea. As my stomach rebelled, I remembered my awful experience with peanut butter at the Ragnar Relay last year. I wished I would have remembered that lesson before I ate that bar.

## 26.2 in Cajun Country *continued*

By Bob Rall

I walked a bit and watched my average pace climb first to 10:00/mile, then to 11:00. I still had a shot at breaking my PR of 4:09, but my body wasn't cooperating. Nothing hurt too badly...I was just tired. I came around the final turn on the lake and had about ¼ mile to go. I reached deep and picked up my pace to the finish. About 75 yards away from the finish line, I felt my right hamstring pop. It felt like I had been shot and it stopped me dead in my tracks. A race official came running up to see if I was ok as I limped over to a tree and tried to stretch it out. It loosened up and I was able to run across the line. 4:15:29. Not my best. Not my worst. It was a lot closer to my best than my worst.

I grabbed a couple bottles of water and went back to the finish line to watch for Gina. She had a goal to break her PR of 4:36 and really wanted to break 4:30 so she could say she beat Oprah. I watched the clock tick closer and closer to 4:30 and sent encouraging thoughts her way. She came into view just after 4:29 and she was running hard! She realized she had a chance to break her 4:30 goal and was giving it her best. She gave me a high five as she went by and crossed the finish line in 4:29:35! She beat Oprah!!

The post-race spread was the best we've seen at a marathon. We were in Cajun Country and they served it up! Gumbo, alligator, hot chicken wings, fried catfish, chicken nuggets, pulled pork sandwiches and more. And ice cold beer! I don't normally drink a lot of beer, but have recently discovered how good one can taste after 26.2 miles on the road. And two or three taste even better!

There were 889 finishers in the half-marathon and 234 made it through the full. It was a beautiful day, a beautiful course, and a well-run event. As you might expect for a small race, there wasn't a lot of crowd support, but that's ok. Other than the abandoned water stop at mile 20, the volunteers were great. Baton Rouge seemed like a very friendly town and we enjoyed our short visit. If you are looking for a race to cross Louisiana off your list, we would both strongly recommend the Baton Rouge Beach Marathon.—BR

*“Remember, the feeling you get from a good run is far better than the feeling you get from sitting around wishing you were running.”—Sarah Condor*





**Finish at home plate!**  
First 500 entrants receive a free game ticket








## **Inaugural Game Day 5k Run/Walk**

**Sunday, March 6, 2011 | 7:15 a.m.**

**Space Coast Stadium - Viera, FL**

**Dream of running down the third base line and dashing to home plate on a major league baseball field? Well, you can do it!**

-  Run along the outfield's warning track and then follow the third base line all the way to home plate
-  Cleats and sliding across the finish line are optional
-  Commemorative tee shirt guaranteed to all pre-registered entrants
-  Run with your little league team -- discounted entry for students
-  Winning male and female will throw out the game's ceremonial first pitch

---

**Then stay for the game!**

**Game Time 1:05 p.m. – Washington Nationals vs. Atlanta Braves**



---

**Online registration only at [GAMEDAY5K.COM](http://GAMEDAY5K.COM)**

Another  *Smooth Running* production

# Cape Canaveral Reindeer Run 5K

December 11, 2010



334 runners and walkers came out to celebrate the holiday season at the 15th annual Cape Canaveral Reindeer Run. The race was held at Cherie Down Park and proceeds benefit the United Way. John Davis was the male winner, coming in 30 seconds ahead of Thaddeus Austin. Shane Streufert finished third, about 10 seconds behind Thaddeus. On the female side, Robin Hernandez was the winner, finishing about 40 seconds ahead of Anne Dockery, who was followed very closely by Lisa Petrillo.

Place	Overall	Name	Age	City	Time	Pace
<b>OVERALL FEMALE CHAMPION</b>						
1	21	Robin Hernandez	45	Palm Bay	21:02.2	6:47
2	32	Anne Dockery	62	Melb Beach	21:40.5	6:59
3	34	Lisa Petrillo	37	Indialantic	21:42.3	7:00
<b>FEMALE MASTERS CHAMPION</b>						
1	37	Sandra Gannon	44	Merritt Island	21:53.2	7:03
<b>FEMALE AGE GROUP: 01 - 09</b>						
1	196	Shea Smithson	9	Merritt Island	31:24.9	10:07
2	225	Danielle Monteferrante	9	Merritt Island	33:55.6	10:56
3	239	Ally Pattillo	9		35:08.7	11:19
<b>FEMALE AGE GROUP: 10 - 14</b>						
1	142	Hannah Lyons	12	Cocoa Beach	27:59.8	9:01
2	217	Hannah Desse	10		33:04.0	10:39
3	228	Sara Haid	10	Merritt Island	34:12.3	11:01
<b>FEMALE AGE GROUP: 15 - 19</b>						
1	268	Chelsea Oliver	18	Merritt Island	38:28.1	12:23
2	284	Bonny Morales	19	Merritt Island	41:28.2	13:21
<b>FEMALE AGE GROUP: 20 - 24</b>						
1	63	Stephanie Bird	20	Rockledge	23:51.3	7:41
2	68	Lindsay Waldron	22	Merritt Island	24:07.6	7:46
3	115	Melissa Baldwin	22	Rockledge	26:30.3	8:32
<b>FEMALE AGE GROUP: 25 - 29</b>						
1	51	Layla Dowdy	27	Cape Canaveral	22:51.0	7:22
2	56	Jennie Wetherington	25	Merritt Island	23:14.7	7:29
3	127	Kari Cezat	27	Cape Can	27:11.0	8:45

*"The real purpose of running isn't to win a race; it's to test the limits of the human heart."—Bill Bowerman, American track and field coach and co-founder of Nike, Inc.*

# Cape Canaveral Reindeer Run 5K *continued*

December 11, 2010

## FEMALE AGE GROUP: 30 - 34

1	44 Jackie Schmoll	30 Melbourne	22:27.7	7:14
2	72 Amanda Capuano	32 Merritt Island	24:33.4	7:55
3	76 Rene Dunne	30 Palm Bay	24:50.4	8:00

## FEMALE AGE GROUP: 35 - 39

1	59 Kathy Camick	37 Cocoa	23:25.2	7:33
2	79 Brittany Streufert	38 Viera	24:59.9	8:03
3	84 Christy Tagye	38 Cocoa	25:17.5	8:09

## FEMALE AGE GROUP: 40 - 44

1	41 Angie Preston	44 Merritt Island	22:10.1	7:09
2	67 Betsy Butler	42 Cape Can	24:06.3	7:46
3	103 Michelle Smurl	42 Cocoa	26:00.4	8:23

## FEMALE AGE GROUP: 45 - 49

1	61 Terry Ferrisi	46 Melbourne	23:34.3	7:36
2	81 Molly Kirk	46 Rockledge	25:01.4	8:04
3	82 Christine Kennedy	45 Mims	25:07.3	8:06

## FEMALE AGE GROUP: 50 - 54

1	43 Robin Moran	53 Indialantic	22:15.0	7:10
2	108 Debbie Rescott	52 Merritt Island	26:05.8	8:24
3	147 Christy Zieres	50 Merritt Island	28:13.7	9:06

## FEMALE AGE GROUP: 55 - 59

1	62 Sue Strout	56 Merritt Island	23:46.6	7:40
2	162 Claudine Mooty	58 Merritt Island	29:16.6	9:26
3	211 Blanche Morrison	58 Cocoa Beach	32:31.4	10:29

## FEMALE AGE GROUP: 60 - 64

1	138 Jacquelyn Kellner	62 Palm Bay	27:47.4	8:57
2	154 Maureen Morley	60 Rockledge	28:36.9	9:13
3	175 Nancy Kitch	61 Orlando	29:47.2	9:36

## FEMALE AGE GROUP: 65 - 69

1	164 Susie Koontz	65 Merritt Island	29:21.0	9:27
2	264 Kacee Weber	66 Merritt Island	37:53.2	12:12
3	323 Elizabeth Tomaszawski	66 College Station	49:16.7	15:52

## FEMALE AGE GROUP: 70 - 74

1	283 Yvonne Cisar	73 Cedar Rapids	41:00.3	13:12
2	293 Katie Marsh	72 Melbourne	43:56.3	14:09
3	335 Joan Joesting	73 Melbourne	55:09.2	17:46

## FEMALE AGE GROUP: 75 - 99

1	218 Pat Dixon	75 Rockledge	33:15.7	10:43
2	282 Angela Saldana	83 Cocoa Beach	40:52.4	13:10



# Cape Canaveral Reindeer Run 5K *continued*

December 11, 2010

Place	Overall	Name	Age	City	Time	Pace
<b>OVERALL MALE CHAMPION</b>						
1	1	John Davis	33	Melbourne	17:37.0	5:41
2	2	Thaddeus Austin	34		18:07.0	5:50
3	3	Shane Streufert	38		18:19.9	5:54
<b>MALE MASTERS CHAMPION</b>						
1	5	Joe Hultgren	51	Melbourne	18:35.6	6:00
<b>MALE AGE GROUP: 01 - 09</b>						
1	54	Ryan Pattillo	9		23:04.9	7:26
2	102	Austin Hayes	9	Satellite Bch	25:59.9	8:23
3	155	Noah Huff	9	Merritt Island	28:38.3	9:14
<b>MALE AGE GROUP: 10 - 14</b>						
1	39	Jared Hayes	11	Satellite Bch	21:54.7	7:04
2	45	Christian Hayes	12	Satellite Bch	22:28.7	7:15
3	153	Patrick Lanham	11	Cape Can	28:35.2	9:13
<b>MALE AGE GROUP: 15 - 19</b>						
1	16	Justin Selph	17	Cocoa Beach	20:08.8	6:30
2	18	Joseph Fike	18		20:32.6	6:37
3	20	Josh Motta	19		20:52.2	6:44
<b>MALE AGE GROUP: 20 - 24</b>						
1	13	Cliff Skelton	21	Crescent City	19:19.3	6:14
2	34	William Hicks	21	Titusville	21:41.3	6:59
3	137	James Skillen	20	Cape Can	27:47.1	8:57
<b>MALE AGE GROUP: 25 - 29</b>						
1	4	Ron Abel	28	Satellite Bch	18:25.1	5:56
2	8	Andy Dutra	26	?	18:40.8	6:01
3	52	John Daniels	27	Merritt Island	22:51.5	7:22
<b>MALE AGE GROUP: 30 - 34</b>						
1	23	Robert Paxton	31	Cocoa	21:12.1	6:50
2	27	Drew Cordes	33	Cocoa	21:25.4	6:54
3	53	Andrew Rosa	32	Cape Canaveral	22:59.5	7:25
<b>MALE AGE GROUP: 35 - 39</b>						
1	28	Richard Davis	37	Cocoa	21:26.8	6:55
2	46	Tristen Webbe	37		22:32.3	7:16
3	49	Steve Wetzal	35		22:39.9	7:18

# Cape Canaveral Reindeer Run 5K *continued*

December 11, 2010

Place	Overall	Name	Age	City	Time	Pace
MALE AGE GROUP: 40 - 44						
1	6	Pedro Toledo	42	Titusville	18:37.5	6:00
2	9	Howard Kanner	41	Rockledge	18:47.0	6:03
3	12	Sean Black	42	Melbourne	19:07.9	6:10
MALE AGE GROUP: 45 - 49						
1	10	Doug Nichols	47	Melbourne	18:56.5	6:06
2	14	Jeff Gleacher	46	Meritt Island	19:37.2	6:19
3	30	Mike Knight	45	Rockledge	21:35.1	6:57
MALE AGE GROUP: 50 - 54						
1	7	Art Anderson	51	Melbourne	18:37.8	6:00
2	11	Roger Travis	52	Fort Pierce	18:56.5	6:06
3	19	Paul Thompson	54	Merritt Island	20:34.9	6:38
MALE AGE GROUP: 55 - 59						
1	15	Matt Mahoney	55	Melbourne	19:45.3	6:22
2	22	Michael Miller	55	Cocoa	21:08.2	6:49
3	26	Jerry Bird	56	Rockledge	21:25.3	6:54
MALE AGE GROUP: 60 - 64						
1	31	David Grant	63	Melbourne	21:37.8	6:58
2	69	Jim Schroeder	63	Indialantic	24:09.1	7:47
3	71	Carl Bonds	60	Palm Bay	24:22.0	7:51
MALE AGE GROUP: 65 - 69						
1	55	Gary Castner	65	Melbourne	23:10.9	7:28
2	101	Dennis Testa	66	Merritt Island	25:55.4	8:21
3	126	David Wofford	69	Titusville	27:10.1	8:45
MALE AGE GROUP: 70 - 74						
1	161	Darwin Tangen	70	W. Melbourne	29:15.8	9:26
2	244	Morris Johnson	73	Cocoa Beach	35:16.5	11:22
3	257	James Morrell	71	Melbourne	36:56.4	11:54
MALE AGE GROUP: 75 - 99						
1	124	Harold Meggs	78	Cape Can	26:55.5	8:40
2	192	Jack Lightle	79	Cocoa	30:50.9	9:56

*“Racing is the fun part; it's the reward of all the hard work.”—Kara Goucher*

# Race Review: Bayfront 5K9-5K December 12th

By Robin Hernandez



It was a day for the dogs and the weather was great. My dog Kasper has been running with me and I was really excited for him to do his first 5K. Dave has also been running with our other dog Duchess since she is better controlled with him.

Ron Abel came to the house and met us before the race. He took Kasper and I to the race since the dogs would be more controlled separately. When we got there I couldn't believe the turnout for this first annual event. There were so many dogs and people. We saw lots of Space Coast Runners with their dogs. I also saw my old vet there since this used to be his practice. He was there to cheer everyone on. The parking was good and Running Zone was there to time the race. Ron, Andy, Lisa, Art, Jim Shaffer, Dave and I all warmed up together. The dogs actually were doing pretty good. Jim was running

with two dogs and his little one was the nippy one. The start of the race was like a normal one. They did tell all dog owners to get in the back so they wouldn't slow down the runners. Lisa and I were behind the fast guys. We looked at one another and didn't budge. Dave and some others that had fast dogs stayed right behind us. We heard a few nasty barks going on as the guy was announcing the sponsors. It turned out to be Jim's little dog starting up with a shepherd.

The race started and the fast pack took off. Kasper and Cooper (Lisa's dog) were in a sprint to chase after them. We were hanging on to them for our life. I couldn't believe how fast they were moving. Lisa was kidding that our first mile was going to be 5 minutes. The first part of the course was up a small hill. We didn't even notice since the dogs were pulling us so fast. Kasper and I pulled away and were running all alone. I was trying to chase down the boys but they were going too fast. Kasper and I were in motion together now and feeling good. Our first mile was 6:25. Ron said they could all hear me yelling at Kasper to make the turns. They were all getting a good laugh.

The course was like a big circle. The course had people to show you where to go and had water stations at every mile. The people at the water stations and turns were trying to talk to Kasper and it was just a little distracting. I had to yell at him to keep going. But he was doing great. In the last mile we picked it up and picked off a few people. There was a house that had two big dogs that were barking at everyone and that was the last distraction we had. Kasper was focused on trying to pick off the guy ahead of us. We went on the last turn over the railroad tracks and I heard people yelling for us. Andy ran up to us and was pulling us in.



# Race Review: Bayfront 5K9-5K December 12th *continued*

By Robin Hernandez

We almost caught the guy Kasper was chasing down. I was so proud of Kasper. He did great for his first 5K. We got first overall dog and I was overall female with a time of 20:40. Lisa was 8 seconds behind me with Cooper. They finished 2nd overall dog and 2nd female. Dave and Duchess ran in 5th overall dog and he got 2nd age group.

The after party was fun. We all hung out and enjoyed the victory with our pets. Mark Petrillo and Robin Moran took great pictures of all of us. They had a BBQ feast and other goodies for all to enjoy. It was a blast. This is now the top on my race list. I can't wait to do this again next year.—RH

*Editor's Note: There were 136 human runners and 67 dogs in the race. The humans received the usual awards and the top 3 dogs also were given awards. Overall winners are listed below. Complete results can be found at <http://runningzone.com/results/2499?type=a>*

## Overall Male Champion

Place	Name	Age	City	Time	Pace
1	Alec Reesh	16	Palm Bay	18:01	5:49
2	Andrew Dutra	26	Melbourne	18:36	6:00
3	Art Anderson	51	Melbourne	18:38	6:01

## Male Masters Champion

1	Matt Mahoney	55	Melbourne	19:41	6:21
---	--------------	----	-----------	-------	------

## Overall Female Champion

1	Robin Hernandez	45	Palm Bay	20:40	6:40
2	Lisa Petrillo	37	Indialantic	20:48	6:42
3	Amy Clamons	27	Melbourne	22:12	7:09

## Female Masters Champion

1	Cynthia Broome	47	Melbourne	23:37	7:37
---	----------------	----	-----------	-------	------



5th Annual  
**Light the Way 5K**  
*A Titusville Racing Series Event*



Saturday  
 January 22, 2010  
 Park Avenue Christian Academy  
 Titusville, FL

**LOCATION**

Park Avenue Christian Academy is located at 2600 Park Avenue, Titusville, FL. For more information contact the Race Director, Sarah Guttery, at [sguttery@cfl.rr.com](mailto:sguttery@cfl.rr.com)

**DATE AND TIME**

Saturday, January 22, 2010  
 5K Run/Walk: 8:00 a.m.  
 Kids' Races: 9:00 a.m.

**PACKET PICK-UP AND CHECK-IN**

Race packets may be picked up race morning or Friday, January 21, 2010 at Park Avenue Christian Academy gymnasium between 4 p.m. and 6 p.m.  
 Race day check-in starts at 6:30 a.m.

**REGISTRATION**

Walk, run, or mail completed entry form to:  
 Park Avenue Christian Academy  
 2600 South Park Avenue  
 Titusville, FL 32780  
Make checks payable to: Park Avenue Christian Academy

**AWARDS**

Top 3 Male / Female Overall  
 Top Male / Female Masters  
 Top 3 Male / Female finishers in 15 age groups  
 Top Male, Female, Coed, and Youth Teams  
 Ribbons to all Kids' Races participants

**TEAM COMPETITION**

A team is comprised of 4 entrants who are affiliated with an organized team, club, organization, school, or business, or are just 4 entrants willing to claim they know each other and willing to be teammates. Team participants will still be eligible for individual awards.

**ENTRY FEES**

Entry fees are nonrefundable  
 \$20 Adults  
 \$15 Students  
 Kids' Races are Free

Light the Way 5K † Saturday, January 22, 2010 † Registration Form

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Age: \_\_\_\_ Birthdate: \_\_\_\_\_ Sex: Male / Female T-Shirt: YL S M L XL XXL

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

YES! I am interested in learning more about Park Avenue Christian Academy

**Incomplete or unsigned forms will not be accepted.**

I hereby release the Gilchrist Educational Foundation, Park Avenue Christian Academy, Park Avenue Baptist Church, and any and all other sponsors and officials from liability for any and all damages or injuries arising out of participating in this run and further state that I am in proper physical health and condition to compete in said event.

Signature (under 18 requires a parent to sign): \_\_\_\_\_

Method of Payment Race Number:

Cash: \_\_ Check: \_\_ \_\_\_\_\_

Make check or money order payable to: Park Avenue Christian Academy

Team Competition: Team Name: \_\_\_\_\_

Team Category: (Circle One)  
 Male / Female / Coed / Youth

Runner 1: \_\_\_\_\_

Runner 2: \_\_\_\_\_

Runner 3: \_\_\_\_\_

Runner 4: \_\_\_\_\_

# Jingle Bell 2-Miler

December 18, 2010



More than 1000 runners and walkers came out on the Saturday night before Christmas to participate in the Jingle Bell 2-Miler. Jolly Old St. Nick made a visit which pleased the large number of children who participated. We've got a great future generation of fast runners coming up...there were more than 80 kids between the ages of 4-8, and some pretty impressive times. In addition to the usual race awards, there were also awards for best costume...and it was a tough competition with reindeer, candy canes and Christmas presents all in attendance. Below are the age-group results.

For complete results go to <http://runningzone.com/results/2500?type=a>

<u>PLACE</u>	<u>OVERALL</u>	<u>NAME</u>	<u>AGE</u>	<u>CITY</u>	<u>TIME</u>	<u>PACE</u>
<u>OVERALL MALE CHAMPION</u>						
1	1	James Post	19	Melbourne	09:42.9	4:52
2	2	Chris Rego	21	Tallahassee	10:03.9	5:02
3	3	Andre Ivankovic	15	Clemson	10:11.9	5:06
<u>MALE MASTERS CHAMPION</u>						
1	17	Michael Adams	50	Melbourne Beach	11:39.0	5:50
<u>MALE AGE GROUP: 01 - 08</u>						
1	161	Kyle Yancey	8	Rockledge	15:32.7	7:47
2	238	Walker Cummins	8	Satellite Beach	16:55.3	8:28
3	252	Jacob Gruessner	8	Melbourne	17:10.9	8:36
<u>MALE AGE GROUP: 09 - 11</u>						
1	64	Logan Miller	11	Indialantic	13:22.1	6:42
2	70	Ethan Leary	11	Satellite Beach	13:35.3	6:48
3	77	Jared Hayes	11	Satellite Beach	13:41.1	6:51



# Jingle Bell 2-Miler *continued*

December 18, 2010

## MALE AGE GROUP: 12 - 14

1	37	Mason Jones	12	Titusville	12:24.5	6:13
2	46	Michael Wilson	12	Malabar	12:38.9	6:20
3	71	Clay Tezel	13	Merritt Island	13:36.2	6:49

## MALE AGE GROUP: 15 - 19

1	9	Alex Hoffman	17	Malabar	11:05.1	5:33
2	10	Alec Reesh	16	Palm Bay	11:09.6	5:35
3	11	Alex Dunnan	18	Melbourne	11:19.9	5:40

## MALE AGE GROUP: 35 - 39

1	12	Shane Streufert	38	Viera	11:22.4	5:42
2	13	Greg Apotsos	35	Melbourne Beach	11:30.0	5:45
3	14	Jimmie Wright	36	Rockledge	11:31.8	5:46

## MALE AGE GROUP: 40 - 44

1	26	Sean Black	42	Melbourne	12:00.1	6:01
2	27	Miren Ivankovic	44	Clemson	12:02.6	6:02
3	28	Frank Kapr	41	Titusville	12:05.2	6:03

## MALE AGE GROUP: 45 - 49

1	32	Doug Nichols	47	Melbourne	12:17.2	6:09
2	34	Tony Bils	49	Indialantic	12:18.7	6:10
3	69	Alex Abbey	49	Satellite Beach	13:33.1	6:47

## MALE AGE GROUP: 50 - 54

1	19	Art Anderson	50	Melbourne	11:40.7	5:51
2	20	Joe Hultgren	50	Melbourne	11:40.9	5:51
3	50	Jeff Cook	51	Indian Harbour Beach	12:48.8	6:25

## MALE AGE GROUP: 55 - 59

1	48	Jim Cunningham	56	Viera	12:45.2	6:23
2	58	Bud Timmons	59	Cocoa	13:11.5	6:36
3	62	Jerry Bird	55	Rockledge	13:19.3	6:40

## MALE AGE GROUP: 60 - 64

1	74	David Grant	63	Viera	13:38.7	6:50
2	169	Ray Brown	62	Melbourne	15:42.9	7:52
3	207	Teen Sum	62	Palm Bay	16:28.1	8:15



# Jingle Bell 2-Miler *continued*

## December 18, 2010

### MALE AGE GROUP: 65 - 69

1	103	Gary Castner	65	Melbourne	14:22.3	7:12
2	443	Tom Lazar	65	Melbourne	19:34.4	9:48
3	509	H.D. Dangerfield	67	Indian Harbour Beach	20:36.2	10:19

### MALE AGE GROUP: 70 - 74

1	858	Bill Allen	73	Indialantic	29:46.8	14:54
2	872	Sam Lauricella	72	Satellite Beach	30:34.2	15:18
3	985	Dennis Denholm	71	Ipswich	37:19.8	18:40

### MALE AGE GROUP: 75 - 99

1	682	Henry Campbell	76	Melbourne Beach	23:57.0	11:59
2	786	Robert Leggett	80		26:47.2	13:24
3	991	William Van Dusen	80	Indialantic	38:15.5	19:08

## FEMALE RESULTS

### OVERALL FEMALE CHAMPION

1	7	Jessica Crate	24	Melbourne	10:57.1	5:29
2	15	Kim Hunger	30	Palm Bay	11:35.4	5:48
3	21	Meredith Van Veen	25	Melbourne	11:50.3	5:56

### FEMALE MASTERS CHAMPION

1	72	Robin Moran	53	Indialantic	13:36.7	6:49
---	----	-------------	----	-------------	---------	------

### FEMALE AGE GROUP: 01 - 08

1	137	Alexa Baker	7	Melbourne	14:59.1	7:30
2	335	Katelyn Owl	7	Palm Bay	18:14.8	9:08
3	341	Carly Wilt	8	Melbourne	18:21.7	9:11



# Jingle Bell 2-Miler *continued*

December 18, 2010

## FEMALE AGE GROUP: 09 - 11

1	115	Aurora Abraham	10	Indian Harbour Beach	14:42.0	7:21
2	126	Morgan Miller	10	Indialantic	14:52.9	7:27
3	141	Kaitlyn Duron	9	Mel Beach	15:05.4	7:33

## FEMALE AGE GROUP: 12 - 14

1	138	Jenna Zavetz	13	Melbourne	14:59.7	7:30
2	203	Kristen Owl	13	Palm Bay	16:25.5	8:13
3	241	Alyssa Barry	12	Merritt Island	16:56.3	8:29

## FEMALE AGE GROUP: 15 - 19

1	38	Sarah Day	15	Melbourne	12:27.6	6:14
2	106	Stephanie Bird	19	Rockledge	14:25.6	7:13
3	214	Amber Webb	17	Melbourne	16:33.0	8:17

## FEMALE AGE GROUP: 20 - 24

1	56	Sarah Wassmuth	20	West Melbourne	13:05.1	6:33
2	113	Kelsey Post	21	Melbourne	14:38.9	7:20
3	130	Brittany Carnegie	21	Indialantic	14:54.9	7:28

## FEMALE AGE GROUP: 25 - 29

1	65	Amy Clamons	27	Melbourne Beach	13:25.1	6:43
2	90	Patti Olszewski	27	Palm Bay	14:03.8	7:02
3	96	Jenny Tagg	29	West Melbourne	14:11.8	7:06

## FEMALE AGE GROUP: 30 - 34

1	42	Alexa Gemma	34	South Daytona	12:30.5	6:16
2	128	Rene Dunne	30	Palm Bay	14:53.8	7:27
3	155	Casey Gilbert	31	Melbourne Beach	15:28.0	7:44

## FEMALE AGE GROUP: 35 - 39

1	40	Lisa Petrillo	36	Indialantic	12:29.5	6:15
2	52	Felicity Cunningham	37	Viera	12:58.0	6:29
3	57	Julie Hannah	37		13:08.2	6:35

## FEMALE AGE GROUP: 40 - 44

1	127	Christina Canales	42	Rockledge	14:53.0	7:27
2	135	Diana Ivankovic	44	Clemson	14:57.1	7:29
3	153	Renee Liggero	42	Atlantic Beach	15:27.2	7:44

*“I used to think of running as a solo sport, but in the last few years, running has given me the gift of friendships and common bonds with a wide variety of amazing and wonderful people I may not have otherwise known.”—*

*—Tracy Smith, running 18 years*



# Jingle Bell 2-Miler *continued*

December 18, 2010

## FEMALE AGE GROUP: 45 - 49

1	99	Lori Kruger	48	Indialantic	14:18.2	7:10
2	123	Terry Ferrisi	45	Melbourne	14:51.9	7:26
3	125	Sarah Guttery	45	Titusville	14:52.6	7:27

## FEMALE AGE GROUP: 50 - 54

1	167	Janet Erlacher	53	Melbourne	15:39.7	7:50
2	171	Lori White	50	Cocoa Beach	15:46.1	7:54
3	177	Joan Meadows	51	Malabar	15:55.0	7:58

## FEMALE AGE GROUP: 55 - 59

1	240	Anne Doerflein	58	West Melbourne	16:56.2	8:29
2	292	Linda Belanger	57	Melbourne	17:39.3	8:50
3	353	Tina Weeks	57	Melbourne	18:30.9	9:16

## FEMALE AGE GROUP: 60 - 64

1	331	Susan Then	63	Indian Harbour Beach	18:12.3	9:07
2	845	Patti Chandler	61	Auburndale	29:22.4	14:42
3	869	Marva Flynn	62	Melbourne	30:20.0	15:10

## FEMALE AGE GROUP: 65 - 69

1	410	Willy Moolenaar	69	Indialantic	19:03.7	9:32
2	459	Barbara Van Hemel	65	Melbourne	19:46.8	9:54
3	749	Judith Law	69	Satellite Beach	25:40.0	12:50

## FEMALE AGE GROUP: 70 - 74

1	855	Katie Marsh	72	Melbourne	29:36.9	14:49
2	860	Barbara Allen	71	Indialantic	29:48.9	14:55
3	987	Lillian Denholm	70	Ipswich	37:20.8	18:41

## FEMALE AGE GROUP: 75 - 99

1	906	Mary Woods	75	Indialantic	32:13.7	16:07
2	993	Patricia Van Dusen	80	Indialantic	38:18.5	19:10
3	996	Roberta Osterling	75	Satellite Beach	40:35.1	20:18



# KEEPING TABS

A huge **THANKS** to all those who helped with this month's newsletter including Barry Jones, for his race photos, Carol Ball, Robin Hernandez, Nick Flint, Running Zone, and Loran Serwin.

## **HEADING SOUTH**

The Space Coast Runners Sunday morning fun runs now head south along Rockledge Drive from Cocoa Village instead of north. Start time is 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!

## **STATE FARM MELBOURNE & BEACHES MUSIC MARATHON TO PARTNER WITH SOLES4SOULS**

The State Farm Melbourne & Beaches Music Marathon Weekend and Old Hickory, Tenn. - based Soles4Souls are today announcing a partnership for the February 5 & 6, 2011 Melbourne & Beaches Music Marathon Weekend with a goal to collect more than 1,000 pairs of gently worn shoes to be disbursed to needy individuals throughout the Americas.

Soles4Souls will have collection boxes at the finish line of all races during the Melbourne & Beaches Marathon Weekend and also at the Brevard Physicians Network's Health & Fitness Expo.

## **STAR KIDS TRIATHLON RESCHEDULED FOR APRIL 10, 2011 IN COCOA BEACH**

The inaugural Star Kids Triathlon (open to children ages 6 to 14 years), which was originally scheduled for December 19 in Indian Harbour Beach, has been rescheduled for April 10, 2011 and moved several miles up the road to Cocoa Beach.

The event was postponed due to logistical issues and with concerns over the cold temperatures that have recently plagued Central Florida. The event will now coincide with the Ron Jon Triathlon in Cocoa Beach, giving opportunity for both children and parents to participate in a triathlon on the same day.

## **CHI RUNNING WORKSHOP WITH DANNY DREYER IN ORLANDO**

There will be a Chi Running workshop in Orlando, FL on February 26, 2011. This workshop will be taught by Chi Running founder/Ultra-marathon runner, Danny Dreyer and local Chi Running Instructors. Recently featured in [USA Today](#) and [Time Magazine](#), Chi Running is an innovative running technique that combines the principles of Tai Chi with the power of running in order to decrease injury. Attending the workshop will provide you with a hands-on experience to both learn about the popular technique and also meet its creator, ultra-marathon runner Danny Dreyer. See [www.ChiRunning.com](http://www.ChiRunning.com) for more information.

# KEEPING TABS

*Continued...*

## **HOOD TO COAST—MOVIE THEATRE SPECIAL ONE-NIGHT EVENT**

The Space Coast Runners are excited to announce that a new running documentary will be released in theaters for a special, one-night event on January 11th, 2011 (1-11-11) throughout the country. The ONLY showing in Brevard will be at the Merritt Square 16 Cobb Theatres at 8pm.

Each year 1,000 teams (12,000 runners) in 2,000 vans cover 197 grueling miles as a relay, putting themselves through an arduous physical journey that as an individual would be impossible. As Bart Yasso of Runner's World magazine put it, "If one movie captures the Runner's High- Hood To Coast is it!"

The new running documentary, HOOD TO COAST follows four unlikely teams on their epic journey to conquer the world's largest relay race. The film captures the love, dedication, and insanity of the every day runner as well as the excitement, pain, and humor of the unprepared first timer. Their stories are reminders that no matter who you are, you can push yourself beyond where you thought your limits were. For ticket information, go to [www.hoodtocoast.com](http://www.hoodtocoast.com).



*"Thank God for running. It is the ultimate detox for me, whether my poison is bubbles, a foul mood, or a bad attitude. If I combat inertia, get out, and get moving, eventually every kind of toxin works its way out." —Kristin Armstrong, Author and runner*



# SAVE THE DATES

**SERIES LIMITED  
TO 500 ENTRANTS**

**ENTER ONE  
OR  
ENTER ALL**

**REGISTRATION WILL OPEN  
JANUARY 1ST, 2011**



## 2011 **SURF COAST TRIFECTA**



**\$3,000 CASH & PRIZES TO  
OVERALL SERIES CHAMPIONS,  
FAT TIRES, ATHENA, CLYDESDALE  
& AGE GROUP WINNERS**



### **STOP 1 RON JON TRIATHLON COCOA BEACH, FLA APRIL 10, 2011**

**1/4 MILE RIVER SWIM • BIKE 12.5 • 5k RUN**



### **STOP 2 SPACE COAST BIKEATHON VIERA, FLA MAY 15, 2011**

**20 MILE BIKE • 6.2 MILE RUN**

**2010 Surf Coast Trifecta Champions  
Mallory Dunn of Daytona Beach  
and Kevin Grogan of Clermont**



**Dad's Day  
TRI** 

### **STOP 3 DAD'S DAY TRIATHLON SEBASTIAN INLET STATE PARK MELBOURNE BEACH, FLA JUNE 19, 2011**

**1/4 MILE OCEAN SWIM • BIKE 15 • 5k RUN**

**REGISTER AT  
[WWW.SURFCOASTTRIFECTA.COM](http://WWW.SURFCOASTTRIFECTA.COM)**





**SCR members receive a 10% discount!**  
 602-B Brevard Ave., Cocoa, 321.806.3935



Courtesy of Pete Carabetta. Thanks, Pete!

To show our appreciation, we want to give you \$1 off our new Purple Lock Laces and also any other color of Lock Laces that you purchase from now on. All you have to do is put the word

"REPEAT" in the customer code box when you order online via our website [www.locklaces.com](http://www.locklaces.com).

Feel free to give this code to your family and friends as well so that they may receive the discount too for knowing such a cool person like you!



*Right now you can get Running Times for just \$1 an issue!*

Running Times is dedicated to the front of the pack ... to runners like you who live for the challenge and competition. Each issue provides insight and inspiration from the world's best runners and all you need to know about the racing scene, along with tips from top coaches, scientists, and athletes on how to take your running to a new level.

Through this online offer, you can take advantage of this special rate of just \$1 an issue. That's an **80% savings off the cover price.**

Running Times delivers the best in running news, race coverage, nutrition secrets, and race strategies to keep you at the front of the pack. All this and more delivered to your doorstep for just \$1 an issue!



Investing for the  
 Long Run ...

... Because life is not a  
 sprint, it's a marathon



**Robert J. Rall, CFP®**

A financial industry veteran for nearly two decades, Bob founded Rall Capital Management to offer investors his prudent Asset Class Management process within a fee-only environment.

Bob is a proud member of Space Coast Runners and the 50 States Marathon Club.



4730 Seminole Trail  
 Merritt Island, FL 32953

[info@rallcapital.com](mailto:info@rallcapital.com) | [www.rallcapital.com](http://www.rallcapital.com)  
 321-452-1251 (ph) | 888-452-8851 (fax)



# SCR MEMBER DISCOUNTS

Check out these great local discounts for members of Space Coast Runners! And because your SCR membership also includes membership to the Road Runners Club of America, you are also entitled to further discounts listed on the follow page. If you know of a business interested in giving SCR members a break on cost, contact Patti at [PSponsler@cfl.rr.com](mailto:PSponsler@cfl.rr.com).



10% off to all SCR members!  
[www.runningzone.com](http://www.runningzone.com)



10% off annual membership!



10% off\* to all SCR Members!  
625 N. Courtenay Pkwy  
Merritt Island, 452-3550  
\*bicycles excluded



10% off an 18-class package!  
[www.getmovingfitness.weebly.com](http://www.getmovingfitness.weebly.com)

## YOUR BUSINESS HERE

There are two ways to advertise with Space Coast Runners. Give our members a discount and we'll give you free small ad space. If that's not enough, we charge \$25 for a half page and \$50 for a full page.

Our newsletter is sent to more than 600 members each month and then posted on our website which receives thousands of unique visitors each month.

Contact Bob Rall, [Bob@RallCapital.com](mailto:Bob@RallCapital.com)

FRICION. FREEDOM.



25% off to all SCR members! Use code **Run2008** on our site,  
[www.speedlaces.com](http://www.speedlaces.com)



WHOLESALE NUTRITION PRODUCTS  
40-70% OFF retail everyday  
PLUS an EXTRA 15% off for  
SPACE COAST RUNNERS

200 S. Miramar Ave. Indialantic  
(across from Wendy's)  
321.727.1170

GU, Cliff, Hammer, Endurox, First Endurance & more!





# SPACE COAST RUNNERS

As members of Road Runners Club of America  
You are entitled to discounts from the following:



[www.Active.com](http://www.Active.com)



[www.marathonandbeyond.com](http://www.marathonandbeyond.com)



[www.ConstantContact.com/  
index.jsp?pn=roadrunnersclub](http://www.ConstantContact.com/index.jsp?pn=roadrunnersclub)



[www.metlife.com](http://www.metlife.com)



[www.Crocs.com](http://www.Crocs.com)  
15% online order discount  
code: rrca2009



[www.ortholite.com](http://www.ortholite.com)



[www.fuelbelt.com](http://www.fuelbelt.com)  
10% online discount code:  
RRCA



[www.RRM.com](http://www.RRM.com)



[www.Gatorade.com](http://www.Gatorade.com)



[http://www.sportsauthority.com/graphics/corp/  
runner.pdf](http://www.sportsauthority.com/graphics/corp/runner.pdf)  
Click for \$10 off any \$50 on-line purchase



[www.Hertz.com](http://www.Hertz.com)  
Discount Code 42136



[www.Sportscienceusa.com](http://www.Sportscienceusa.com)  
10% online discount  
code: RRCA2009



[www.IpicoSports.com](http://www.IpicoSports.com)  
Special pricing for RRCA clubs



[www.Womensrunningmag.com](http://www.Womensrunningmag.com)



[www.KSwiss.com](http://www.KSwiss.com)

# 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!