

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

April 2011



It's definitely *RACING SEASON* on the Space Coast. Lots of area races last month. Race coverage, photos and more inside....



STARTING LINE

Features

- Space Coast Runners Annual Meeting and ROY Award Series Dinner...page 5
- SCR Membership Application...page 9
- Gazelle Gazette...page 13
- Canyonland Half-Marathon...page 21

Monthly

- Who We Are ... page 3
- Meet Your SCR Board of Directors—Cyndi Bergs...page 6
- Keeping Tabs...page 10
- Run A Mile With...Rene and Les Dunne..page 18

Race Info

- Runner of the Year (ROY) Series ... page 4
- Surf Coast Trifecta...page 12
- Weight Watchers Walk-It Challenge...page 17
- Melbourne Beaches Marathon and Half-Marathon...page 24
- Star Kids Tri...page 26
- Champions MudBash...page 28
- Eau Gallie Tri...page 30
- EGAD 5K...page 32

Last Month's Races

- Rhino Romp 3K...page 25
- Berry Patch 5K...page 27
- Game Day 5K...page 29
- Corporate 5K...page 31
- Let's Run Over It 5K...page 33
- Run For Your Life 5K...page 34
- Church of Viera Family Health 5K...page 35
- 5K in the Bay...page 36

Resources

- Running Zone ... page 8
- Bikram Yoga SpaceCoast...page 16
- Investing For The Long Run ...page 20
- Health-First Pro-Fitness...page 20
- Discounts for SCR members...37
- Space Coast Running Report on 94.1FM...page 39
- SCR Now on Facebook, LinkedIn and Twitter...39



2010-11: WHO WE ARE

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 [Space Coast Runners Club](http://SpaceCoastRunnersClub.com). We also invite you to attend our board meetings which are held at 7 p.m. on the third Monday of the month. In April, the meeting will be held at Pro-Health & Fitness Center in Merritt Island.

VOLUNTEER OFFICERS AND STAFF

PRESIDENT:

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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
Port Canaveral
Male OA: John Davis, 22:09
Female OA: Jessica Crate, 24:18

Tooth Trot 5K

February 12, 2011
8 a.m.
BCC Wickham Park Pavilion
Male OA: Ryan Oates, 17:51
Female OA: Lisa Petrillo, 20:07

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

February 26, 2011
10K Male OA: Ben Fish, 36:36
10K Female OA: Jessica Crate, 39:19
10K Walk Male OA: Raymond Jenkins, 1:10:29
10K Walk Female OA: Wendy Dietz, 1:12:47
2M Male OA: Kenny Rhodes, 13:37
2M Female OA: Mary Hofmeister, 14:31
2M Walk Male OA: Paul Avord, 22:27
2M Walk Female OA: Marie Verderame, 26:45

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
runsalot@cfl.rr.com

For Current Runner of The Year Standings, [Click Here](#)

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.



**Space Coast Runners Annual Meeting
and
Runner of the Year Celebration Dinner**

Saturday evening, May 7, 2011, 6 pm

Indian Harbour Beach Community Center

Tickets: \$10/ adults, \$5/under 12

“ROY Tickets”

516 S Plumosa St #15

Merritt Island, FL 32952

(Checks payable to Space Coast Runners)

By April 23rd !!!!

Menu

Chicken Parmesan
Baked Ziti w/ meat
Baked Ziti w/ 3 cheeses (no meat)
Italian Green Beans
Caesar Salad
Rolls and Butter
Dessert
Iced Tea
Lemonade

Agenda

State of the Club
Golden Shoe
Hall of Fame
2011 SCR Scholarships
*****Dinner *****
Annual Financial Report
2011/2012 Officers/Board
Ran Every Race Awards
Youth Series Awards
RUNNER OF THE YEAR Awards

Meet Your SCR Board of Directors

Cyndi Bergs

I never considered myself a “runner”. Growing up I always participated in sports such as basketball, softball, volleyball, and soccer. I enjoyed pushing my athletic skills and participating as a team in events. I spend hours and hours throughout my childhood riding my bike alongside my best friend as she trained for track and cross country through the years of Jr high, high school, and eventually college. Still, running just seemed to be a boring activity to do.



Fast forward through college and after and I found myself relocating again and needing to find some community activities to get involved with. In 1999, I was living in Memphis, TN and working out at a local gym. Whether it was fate or just the right time, I was invited out on a trail run with some of my work out mates. I remember preparing for the day and feeling nervous and unsure about how I would do just “running”. It was a beautiful spring morning and we headed out on a trail run at Shelby Farms just outside of Memphis. While I know my coordination of learning to run while looking at the ground and ahead of you at the same time needed a lot of work (I still believe tree roots purposely jump out at you), I finished that day with a renewed sense of “wow”! Somehow, the combination of companionship, running, and experiencing Mother Nature had captured me.

For those of you who know me, I am a pretty determined (often confused with stubborn) person—once I commit to something and set personal goals, I will accomplish them. This doesn't always necessarily mean I plan accordingly but it will result in me pushing myself to meet the goal. A year after I started running, I committed to my first marathon—Chicago 2000. This was so significant for me. First, I was born and raised in Chicago, and second, after all of those

long rides along side my friend as she ran, I will never forget seeing her at mile 17 and hearing her yell my name. Somehow amidst the hundreds of people lining the street I managed to see her. She quickly joined me at my side and ran with me. Crossing the finish line that day confirmed my belief that anyone is capable of accomplishing their goals. Failure can only occur if you don't create goals for yourself.



Continued on next page...

Meet Your SCR Board of Directors

Cyndi Bergs *continued*



There was no turning back—since 2000, I have been actively involved in three different running clubs and have run numerous miles. I maintain a commitment to run a minimum of one marathon a year to reconnect me with finding my strength and determination. I have learned to experiment in other endeavors such as competing in triathlons the past two years because I am no longer intimidated by failure. For me, it doesn't matter if you are the fastest or the slowest. The fact that I am still able to go out and run or bike or swim is my biggest reward.

I have made a lot of friends over the years being involved in the running community. I have learned that running isn't "boring"; in fact, I have solved some of the greatest problems, relieved hours of stress, and laughed the hardest running side by side with my friends. The reason why we run, walk, bike, or swim is personal...it is your own fuel that only you can ignite. —Cyndi Bergs

Below: Cyndi celebrating with friends Kelly Hunter and Christy Tagye after this year's Melbourne Beach Marathon and Half-Marathon.



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



SPACE COAST RUNNERS MEMBERSHIP APPLICATION FORM

Select One: New Member Renewal Address change

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____ DOB: ____/____/____ Age: ____ Sex: M / F

Email address: _____

Available to volunteer for an event during the year (circle one): Yes / No

- Membership Class/Dues (select one):
- Individual – \$30/year
 - Family – \$35/year
 - Student* – \$15/year
(* up through a full-time college student)

If Family Membership, list family members below:

Name: _____ DOB: ____/____/____ Sex: M / F

Name: _____ DOB: ____/____/____ Sex: M / F

Name: _____ DOB: ____/____/____ Sex: M / F

Name: _____ DOB: ____/____/____ Sex: M / F

(For additional family members, continue list on reverse side of this form or on an additional page)

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

Signature

Date

Mail completed form and dues to: Space Coast Runners, Inc.
c/o Loran Serwin, Membership
P.O. Box 2407
Melbourne, FL 32902-2407

SCR-07-2007

KEEPING TABS

A huge **THANKS** to all those who helped with this month's newsletter including, Carol Ball, Ty Bowen, Cyndi Bergs, Dave and Lisa Farrall, Loran Serwin, and the Running Zone. Special THANKS to Rick Andrews of Andrews Photography and Steve Colella of YourPhotosNow.com.

HAPPY BIRTHDAY TO: If you see these folks out running or walking this month, wish them a Happy Birthday. **4/1**—Bernadette Beck; Bernie Sher; Jared Gannon; **4/2**—Anne Doerflein; Tammy Foster; Karen Furton-Sparks; Cyndi Bergs; **4/3**—Doug Nichols; **4/5**—Matthew Ferrisi; **4/6**—Jacob Carr; **4/7**—Dick White; **4/8**—Tony Tagye; **4/9**—Steven Raymond; Joshua Farner; **4/11**—Sharon Smethurst; **4/12**—Mitch Varnes; Kristen Strout; **4/14**—Nick Flint; **4/15**—Roger Rowan; Devra Fain; **4/16**—Elwyn Brown; Katie Smith; **4/17**—Carole McCoy; Joan Meadows; Lisa Farrall; Danielle Slomins; **4/18**—Connor McCoy; **4/19**—Jenni Crook; **4/21**—Zachary Unrue; **4/23**—Christina Martin; **4/24**—Kevin Howald; Patricia Delacruz; **4/25**—Jessica Smith;

WELCOME NEW MEMBERS

March's new members: Karen Stokes; Joe Cleland; Jane Cleland; Jenna Cleland; Jadyne Cleland; James Krupp; Ragan Krupp; Braden Krupp; Sean Black; Jovita Ojeda; Ben Buchanan; Ryan Buchanan; Douglas McMahan. Welcome! See you on the roads.

GOOD LUCK TO OUR BOSTON MARATHONERS!

The 115th running of the world's oldest, and maybe best-known marathon takes place on Monday, April 18th. The Space Coast will be well-represented again this year. Good luck and Congratulations in advance to: **Michael Adams**, Melbourne Beach; **Greg Apotsos**, Melbourne Beach; **Danny Barrett**, Cocoa; **Cindy Bishop**, Merritt Island; **Steve Chin**, Satellite Beach; **Kati Craig**, Rockledge; **Jessica Crate**, Melbourne; **Autumn Evans**, Melbourne Beach; **Megan Jaunich**, Satellite Beach; **Alan Lamotte**, Satellite Beach; **Debbie Molina**, Merritt Island; **Annis Outlaw**, Titusville; **John Ouweleen**, Sebastian; **Brent Peoples**, Melbourne; **Jeff Reed**, Indialantic; **Tricia Rydson**, Melbourne Beach; **Jim Schroeder**, Indialantic; **James Shaffer**, Melbourne; **Shane Streufert**, Viera; **David Taurasi**, Titusville; **Cheng Ten**, Melbourne; **Kristen Tinker**, Merritt Island; **Amy Tompkins**, Rockledge; **Kathryn Vanarsdall**, Indialantic;

“We runners are all a little nutty, but we're good people who just want to enjoy our healthy, primitive challenge. Others may not understand running, but we do, and we cherish it. That's our only message.”—John J. Kelley, Olympic marathoner

KEEPING TABS

SURF COAST TRIATHLON SERIES KICKS OFF APRIL 10 WITH RON JON TRIATHLON COCOA BEACH

The 2nd Annual Surf Coast Trifecta multi-sports series kicks off on April 10, 2011 with the Ron Jon Triathlon Cocoa Beach. The three-event series is followed by the State Farm Space Coast Bikeathon (duathlon) in Viera on May 15 and wraps up in south Melbourne Beach's Sebastian Inlet State Park on June 19 with the Dad's Day Triathlon. Information on the series and registration are available at www.surfcoasttrifecta.com

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!

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 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.

*“At least 99% of running is just showing up, getting out there and putting one foot in front of the other.”—John Hanc, *The Essential Runner**

*“Humans were made to run.”—Alberto Salazar, *Alberto Salazar’s Guide To Running**

*“The challenge in running is not to aim at doing the things no one else has done, but to keep doing things anyone could do—but most never will.”—Joe Henderson in *The Complete Book of Running**

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.

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**



Gazelle's Gazette

Contributed by Jessica Crate

Editor's Note: It's not often that we have someone local to our community who is close enough to the top of their game to get an opportunity to train for the Olympic Games. But right now the Space Coast has a runner that has a chance to live that dream. Jessica Crate has embarked on a journey that could lead to qualification in the Olympic Trials. If she can qualify for the Trials, she will have a chance to qualify for the Games. While it will be a long, hard, and very difficult task, we are rooting for her. I have asked her to provide a regular contribution to the newsletter so that we can share in her experience. She has agreed to write about her training, her successes, her troubles and the many adventures along the way. This is the first installment of what we hope will be a long and successful journey of one our locals. We're behind you Jessica! We look forward to sharing your journey.—Bob Rall



”Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.” ~Coach John Wooden.

Wow! What a fantastic journey it has been... Stop and think about the interactions that got you involved in running and being a part of your success up to this date?!??!

Recently, I have been asked the same questions. Well, I can tell you, I have SOOO many people to thank. I have been running competitively for close to 15 years now and have been privileged to earn a 4-year scholarship and travel the world as part of my athletic career. These lifelong experiences have not only enlightened me intellectually, but have allowed me to experience far more had I not pursued a career in running. I attribute my success to God, my family, church family at CAV, Coaches, training partners, friends and especially the community that I have been a part of for the past 3-4 years. There is no way I would be able to endure, conquer and succeed in what I have if it wasn't for the support of everyone around me. One of my favorite lines is from the movie, 'Chariots of Fire': "I believe God made me for a purpose, but he also made me fast. I'm going to run to feel his pleasure." Growing up with a supportive and athletic family has really helped me in all aspects of life as well as juggling my academic career and participation in every sport from swimming, volleyball, dance, soccer, track, cheer, basketball, softball, cross-country, to now more recently, marathons and triathlons. Thank you to my amazing parents and awesome siblings!

Continued on next page...

Gazelle's Gazette *continued*

Contributed by Jessica Crate

It has been approximately 3.5 years since I moved to Brevard County upon graduating from Florida State University in 2007. I had no idea what to expect and when I moved to the Space Coast to pursue an advanced degree and embark on a Pharmaceutical career. I took my Mom, Sharon's advice, to get active and participated in my first Space Coast event, the Zachary 5k to meet new people and get to know and support my new community. Coming out of college, I wanted to keep up my fitness level, run for fun and wanted to see what kind of competition this community offered.

My very first race, I showed up in a pair of Canadian red bum huggers and a bra top (which is normal in Varsity Track), at the first Fall event of the year. My family and friends came to encourage me as I won the race, apparently, generating such comments, according to my Mom as, "Who' is that?! She must be fast if she's comfortable wearing red underwear! LOL... See picture below " ;-)



Little did I know that the "FAST" guys, John Davis, Mike Wasson, Scott Larson, Jonathan Campbell, Shane Streufert and my boyfriend, Steve Chin, would become some of the best training partners and fellow competitors. We laugh now how we never would have dreamed to be doing long runs over 9 miles or considering training for 26.2 as "normal". It has been an amazing, yet humbling experience, training and racing with the best and now being asked to enter an Elite field for a half or full marathon event. I can honestly say that none of my successes, experiences or honors would be

possible without all of the PEOPLE that have been and continue to be a part of my life! Thank you to the many runners, triathletes, and sports enthusiasts who have encouraged, challenged, and joined me in the multisport community here in town.

I was recently reminded of my first REAL distance encounter as I reminisced with Barbara Krause about how we met in the Fall of 2007. I had commented on her 10 mile race t-shirt and how long I thought that was before taking off in the Space Coast 15k Classic that morning. It was probably that race which started the cascade of distance racing shenanigans as it was Art Anderson who decided to challenge me to my first Space Coast Half Marathon. Shortly after, Steve Chin approached me to join Pat, Autumn and Jay in the KEYS 100 mile relay, which our current team now holds the record for.

Continued on next page...

Gazelle's Gazette *continued*

Contributed by Jessica Crate

I would also like to thank the Running Zone for signing me on as part of their Racing Team, I may not be where I am today if it wasn't for the fun RZ Series of events that I've participated in. It was such an honor and a privilege to represent the Space Coast, Running Zone, and Brevard County as part of the Florida's Finest Team at the Disney Marathon in January. I couldn't have done it without the support of my this community, the RZ, Coach Butler, my Mom-Sharon Larson, boyfriend Steve Chin, the Soles in Motion Team and the many others that have come alongside me on this journey.

I also want to give a huge shout out to one of my favorite local coaches and inspiring competitors, Doug Butler. I would love to tally up all of the incredible workouts we've had on that beloved Wickham park road with 220 & 330 to 1/2 and 1.5 mile workouts. It has been such a pleasure running with Butler, his team, the group and meeting my significant other of my life at your camp. I can't count how many workouts, events, and trips that our training groups have participated in, but there have been so many incredible races, amazing friends made, new accomplishments and memories to last a lifetime. Hats off to each and every one of you that come out, persevere, train hard and encourage each other.

My present goal is to qualify for the Olympic Trials in the Marathon. "You miss 100% of the shots you don't take", so I am pursuing this goal and taking on the challenge. It is definitely not easy, with two-a-day workouts, early mornings, balancing the everyday activities, monitoring injuries, staying on top of proper diet & nutrition and focusing on remaining mentally tough despite the ups and downs.

As I pursue this feat, my ultimate motive along the way is to continue helping others as I seek to inspire those around me to stay fit, be healthy, and motivate others try something new, while engaging them to do the same and grow our vibrant running & multisport community! Being ACTIVE does so much for you in more ways than one... Run off stress with us on Monday nights or use running as an outlet. I know it has done wonders for my life and I suggest if you surround yourself with great people, stick to it, you will be better person for it!





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Schedule	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 am	Hot Yoga	Hot Yoga	Hot Yoga	Hot Yoga	Hot Yoga	Hot Yoga	
5:30 pm	Hot Yoga	Hot Yoga	Hot Yoga	Hot Yoga	Hot Yoga		Hot Yoga
7:30 pm	Hot Yoga		Hot Yoga				

We are located at 4509 S. Hopkins Ave, Titusville, FL 32780 (two blocks North of Cheney)

Weight Watchers Walk-It Challenge 5K

Space Coast Runners has again partnered with the Road Runners Club of America to present the Weight Watchers Walk-It Day 5K to highlight walking as a great way to get moving, burn calories and tone muscle. This event is nationwide, with 50 walks throughout the country this year, all on the same day!

Join Space Coast Runners at Windover Farms in Melbourne on Sunday, May 22 at 8am and take the Weight Watchers Walk-It Challenge 2011 with us! Last year we had a great turnout – and we are expecting even more this year!

This is a timed, but non competitive event; open to the public and runners are welcome! This year, all Space Coast Runners members save \$5 off the pre-registration fee – so for only \$10 you get a 5K fun run or walk, “Walking” finisher medal, t shirt, and healthy post race food! Coupon Code: SCR on RunSignUp.com until May 8 only! All entries after May 8 are \$20.

We will also have Jackie Schmoll of Get Moving! Group Fitness and Personal Training leading us in a pre race warm up! Register by mail (entry form on next page) or www.RunSignup.com Entries are also available at Running Zone.

SPACE COAST RUNNERS presents

Weight Watchers' **WALK-IT CHALLENGE**

Date Sunday, May 22, 2011
Time 8:00 am
Location Windover Farms
4025 Windover Way, Melbourne
(Off Post Road)
Event Nation-wide 5k Walk (3.1 miles)



Registration

By Mail

Mail entry below with check

Online www.runsignup.com

Race Day Registration

From 7:00 to 7:45 am at Windover Farms

Entry Fee

\$15 postmarked by May 8th

\$10 SCR members by May 8th

\$20 postmarked after May 8th

Amenities

- * T-Shirt with 5k entry
(register early to guarantee your shirt size)
- * Walk warm up with Jackie of **Get Moving!**
Group Fitness and Personal Training
- * Walker medals to all finishers
- * Door prize drawings
- * Healthy refreshments post-walk

For More Information, contact
Cyndi Bergs at 321-514-6955
mcborgs@att.net

or visit:
www.spacecoastrunners.org
www.runningzone.com

Mail completed entry form and payment to:

Space Coast Runners, 516 S Plumosa St #15, Merritt Island, FL 32952

Name _____ Age _____ SCR member? _____

Address _____ City _____

State _____ Zip _____ Phone _____ Email _____

T-Shirt: Pre-register early to guarantee your shirt size! [S] [M] [L] [XL] [XXL] [XXXL]

I hereby release Weight Watchers, Space Coast Runners, RRCA, and other sponsors and officials involved in this event from any and all damages or injuries arising out of participation in the **Space Coast Runners presents the Weight Watchers® Walk-It Day 5K** and further state that I am in proper physical health and condition. (Additional RRCA Official Waiver to be signed on race day)

Signature (parent or guardian if under 18) _____

Date _____

Run a Mile With....Rene and Les Dunne

Name: Rene & Les Dunne

Family: Gizmo, Salty & Jasmine (cats)

Ages: Rene—30; Les—35

Occupation or Dream profession: Rene—domestic engineer Les—sales rep.

Number of Years Running: 2

Began Running Because/To: Rene & Les—quit smoking & lose weight



I Knew I Was Hooked When: Rene & Les—when I ran my first race

Race PRs (Personal Records): Rene—can u ask me this next year? Les—5k 24:48 and counting... (Editor’s Note: OK, we’ll ask, but we’re not going to be happy. First we find out that you’ve only been running two years...AND you’re both fast?)

Most Satisfying Race Performance(s): Rene—Jingle Bell 2 miler (It was the first time that I had run on a team & the first time I placed at a RZ race)
Les—Space Coast Half Marathon (personal goal was met)

Favorite Race(s): Rene—Ghostly Gecko & Jingle Bell 2 miler...They are both fun and competitive Les—Eye of the Dragon 10k...it’s my favorite distance

Favorite Place(s) to Run: Rene—around our neighborhood Les—anywhere a race is held

Running Partner(s): Rene—my wonderful hubby :-)
Les—my beautiful wife (Editor’s note: Sheeezzzz!)

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:
Rene & Les—Jesus Continued on next page...

Editors note: A nice trend we have been noticing lately is the number of couples running together. To celebrate, here is our first “Run a Mile with...” Couples Article. If you would like to be featured in “Run a Mile With...”, send me an email at bob@rallcapital.com

Run a Mile With....Rene and Les Dunne

Continued

Funniest or Oddest Thing I've Seen While Running: Rene—a woman wearing a nightgown & curlers (Ghostly Gecko) Les—my wife beat me

Training Philosophies: Rene & Les—listen to your body

One Piece of Advice That I Would Give to a New Runner: Rene—never stop having fun
Les—set achievable goals

Other Sports& Interests: Rene—yoga and cycling Les—cycling

Favorite Reads: Rene—Bible & anything by Nicholas Sparks Les—Bible

Favorite Movies: Rene & Les—too many to count

When Nobody is Looking I Like to: Rene—watch reality TV & be lazy Les—lay on the couch

Favorite Meal:
Rene—anything (I love food!)
Les—meat & potatoes

Dream Vacation:
Rene—European tour
Les—Alaska

I Think That SCR Could Do A Better Job: Rene—be known; SCR is great but too few people know about it.
Les—d-tag timing at all the races

(Editor: Thanks Rene and Les!)





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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.

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SPACE COAST RUNNERS WOULD LIKE TO THANK HEALTH-FIRST PRO-HEALTH AND FITNESS CENTERS!! They graciously allow us to use a meeting room in one of their facilities for our SCR Board Member Meeting each month.

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Canyonlands Half-Marathon—Moab, Utah

By Dave and Lisa Farrall and Carol Ball

This Hot news flash has just come over the snail mail news line from Moab, Utah. “Three Area Space Coast Runners have just set P.R.s in the 2011 Canyonlands Half-Marathon on March 19th.” Story to follow...

Yes!!!! That is true and all happened because Lisa Farrall spent time talking to a few rowing crew members of a rowing team, while getting a pedicure and manicure. Lisa mentioned that she does half-marathons and the conversation took off from there. Bottom line was the most beautiful half-marathon to do is the Canyonlands Half-Marathon in Moab, Utah. That sparked her interest. She came home, looked the race up on the Internet and the rest was history. I was informed that I had to fit a long weekend into my work schedule to run a half-marathon. I would normally rather do a full but half is really okay.

The race has a lottery system to keep the field down to 4,000. An option was offered for “teams” so that groups that wanted to attend together would have just as much chance to be chosen as individuals. That brought Carol Ball and Ty Bowen into the picture. Then Carol’s cousin, Garry Schalla, from Wisconsin, joined us and the Space Coast Running Team was formed. This was Garry’s first half-marathon. Entries had to be in by November and the field was chosen in January. We were notified we were in and the final plans were made.

Lisa and I traveled on Thursday and Ty and Carol came in on Friday. We tried to contact each other but cell phones don’t work too well in the canyon area. There was an 800 foot rock wall between Moab where Carol and Ty were and the B&B where Lisa and I stayed. If you have never been to the Canyonlands area of Utah, the scenery is so massive and beautiful that it makes one feel insignificant.

Continued on next page...



Canyonlands Half-Marathon—Moab, Utah *continued*

By Dave and Lisa Farrall and Carol Ball

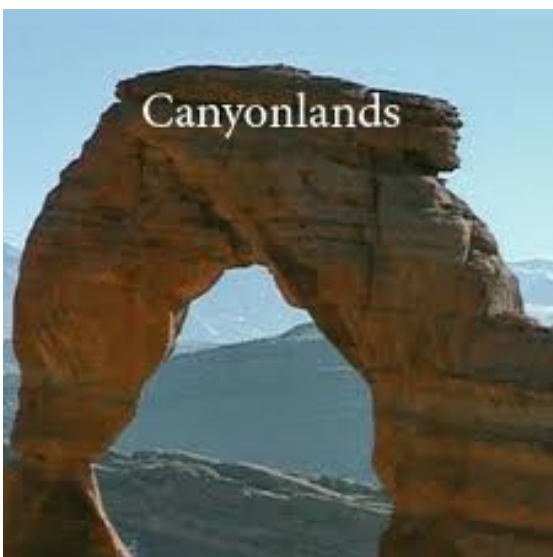
The race expo was really better than Lisa and I thought it would be. It was held in a community athletic enter gymnasium. There were many vendors, and packet pickup was well organized. We did not go to the Pasta Dinner, but Carol and Ty did. The pre race pasta dinner was a fundraiser for the local high school and was put on by the students in a nearby hotel banquet room. The food was plentiful and great! Lisa and I went to a local Italian restaurant that was really good.

The course, about 4500 foot above sea level, is a point-to-point course. People are bused out about 11 miles down a canyon road. You run out of the canyon between rock cliffs about 1000 foot high along the Colorado River, and through the northern end of Moab. It was breathtaking, to say the least. The race started at 10am to have enough time to bus all the runners. That has its advantages and disadvantages. Lisa and I were driven to the start from the east. Carol and Ty rode the bus from the west. The team met up about 9 am. It was a nice 44 degrees.



Then a headwind about 17 mph started to blow. With an earlier start time, we may have been nearly finished before the winds came. The winds also caused red dust to go in our mouths and in our clothes. Dave started off running to see how far he could go, but then he began walking 20 minutes and running 20 minutes. The wind and the hills took their toll; he ended up with a 10.5 minute pace and finished up at 2:24. This was Lisa's third half-marathon and her first two had the same time: 3:02. Her goal was to finish under 3 hours. She ended up with a 2:56 and was very happy. Despite the unfamiliar altitude, Carol, Ty, and Garry also got PR's, (2:44, 2:47:39, 2:47:53)! This was after Carol said she wasn't going to push it!

Continued on next page...



Canyonlands Half-Marathon—Moab, Utah *continued*

By Dave and Lisa Farrall and Carol Ball

Each participant was given a drawstring “sweat bag” for extra clothes. There was a truck at the race start and volunteers took the sweat bags from us. We picked them up after the race—very efficient. The race was well-organized. Water and energy stops were plentiful. There was what seemed like hundreds of volunteers. The post-race refreshments were so-so, probably the only disappointing thing about the race: water, Gatorade, cookies, bananas, and oranges. All Lisa wanted was a BIG cup of coffee, so we found a little restaurant to get coffee—aaaah!

Carol and Ty stayed on in Utah for the following week and visited Arches, Canyonlands, Bryce, Zion, and finally Las Vegas. What a beautiful part of the country! This half marathon and its sister race “The Other Half” held in the fall are recommended by all of us!



Left—Dave (L) and Lisa celebrate with a friend and a postrace coffee. Below—Carol and Ty...and some incredible scenery!



Editor’s Note: If you’ve traveled to an interesting, scenic, or otherwise noteworthy race, we’d love to hear about it. Send me the info at bob@rallcapital.com and we’ll run it as a feature story in the newsletter.—BR

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Rhino Romp

March 5, 2011

This was the 5th year for the Rhino Romp at the Brevard Zoo. There were 1236 participants registered and 1096 finishers...a nice increase of 173 over last year! Peter Clusener, of Melbourne, maintained a 5:30 pace for the 3K and crossed the finish line in 10:13 to take the Overall Male Champion award. Drew Denson, from Titusville, was second in 10:25.4, edging out third place finisher Ron Abel, of Satellite Beach by one-half of a second. Steve Chin, also of Satellite Beach, took the Male Masters Championship in 10:36.

For the ladies, Melbourne's Jessica Crate continued her winning ways, taking the Overall Female Champion trophy with a time of 10:40. Kim Hunger, from Palm Bay, was second in 11:23 and Alexa Gemma, of South Daytona, finished third in 11:54. Pam Meier, of Rockledge, was the Female Masters Champion, coming in at 13:07.

Thanks to Ken Horton of icunphotos.com for the pictures at the Rhino Romp.



Photo by Ken Horton-icunphotos.com 03/05/2011 07:30



Photo by Ken Horton-icunphotos.com 03/05/2011 07:45



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Berry Patch 5K

March 6, 2011

The first annual Berry Patch 5K was held at BCC/Wickham Park Pavilion on Sunday, March 6th. Timed to coincide with the 23rd annual Strawberry Festival, the race benefitted Habitat for Humanity of Brevard County. There were 162 finishers in the event. Tom and Kate Stuart, visiting from Gibsonia, PA took the Overall Male and Female Championship. Tom finished first, coming in at 17:33. Kate led the ladies division, finishing 13th overall with a time of 21:53. Ryan Oates, of Rockledge finished second for the men in 17:47 and Satellite Beach's Ron Abel was third in 17:49. Mike Fretz, of West Melbourne, was the Male Masters Champion, clocking in at 19:26.



Terese Meegan, of Melbourne, was the second lady to cross the finish line, coming in at 24:34. Terri Jones was third with a time of 25:09. Palm Bay's Lori Rattay was the Female Masters Champion, crossing in 26:29. [CLICK HERE](#) for complete race results.

Race photos provided by Steve Colella of YourPhotosNow.com. [CLICK HERE](#) to see all photos from the event.



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Game Day 5K

March 6, 2011

214 runners and walkers participated in the inaugural Game Day 5K held at Space Coast Stadium. Held prior to the Spring Training game between the Washington Nationals and the Atlanta Braves, the race offered a unique course and the opportunity for the male and female winners to throw out the Ceremonial First Pitch for the ballgame. Starting outside the stadium, participants looped around the practice fields before entering the stadium for the finish. Entering into right field, they went around the warning track into left field, then down the third base line, finishing at home plate. Some really got into the spirit of things by sliding across home plate! Funds raised by the race benefitted the Melbourne High School Baseball Team.



Steve Chin took the Overall Male Championship with a time of 17:33 and Jessica Crate took the Female honors coming in 10 seconds later at 17:43. [CLICK HERE](#) for complete race results.

Clockwise: Space Coast Stadium; a young runner heads for the finish. Under the watchful eye of a Nationals' coach, Steve and Jessica throw out the first pitch. Word is, they should stick to running!



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Corporate 5K

March 17, 2011

The inaugural Corporate 5k was held on March 17th. It was a big office party designed to promote fitness and team-building from 20 local companies. The race was held at the Harris Family Medical Center in Melbourne. 473 participants hit the road, with many of them wearing the Green of the Irish in celebration of St. Patrick's Day. Individual awards, team awards and even Overall CEO awards were given.

For the individual award winners, Jason Wagman, of Malabar, was the Overall Male Champion, coming in at 18:53. The Overall Female Champion was Palm Bay's Kim Hunger, with a time of 19:37. Overall Male CEO Champion went to Mike Acosta of Viera Pizza with a time of 23:43. Overall Female Champion was Angela Coram, of Team PTR, who crossed the line in 25:31.

For Corporate Teams with 1-99 employees, Viera Pizza took top honors. For Corporate Teams of 100-999, Florida Today led the way. Wuesthoff Health Systems' team took top honors in the 1000-4999 category, while Harris Corporation took the top in the 5000+ group. There were also Male teams, Female teams, and Co-Ed teams as well as several teams from various industries. [CLICK HERE](#) for a complete list of teams. And [CLICK HERE](#) for photos of the event provided by Barry Jones of TriHokie Images.





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Let's Run Over It 5K

March 19, 2011

Message from Kim Rodriguez, Race Director:

To Whom It May Concern:

March was National Colorectal Cancer Awareness month. Colorectal Cancer is the second leading cause of cancer death in the United States. This Cancer is Preventable, treatable and beatable. Screening saves lives. Unfortunately, people are not aware. Seven out of ten people with colon cancer have no symptoms therefore do not get screened.



To promote CRC (Colorectal Cancer) Awareness, Melbourne GI Center our 2nd Annual 5K Run/Walk on March 19, 2011. We'd like to get the word out and fight against this preventable cancer.

We just want to thank those who helped us to put on this event. With out your support it would not be possible!! It was a great success.

We raised \$4000.00 by having this event and we are planning for next years 5K Run/Walk, in March 2012 same place same time, date TBA.

Thank you for all you do to get the word out. —Kim Rodriguez

The Race was held at Holmes Park in Melbourne and had 126 finishers. Mike Fretz was the Overall Male Champion with a time of 18:23. Peter McLean finished second in 19:04 and Lance Evans was third in 20:07. Ted Amgott took the Male Masters Champion slot, coming in at 20:55. For the ladies, Angie Preston was the Overall Female Champion, with a time of 21:35. Mary Hofmeister was second in 21:49, and third went to Kelsey Osborn in 22:24.



Run For Your Life 5K

March 19, 2011

The Run For Your Life 5K took place on March 19th at the Indian River City Methodist Church in Titusville. A Titusville Race Series Event, the proceeds benefit the youth group at the church. Led by Youth Pastor Brett Murphy, each year the group donates a portion of the proceeds to a charitable organization. This year, they donated \$500 to the Joseph Fund, a non-profit fund set up amongst many churches in Titusville to help support current and future families who are financially burdened by the layoffs at KSC.



A cool Saturday morning brought out 233 runners and walkers who finished the race. Brent White was the Overall Male Champion, covering the 5k course in 16:47. Thaddeus Austin finished second in 17:58 and Chris Loines took third with a time of 18:21. Joe Hultgren was the Male Masters Champion, crossing the finish line in 18:22. Alexa Gemma was the Overall Female Champion in 19:41. Sandra Gannon finished second in 21:06 and Kara Kyramarios was third in 21:18. The Female Masters Champion slot went to Chiqui Buehner who crossed in 23:59. [CLICK HERE](#) for complete race results. And [CLICK HERE](#) for photos of the event, provided by Rick Andrews of Andrews Photo Gallery.



Family Health 5K Walk-Run

March 25, 2011

Note from the Race Director, Nick Smith:

On the evening of March 25, 2011, a good time was experienced by over 200 individuals from two years of age to 72. The first annual Family 5K Walk/Run was held at Church at Viera to benefit New Hope Christian Counseling Center. New Hope provides comprehensive counseling and psychological services to children, adolescents, young adults, couples and families. The runners were entertained by Greg Phillips from Rising Star, the mascot cow from Chick-fil-a who brought prizes and coupons for all the participants, and everyone had the chance to eat calzones and muffins from Pizza Gallery. Boater's Exchange participated in the race and exhibited two slick boats. The Running Zone assisted obtaining accurate results for the racers. There were great t-shirts printed by Tropical Design and really unique trophies for the top 3 finishers in every age group represented. The event was sponsored by Health First, Pro Health and Fitness, in preparation for the grand opening of the Health First Hospital, Viera the next day.

New Hope looks forward to doing this event next year.—Nick Smith

In the race, 16-year old Cory Sayyeon of Cocoa Beach cruised to the Overall Champion spot in 16:54. 17-year old Jason Jones, also of Cocoa Beach finished second in 17:42. 42-year old Mike Fretz of West Melbourne crossed the line third in 18:03. Art Anderson was the Male Masters Champion in 18:47. On the female side, Alexa Gemma, from South Daytona took the Overall Female Champion slot with a time of 19:44. 15-year old Ashley Bunting of Cocoa Beach was second in 20:54 and Kristen Fettes took third with a time of 21:48. Cathie Poor, of Rockledge, was the Female Masters Champion with a time of 25:00. [CLICK HERE](#) for complete race results.—BR



5K In The Bay

March 26, 2011

Contributed by Race Director Barry Portnowitz...



Our Second "5K In The Bay" was almost perfect, the weather was calm and cool perfect for the runners, walkers and the dogs. The race course which was setup by Nancy Higgs and the Barefoot Bay recreation district was flawless. Timing and scoring was provided by "Space Coast Event Management & Timing" run by Marty Winkel who also was great to work with and extremely efficient.

The overall winners were Male; Art Anderson in 19:22, and Female; Tobi Pfenninger in 24:45. The Masters' winners were Male; Kyle Chisholm in 21.06 and Female; Sally Daw in 29.01. Our youngest racer was 5 yr. old Jay who finished dragging his Uncle, I believe, just behind him.

Of course without our sponsors we don't have a race, special thanks go out to Relm Wireless Inc., Gray Robinson Attorneys at law, First Choice Properties Inc., and WellMed, also to all our volunteers. —Barry Portnowitz [CLICK HERE](#) for complete race results.



Clockwise from above: Male Champion Art Anderson, Female Champ Tobi Pfeninger, some happy walkers and 5-year old Jay finishing ahead of his uncle!



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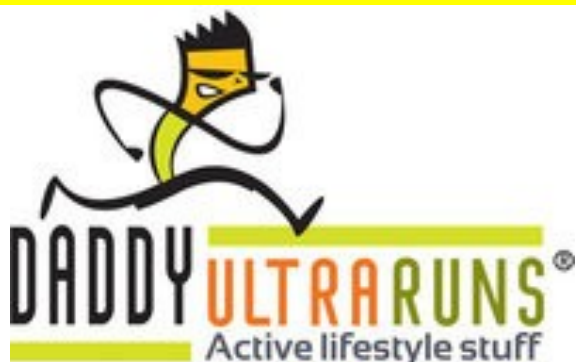
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On 94.1 FM

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Hear two different reports each week:

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- + The Thursday-Friday report will promote upcoming races, race series standings, interviews, high school running news

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