

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

May 2011



A run for the children

PIKES PEAK



5K Run for a Cure



The Racing Season is winding down on the Space Coast. But there were still lots of races in April. Race coverage, photos, and a lot more inside...



STARTING LINE

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RUNNING



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 May, the meeting will be held Monday, June 20th at Pro-Health & Fitness Center in Viera.

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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
Male OA: Erik Blosser, 16:12
Female OA: Jessica Crate, 17:57

Space Walk of Fame 8K

April 9, 2011
Space View Park, Titusville
Male 8K OA: Scott Balcoo, 26:26
Female 8K OA: Jessica Crate, 30:50

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.

Meet Your SCR Board of Directors

Nick Flint

My running story started 4 years ago when I was in seventh grade. I tried out for my school's soccer team and didn't make it for one main reason: I was out of shape. Trying to think of ways I could get fit, I decided to try running a 5k with my mom one Saturday morning. Let's just say those 3.1 miles felt more like 31 miles to me.

Wanting to take on the challenge of improving, I started doing runs around my neighborhood and my love for running progressed from there. I quickly found out that the more I trained the faster I became, and running became less like work and more enjoyable. I started winning my age group in races, eventually winning my age group in series too.

I branched out from running by myself to joining my school's track team and then our cross country team. My training also included running with Rebecca Sparks' Up and Running group; I enjoyed catching up with some of the faster runners including Tristan Webbe and Howard Kanner (never did catch Ed Springer!).

Eventually I purchased a road bike and decided I wanted to compete in triathlons. Over the past few years I've completed a dozen or so triathlons including a couple of Olympic distance ones, and won my age group in the first Trifecta series and the overall win at the Moss Park series. I've lately dropped back to strictly running as I find I have less time to train as I prepare for life after high school when I graduate next year.



Continued on next page...

"Saying you don't have enough time is a bad reason to not run. There's always time for a run."

Kathleen Sebelius, Health and Human Services Secretary

Meet Your SCR Board of Directors

Nick Flint *continued*

I am grateful to have running in my life; it is something my whole family enjoys doing together. We recently ran the Eco-safari trail run and look forward to future family races when my brother is home from college. I am really glad to have turned my love of running into a part-time job working with Hernan Garcia at Daddy Ultra Runs, a great athletic store in Cocoa Village---who knows, Hernan might even talk me into trying ultrarunning. I like helping people find the shoes and clothes that make their runs more enjoyable, and sharing my expertise with them.



As well, I want to give back to the running community through my participation as a board member of Space Coast Runners. I appreciate how there is room for everyone in SCR, from the beginning walkers/runners to some of the most elite athletes in Brevard County.

It's fun to think of how far I have come since that first painful 5k. I have met some great people and had some unforgettable times with them. Thanks to everyone who has encouraged and supported me along the way, especially my parents and Coach Buonanni. Be sure to come and see me some Saturday at Daddy Ultra Runs---I would love to help you with your running journey too! —NF



Thanks Nick! Looks like you caught up to Tristan on this run!—BR

“Running tells us the good news about ourselves!” —George Sheehan, in Heroes and Sparrows: A Celebration of Running

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

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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 Frank Webbe, Christine Blair, Anne Gregg, Jessica Bouwsma, Tom Veltri, Ronnie Nail, Robin Hernandez, Andy Beard, Dave and Lisa Farrall, Jessica Latimore, Sharon Smethurst, Carol Ball, Nick Flint, Loran Serwin, and the Running Zone. SPECIAL THANKS to Steve Colella of YourPhotosNow.com.

HAPPY BIRTHDAY TO: If you see these folks out running or walking this month, wish them a Happy Birthday. **5/2**—Keith Kowalske; **5/3**—Julian Scott; Donna Davis; Steve Hedgespeth; Greg Apotsos; **5/4**—Sean Black; Angela Wells; Molly Kirk; **5/5**—Wolfgang Jensen; **5/6**—Nimish Shah; Mike Duncan; Trey Plyer; **5/8**—Emily Maltby; Wally Dal Santo; Skip McCoy; **5/9**—Aubrey Fortmayer; **5/10**—Noah Carr; **5/11**—Anne Dockery; **5/12**—Amanda Crook; **5/14**—Patricia Kiesselbach; **5/15**—John Lucas; Tim Unrue; **5/16**—Jerilyn Bird; **5/17**—Karen Stokes; **5/18**—Krysti Cooper; **5/20**—Kira Furton-Sparks; Amy Farner; **5/21**—Devon Engel; James Chiravalle; **5/22**—Melissa Miller; Tommy Enlow; **5/23**—Debbie Rescott; **5/24**—Ken Smith; **5/25**—John Holmquist; **5/26**—Nancy Wingo; Tristan Webbe; Ed Springer; **5/27**—Robert Hasto; **5/28**—Chris Zeuli; **5/29**—Tyler Piercy; **5/31**—Carol Scott; Rick Foresteire

WELCOME NEW MEMBERS

April's new members: Douglas and Joan McMahon. Ken, Cheryl, Derek and Aubrey Fortmayer. Welcome! See you on the roads.

CONGRATULATIONS TO OUR BOSTON MARATHONERS!

The 115th running of Boston Marathon took place on Monday, April 18th. The Space Coast was well-represented again this year. Local finishers and their times: **Michael Adams**, Melbourne Beach—3:52:25; **Greg Apotsos**, Melbourne Beach—3:11:40; **Danny Barrett**, Cocoa—4:40:32; **Cindy Bishop**, Merritt Island—4:20:08; **Steve Chin**, Satellite Beach—2:52:47; **Kati Craig**, Rockledge—3:38:39; **Jessica Crate**, Melbourne—3:04:15; **Autumn Evans**, Melbourne Beach—3:44:17; **Megan Jaunich**, Satellite Beach—4:35:40; **Alan Lamotte**, Satellite Beach—4:09:24; **Debbie Molina**, Merritt Island—4:44:41; **Annis Outlaw**, Titusville—4:03:11; **John Ouweleen**, Sebastian—3:24:45; **Jeff Reed**, Indialantic—3:31:43; **Jim Schroeder**, Indialantic—4:08:53; **James Shaffer**, Melbourne—3:17:43; **Shane Streufert**, Viera—3:08:35; **David Taurasi**, Titusville—4:06:34; **Cheng Ten**, Melbourne—3:32:11; **Kristen Tinker**, Merritt Island—3:39:47; **Amy Tompkins**, Rockledge—3:28:36; **Kathryn Vanarsdall**, Indialantic—3:56:04;

KEEPING TABS

HEADING SOUTH

The Space Coast Runners Sunday morning fun runs now head south along Rockledge Drive from Cocoa Village. 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! NOTE: Starting June 6th, the fun runs will head NORTH from Cocoa Village, same starting time.

SPONSORSHIP OPPORTUNITY

Do you own a business? Want to promote your business to a group that is active, fit and involved in the community? Space Coast Runners is seeking sponsors for the 2011-2012 Race Series. There are different sponsorship levels available, but all will help to get your business exposure to Brevard County's large, and growing, running and walking community. Details of the sponsorship will be in next month's newsletter, but if you can't wait, contact Carol Ball at cball1@cfl.rr.com.

RAGNAR ANYONE?

190 miles. 12 runners (6 for an Ultra team). 2 vans. It's the Ragnar Relay. The second Ragnar Florida Keys will take place on January 6-7, 2012. Starting in Miami and finishing in Key West, this relay offers a unique opportunity to run near the ocean and across the southern end of the state of Florida. You'll cross multiple bridges, including the famous Seven Mile Bridge, and will end in the southernmost city in the continental U.S. Ragnar is offering a 10% discount to teams from Space Coast Runners. [CLICK HERE](#) for more info and enter code FL11GRRC , all in caps, at time of registration.

2011-2012 SCR BOARD OF DIRECTORS AND OFFICER

Just as we were going to press, the 2011-2012 SCR Officers and Board of Directors were announced. They are: Carol Ball—President; Mary Ramba—Vice President; Ty Bowen—Treasurer; Cyndi Bergs—Secretary; Board Members: Jessica Crate, Charlie Van Etten, Christy Zieres, Dave Hernandez, Dick White, Marlene White, Ed Springer, Loran Serwin, Marty Winkle, Mo Johnson, Nick Flint, Tammy Foster and Tristan Webbe. THANKS for your service!

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.



21th Annual SPACE COAST SPORTS FESTIVAL



5K Race & Fun Walk

Saturday, May 28, 2011 7:30 am.

Wickham Park Pavilion, #1

to benefit our:

Brevard County Disabilities Program

Sponsorships: \$100 donation to Brevard County Parks & Recreation receives recognition on our Race T-Shirt!

(check made out to: BCPR & mailed to: Viera Comm Center 2300 Judge Fran Jamieson Way Melb 32940)

Registration: 7:00am-7:30am, Saturday May 28, 2011

The registration, start, & finish is at Wickham Park Pavilion, #1.

Door Prizes: Every entrant receives 1 door prize ticket, the 1st 100 Pre-registered entrants gets 10 tickets!!
Door prizes from: Melting Pot, Pizza Gallery, Rave, Brunswick Bowling, Moes, and more!!

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

Cost: Day of Race - \$18 runner /\$12 walker
Pre-Registered before May 23, 2011- \$14 runner /\$11 walker

T-shirts: High Quality 50/50 Cotton. *Guaranteed to first 150 Pre-Registered entrants.*

Plaques: First Place Overall & Masters & First Place Runner each age Group (Male/Female)

Medals: Second and Third Place Runner Each Age Groups (Male/Female)

Age Groups: (M/F) 0-9. then standard 5 years increments to 80+

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

Make checks to: Brevard County Parks & Recreation or BCPR

Mail to: Space Coast Sports Fest, c/o Viera Regional Community Center, 2300 Judge Fran Jamieson Way, Melbourne, FL 32940

NAME: _____ PHONE: _____

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

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

T-SHIRT SIZE (Adult): S M L XL

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk associated with running in this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Space Coast Festival, Brevard County Parks and Recreation Division, Sunshine State Games Foundation, The City of Melbourne, The Brevard County Commission, The State of Florida, Space Coast Runners, MDA, race officials, and all sponsors, their representatives, and successors from all claims or liability of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I further grant full permission to any and all foregoing to use photographs, videotapes, and recordings, or any other record of an event for any purpose whatsoever. Additionally, I consent to all emergency medical treatment as may be deemed appropriate under existing circumstances by personnel associated with the Sunshine State Games.

SIGNATURE _____ DATE _____

PARENTS SIGNATURE (If under 18 yrs) _____ DATE _____

Bill Dillard (1924-2011)

Space Coast Runners lost a longtime, and dear friend on April 13, 2011 when Col. Bill Dillard (USAF Ret.) passed away at his home. Bill was a longtime fixture on the Brevard running scene and is a past winner of the Golden Shoe award. He was also a member of the SCR Hall of Fame, having been inducted in 2001. Below is the abridged version of the nomination letter and some thoughts and pictures from SCR members.

BILL DILLARD; Always a Runner and Gentleman

"...Bill started running in grammar school-relay races for PE and Boy Scouts. He was on the track team in the 7th grade. In his senior year in High School, Bill was elected captain of the Charleston HS track team. He ran a record mile of 4:38 and an 800 of 2:00 flat. Bill joined the Air Force in 1942, continuing to run. In 1962, he was advised that he was being sent to Viet Nam and, if shot down, he would have to run out of there. He continued his running program. In the 60-64 AG years later, he ran a winning 10K time of 47:20. In 1991, at the age of 67, Bill ran the Melbourne 5k in 22:46. Bill has been the Race Director of the Space Coast Marathon and Half for years, measuring and re-measuring the course as traffic has increased and changes to the original course were required. He is the person who measures and certifies race courses in Brevard County. He has served as an active Board member of the Space Coast Runners and volunteers in all capacities where needed..."



Submitted by John Chioma



Bill Dillard (1924-2011)

continued



“I first met Bill on the Turkey Creek canal, where I was running. I heard a voice say hello and when I stopped, he asked if I knew that there are Tuesday night fun runs at the Port Malabar Rec Center. As we talked, I told him that Dave was my husband and he organizes them. Bill said "Oh, you must be Robin". From then on, we became friends. I would see him on my runs and he would ask me if I needed water. He also was at the Tuesday night fun runs doing the timing. We did speed work last season and he was there the whole time with his stop watch yelling out splits. He was always fun to have around, always bought a nice watermelon and we all heard some awesome stories about his running days. He missed running so much. We now will miss seeing him at the end of our fun runs, encouraging us to give it all we've got and yelling out our times. Bill, you are now running in heaven and you will truly be missed by all.”—Robin Hernandez

Are you
Running Dirty?



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Champions MudBash is a day of Mud Running, Fire Jumping, Beer Raising Madness! Champions will conquer a 3 mile course full of "insane" obstacles, mud pits, fire and fun! You will celebrate your feats with live music, entertainment, great food and cold beer!



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Gazelle's Gazette

Contributed by Jessica Crate

Editor's note: This is the second in a series of articles contributed by our local elite runner, Jessica Crate, who was attempting to qualify for the Olympic Trials in last month's Boston Marathon. Unfortunately, she was injured midway through the race (but still clocked a 3:04!). So her dream is temporarily on hold. We hope that you recover well Jessica and that you come back stronger than ever.—BR

I'M BACK!

Two weeks later...an epilogue and prologue

Two weeks ago, I painfully paused my attempt number one at qualifying for the Olympic Trials, 1 mile after the halfway point, with 12.2 miles to go. Though the mind was willing, the appendage, formally known as my foot decided that it needed to inform me that I am 25 years old, don't have an "S" on my chest and that covering 6 marathons in 6 months, 70-80 miles a week without time off is left for cars and other motorized forms of transport.

I have been getting a lot of questions about my foot, future plans and of course "The Comeback". I figured I would hit a few of them below.

So how is the foot these days?

Swelling is down in the left foot and most of the excruciating pain has subsided. Other than an irregular raised bone on the left foot, it is normally sized. No pain. Though decidedly unapologetic and unrepentant for messing up plans. I go back to the doctor this Thursday to determine the extent of the injury and discuss treatment plans.

What is the plan for training resumption?

Continued on next page...

Right: Jessica at the Boston VIP tent, and with Steve, before heading to the start line



Gazelle's Gazette *continued*

Contributed by Jessica Crate



Pending approval from the doctor, I am going to start running again on May 7th. I am going to start slow and spend a few months getting back to where I can run long distances. I am not going to go back to big, big, big mileage for at least three months. I want to slowly bring my legs and feet back. I want to run for fun and enjoyment. And I want to give myself and my boyfriend a period of time where we live more like normal people on the weekends. Steve and I, along with my family, gave up months worth of weekends as we trained like mad men. I don't want to be

looking for boyfriend or family #2, so a little pay back is order! I also plan on focusing on some triathlon training in addition to my upcoming USATF, USAT Coaching certifications and the NCSA & CSCS Masters Certifications.

How was it mentally after the run?

Honest answer? It was brutal. After setting such a large goal in my head, devoting every non-working, waking hour to accomplishing it and then blowing up like I did 60% into my effort was devastating. Even though I could have rationalized not hitting my goal just by looking at my swelled foot, aching calves and feeling the pain for nearly two weeks after the end of the run, mentally it did not feel good. I had a lot of support from our community and people around the country, friends and family, FB contacts etc. but it was really, really hard to get over the fact that I put a huge goal up, worked my butt off to attain it and then face planted in front of everyone. I feel as though I let a lot of people down and it was humbling to say the least, depressing if I am being honest. The disappointment colored my entire outlook on my accomplishments, career, ability to make a comeback and anything else that required some positivity.

However, I am back! A little wiser and definitely a little more humble.

What about writing or doing talks about the experience?

Continued on next page...

Photos: Above—before the race: Right—heading to the finish, or as Jessica puts it..."Stumbling to the finish."



Gazelle's Gazette *continued*

Contributed by Jessica Crate

A lot of people have tagged me to say it would be great to read about the entire experience or talk about the whole thing as a source of motivation to others. I toyed with the idea and I definitely will.

However, I think before anything comes of that, I need to ACOMMPHISH this mission of qualifying for the trials. I thought about different angles that could be taken ahead of a finish, but they all seemed incomplete and all self serving in advance of actually finishing the goal.

Okay, so when is “The Comeback”?

I just received confirmation into the New York City Marathon on November 8th, so that will be the goal for “The Comeback”. I have a few other dates penciled in on a calendar, but. I need to make sure I am medically cleared, recovered & healed before I put it out in the open.

In retrospect, what did I learn?

The list is pretty long. Certainly a lot was learned about running and human endurance. I learned a lot about my mental strength (good things and bad). I learned that there are some amazingly good people out there. On the flip side, I also learned that there are decent amount of people with good intentions that don't necessarily follow up with the deeds to match the words.

All in all, even though I failed in my first attempt... it was the best marathon experience of my life on many levels.

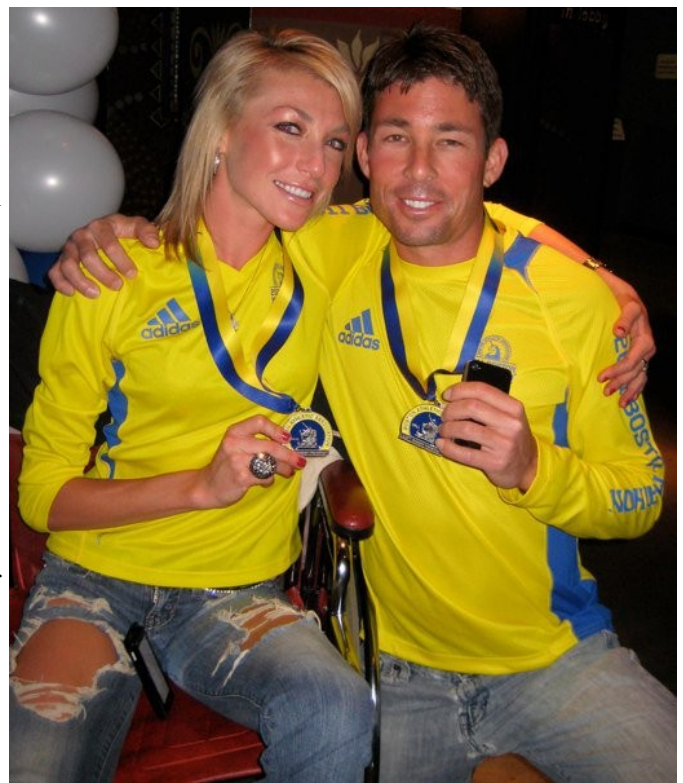
And yes...

I am back! Ready to move ahead and accomplish my goal.

Cheers to good health and happy running!

Thanks Jessica!—BR

Right—Jessica and Steve proudly wearing their Boston Marathon Finishers Medal.





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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
mcbergs@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 _____

Downtown Melbourne 5K

April 2, 2011



The 29th annual running of the Downtown Melbourne 5K featured a cool, dry morning, ripe for fast times and personal bests. The separate races for men and women combined with the two-loop course through Historic Downtown Melbourne frequently brings out the best in runners as they peak during the spring season. This year was no exception. Two new age-group records were set. Jessica Crate's overall winning time of 17:57 established a new standard for the 25 -29 female age group. Hopefully, Jessica will

return next year with her sights set on Mary Alico's course record of 17:03. Mike Kodya of Port St. Lucie was up bright and early to make the trip to Brevard County, and his 17:52 finishing time eclipsed his men's 55-59 record setting run from 2010 by 31 seconds, and also earned him the overall master's honor. Congratulations to them both.

Eric Blosser of Vero Beach overwhelmed the men in a winning 16:12. Second place finisher John Davis was anything but disappointed since his 16:54 established a new personal best. Satellite Beach's Ron Abel completed the top three, crossing the line in 17:28. For the women, Crate's blistering sub 18 minute pace brought her home ahead of Melissa Taylor (18:43) and Tracy Simso, whose 19:08 was 8 seconds better than her winning time last year.

In addition to the many young people who took part in the 5K events, more than 30 little ones also participated in the Space Coast Runners children's series, held immediately following the women's 5k. The children's series has proven to be marvelous way for introducing children to running and the social networking associated with it.

Photos provided by Steve Colella of YourPhotosNow.com



Downtown Melbourne 5K

April 2, 2011

The Downtown Melbourne 5K supports the programs of The Haven, a temporary shelter for children who no longer are able to stay in their homes through no fault of their own.

The post-race refreshments once again were plentiful and tasty, thanks to The Haven Guild and other wonderful volunteers who support The Haven. No runner should have gone home hungry- or sore for that matter, since the

massage therapists from Space Coast Massage were on hand to ease those aches and pains.— Frank Webbe, Race Director



For complete race results, [CLICK HERE](#) for women's results, and [HERE](#) for men's results

Photos provided by Steve Colella of [YourPhotosNow.com](#)



“I don't think you can become an outstanding runner unless you get a certain amount of enjoyment out of the suffering. You have to enjoy absorbing it, controlling it and—ultimately—overcoming it.”—Derek Clayton in The Masters of the Marathon

Fit for L.I.F.E. 5K

April 3, 2011

On April 3rd, Overland Missions held it's first annual 5K run/walk in Cocoa Village. The FIT for LIFE 5K Run/Walk was part of our campaign to raise the \$60,000 needed to start new schools in 20 villages in Zambia. The race was an absolute blast and overwhelmingly attended by at least 450 people! The real heroes of the race were those who took on the 'barefoot challenge' and ditched their shoes in recognition of the thousands of children who walk to school barefoot in Africa. We raised close to \$5,000 on the event and got a good 'running' start to next year's race.



Here are some highlights of the event!

We had over 400 people come out and “run so they don’t have to walk.” We are told this number is very rare for a first-time race.

African performers came from Orlando to sing and play music.

Medals given to overall winners and age group winners were hand-carved in Zambia and shipped to us by the very villagers that are cared for by the LIFE Project. They were wooden hand-carved medals with the outline of Africa and FIT for LIFE 2011! Top 10 prizes were “curio” carvings also brought over from Zambia. Next year’s event medals will also be hand-carved but with a different etching.

Continued on next page...



Fit for L.I.F.E. 5K *continued*

April 3, 2011

Since many of the children in Africa walk to school barefoot, we challenged participants to take our Barefoot Challenge and run or walk without tennis shoes. Many of them did!

The mayor of Rockledge, Mayor Larry Schultz, and Cocoa Councilman Tyler Furbish attended the event. Mayor Schultz said a few words to everyone during the awards ceremony. This event has been a wonderful way to show the whole community who Overland Missions' and the LIFE Project are.

We had a section called Color for Africa. Since many families were coming to the event, we wanted to have the children who didn't run/walk (or even those who did) to have an opportunity to reach the children in the villages! We had three coloring tables and the pages they colored are straight out of the curriculum that is used in LIFE's schools in Zambia. We are going to send them to Africa to be used in teaching the children! —Sharon Smethurst, Race Director

[CLICK HERE](#) for complete Race Results



Space Walk of Fame 8K

April 9, 2011

The Space Walk of Fame 8K and 2-Miler were held on Saturday, April 9th. The course is run through the old riverside neighborhood on Indian River Avenue in Titusville among the beautiful homes and graceful oaks. You can see the VAB and the launch pads in the distance at Kennedy Space Center. The course is almost entirely shaded and provided a beautiful backdrop for the last race in both , the Space Coast Runners and Titusville Racing Series.

On the men's side, Scott Balcoo was the Overall Men's Champion with a time of 26:26, almost 2 minutes ahead of the next finisher. Delroy Boothe finished second in 28:16 and John Davis was third in 28:58. Angel Cusimao was the Master Champ with a time of 29:37. Joe Hultgren took the Grand Master title in 31:07, and David Grant was the Senior Grand Master Champ with a time of 34:40.

For the ladies, Jessica Crate was the Overall Female Champion in 30:50. Tracy Sismo was second in 31:36 and Tammy Foster finished third in 35:23. Robin Moran was the Master Champ in 36:02. Anne Dockery was the Grand Master Champion, coming across in 38:16 and Jacquelyn Kellner was the Senior Grand Master Champion in 45:53.

[CLICK HERE](#) for complete race results.

Race photos (not the astronaut) provided by Steve Colella of [Your-PhotosNow.com](http://YourPhotosNow.com)



Pikes Peak 5K For a Cure

April 9, 2011

This is the second year we have held our Pikes Peak 5K Run for a Cure. We had nearly 100 hundred runners spanning all different age groups and we have seen great success especially since we have now gained the support of the Florida Institute of Technology. This year our goal was to raise awareness and money to help support the Scott Center for Autism Treatment at Florida Tech. The reason we have chosen autism was mainly because of our brother James Helmberger whose son has Autism. Before he joined our chapter, just like many others, had no prior knowledge of autism and the difficulties that go along with the disease. With that we decided that we would like to help contribute to raising awareness and help those who look to find a cure. After deciding this we approached the Scott Center in hopes that they would want to participate with us in this event. Our focus now as we move onto planning for next year is looking for more corporate sponsors and runners to help support our cause as we try to help raise awareness about Autism and what the Scott Center is working to achieve. As a side note we are also using our event to show the community what the Greek Community at Florida Tech is about and to also help rid the unfortunate typical cliché that is placed upon Greek Life in general. With that the Pi Kappa Alpha at Florida Tech wants to thank again all the participants and sponsors that helped with our event and we would like to encourage more people to join us next year. —Tom Veltri, Race Director

PIKES PEAK



5K Run for a Cure

Adam Richmond, of Ortonville, MI won the Overall Male Champion award with a blazing time of 15:41, about 2 1/2 minutes ahead of second place finisher Mike Fretz, who came across in 18:08. Don Piercy (yes, that Don Piercy) was third with a time of 18:29. The Male Masters Champion was Jim Schaeffer, who finished in 19:05.

In the ladies' division, Narayana Riggs was the Overall Female Champion, finishing in 24:30. Tracey Richardson was second in 26:03 and Carmen Coleman finished third in 26:40. The Female Masters Champ was Barbara Rooke, of Springlake, NC, who finished in 27:38.

For complete race results, [CLICK HERE](#)



Re-Run 5K

April 16, 2011

The Junior League of South Brevard, Inc. is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. Our focus is on serving women and children in our community. In our 46 years, we have helped numerous non-profits get their footing and early funding to grow and become thriving resources for those in need here in Brevard. Our current projects are Community of Hope, Connected by 25 Brevard and the annual Junior League's Kids in the Kitchen event. All proceeds from the Re-Run 5k support these JLSB community projects.



This year we had 201 runners and raised \$9500 to help support our community projects.

—Christine Blair, Race Director

Race results on the next page...



Re-Run 5K *continued*

April 16, 2011

This year's event had a 1980's theme and many participants came dressed in their best retro attire. There was even a contest for the best costume. The race started at Squid Lips in Eau Gallie and was an out-and-back over the Eau Gallie Causeway. Steve Sears, of Seehonk, MA, was the Overall Male Champion, crossing the finish line in 17:39. Andy Dutra was second with a time of 19:03 and Mark Schuerman, of Marion, IA, was third in 19:05. Chris Loines was the Male Masters Champ with a time of 19:06.

For the ladies, it was an all-local affair among the winners. Melissa Taylor was the Overall Female Champion in 19:12. Lisa Petrillo was second in 21:02 and Tiffany Hattendorf finished third with a time of 21:07. Mary Hoffmeister was the Female Masters Champion, crossing in 22:40. [CLICK HERE](#) for complete race results.



Art Festival 5K

April 23, 2011

The 24th Annual Melbourne Art Festival took place on a beautiful Saturday morning in Downtown Melbourne. The largest 5K in Brevard County enjoyed a record year with 1900 registrations and 1739 total finishers, up from 1550 last year. The money raised for the event is used to support art education in Brevard. Over the past 10 years, the Melbourne Art Festival has provided \$37,500 in scholarships, \$18,400 to local schools, and \$17,345 to other non-profit organizations promoting art education.

The race course changed a bit this year from years past. Runners and walkers went along scenic Crane Creek to the Melbourne Causeway and enjoyed a spectacular view of the Indian River. Coming back over the bridge and turning onto New Haven Avenue, the race finished near the Melbourne Art Festival main stage.



Tallahassee's Chris Rego covered the course in a blistering 15:44 to take the Overall Male Champion Award. Tyler Subasic finished second in 16:57, and Michael Fisher crossed third in 17:36. Male Masters Champion was Roman Krzyzanowski, of Plymouth, MI, with a time of 17:54.

Overall Female Champion was Tracy Simso, crossing the line in 19:24. Lori Jandreau was second with a time of 19:31 and Pernilla Savestrand finished third in 19:47. Jackie Clifton was the Female Masters Champion with a time of 20:27. [CLICK HERE](#) for complete results.



Run Thru The Ranch 5K

April 30, 2011

The Brevard County Farm Bureau and the Brevard County Cattlemen's Association, in conjunction with the Brevard County Tourism Development Commission put on a rather unique inaugural race on Saturday, April 30th. About 120 runners traveled 20 miles west of Melbourne to the Deseret Ranch to run through the groves and trails, past herds of horses and cattle, all to raise money for agricultural awareness. Funds raised will help promote the 4-H Club, Ag in the Classroom and other agricultural awareness groups. The Deseret Ranch consists of 350,000 acres spread across Brevard, Orange and Osceola Counties and is the largest cow/calf operation in the world.



The runners were led through the course by the Florida Cattlemen's Sweetheart, who rode the course on horseback. After the race, all participants were treated to a pancake breakfast.

Andy Dutra was the Overall Male Champion, covering the course in 19:20. Lance Evans finished second in 19:50 and Jim Schaeffer was third in 20:03. The Male Masters Champion award went to Matt Mahoney, who finished with a time of 20:40.

Julie Fleck was the Overall Female Champion with a time of 23:17. Kristen Owl was second in 23:46 and Sue Strout finished third in 24:23. Julia Soileau was the Female Masters Champion, coming in at 27:13. For complete race results, [CLICK HERE](#).





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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.



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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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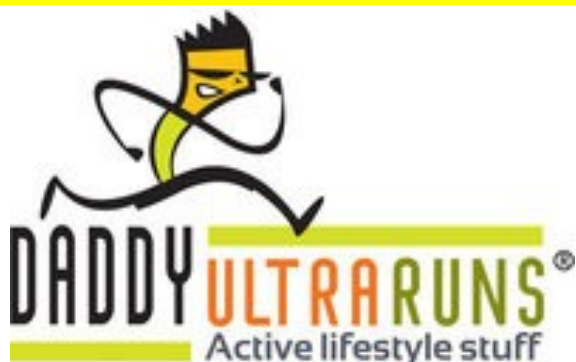


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SHARE YOUR RUNNING OR WALKING STORIES WITH US

We’ve all seen great, funny, strange, or just plain weird stuff happen while out on the race circuit or during our training sessions. We would like to hear your stories. Put them in an email and send them to bob@rallcapital.com. We’ll share them with the rest of our fitness community.

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



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Come join us!