

*On-line with the*

# SPACE COAST RUNNERS

*Promoting Running and Fitness in Brevard County, FL*

September 2011



It's RACING season on the Space Coast. All three of the local series had races last month, and there are many more coming up. Check inside for all the details and registration forms.

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## 2011-12: 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. **The next meeting will be held Monday, September 19th at Pro-Health & Fitness Center in Merritt Island.**

### VOLUNTEER OFFICERS AND STAFF

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# 2011-2012 SPACE COAST RUNNERS RUNNER OF THE YEAR SERIES

## **Running on Island Time 5K**

August 20, 2011  
Divine Mercy Catholic School  
FOR RACE RESULTS, SEE PAGE 40

## **Tiger Dash**

January 28, 2012  
Holy Trinity High School

## **Chain of Lakes 5K**

October 15, 2011  
Titusville

## **Tooth Trot 5K**

February 12, 2012  
BCC Wickham Park Pavilion

## **Space Coast Classic 15K and 2-Miler**

November 5, 2011  
Windover Farms, Melbourne

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

February 25, 2012  
Eau Gallie Civic Center

## **Space Coast Marathon and Half-Marathon**

November 27, 2011  
Riverfront Park, Cocoa

## **Downtown Melbourne 5K**

March 31, 2012  
Holmes Park, Melbourne

## **Reindeer Run 5K**

December 10, 2011  
Cape Canaveral

## **Space Walk of Fame 8K**

April 14, 2012  
Space View Park, Titusville

**NEW FOR THIS YEAR!** The Brevard County Series Showdown will take place June 9, 2012. The Space Coast Runners' Series, The Running Zone Series and the Titusville Racing Series will stage a Champions Race. You can qualify by winning ANY award in ANY of the 3 series. More details to follow!

You can find the complete 2011-2012 ROY rules by [CLICKING HERE](#)

# KEEPING TABS

A huge **THANKS** to all those who helped with this month's newsletter including, Carol Ball, Jessica Crate, Danny Smith, and the Running Zone. SPECIAL THANKS to Barry Jones of [TriHokie Images](#) 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. 9/1—Rachel White; Tammy Swonger; 9/2—Kelly Hedgespeth; Tammie Kovach; Andy Dutra; 9/3—Mo Johnson; 9/4—Barbara Linton; Jesse Hall; 9/6—Ellen Webbe; David Maltby; Bob Rall; 9/7—Rhonda Van Etten; Jessica Crook; 9/8—Christopher Abreu; 9/10—Ken Hill; Melissa Hickman; 9/11—Philip Smith; Paula Steere; 9/12—Chelsey Joiner; Steve Chin; Beth Rieder; 9/13—Shawna Clough; Kelly Hunter; Joe Cleland; 9/14—Sharon Gillette; Steve Brunelle; 9/16—R.C. Koontz; 9/17—John Schmidt; Robin Williams; 9/20—Karen Suarez; 9/21—Ian Cook; 9/22—Kyle Butler; Ross Clarico; 9/23—Linda Cowart; 9/24—Frank Kapr; 9/25—Brian Timmons; 9/26—Cheryl Fortmayer; 9/27—Margaret Racine; Jose Nunez; 9/28—Mendi Raymond; 9/29—Stephanie Legare;

## **WELCOME NEW MEMBERS**

Jesse Hall, Bailey Castner, Anna Rodriguez, Dave Thomas, Michael Thomas, Gavin Thomas, Michael McCauslin, Josh Stern, Karon Pittman, Cristina Nunez, Amanda Nunez, Daniel Nunez, JoEllen Kanner, Carol McCauslin, Emily McCauslin, Julie Hannah, Denise Stewart, Scott Stewart, Catie Stewart, Ritch Workman, Tena Hochard, Sharon Kelly, Christina Burns, Shawn Burns, Aeddon Burns, Graeme Burns, Taegen Burns, Brad Thomas, Patti Hatcher. Welcome! See you on the roads.

## **HEADING NORTH**

The Space Coast Runners Sunday morning fun runs now head north along Indian River 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!

## **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. Contact Carol Ball at [cball1@cfl.rr.com](mailto:cball1@cfl.rr.com).

## **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.

# KEEPING TABS

## LOCAL FUN RUNS

We are lucky to have a very active local running/walking/fitness community. Because of the geographic makeup of our area, it's hard to have a central spot to meet friends and other like-minded fitness enthusiasts to train with. Our community has solved that problem by offering several different locations and times for fun runs. Here's a brief summary of fun runs available in the area, but for more details on each, [CLICK HERE](#).

DAY	LOCATION	TIME	ORGANIZER
SUNDAY	COCOA, RIVERFRONT PARK	6:30AM	SPACE COAST RUNNERS
SUNDAY	OARS AND PADDLES, IHB	6:00AM AND 7:00AM	PINES PLODDERS
MON-WED-FRI	FAY LAKE WILDERNESS PK, PSJ	5:30AM	CHRISTY TAGYE
TUESDAY	TITUSVILLE YMCA	6:30PM	PEDRO TOLEDO
TUES & THURS	ISLAND STRIDE SPORTS, IHB	6:00PM	DAN SMITH
TUESDAY	VARIOUS-MELB & COCOA BCH	6:00PM	ELIZABETH RING
TUESDAY	PALM BAY COMMUNITY CTR	6:30PM	DAVE HERNANDEZ
WEDNESDAY	DADDY ULTRA RUNS	6:00PM	HERNAN GARCIA
WED & THURS	EAU GALLIE CIVIC CTR	6:00PM	RUNNING ZONE
THURSDAY	RUNNING ZONE	6:00PM	RUNNING ZONE
SATURDAY	SPACE VIEW PARK, TITUSVILLE	7:00AM	PEDRO TOLEDO

If there are fun run groups that are not listed here, send an email with details to [Bob@RallCapital.com](mailto:Bob@RallCapital.com).

## 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.

Health First Pro-Health & Fitness Centers are where health and wellness are a way of life. As a member, you have access to four state-of-the-art facilities, each with their own unique feel and special features.

With over 25 years of exceptional experience in health & fitness centers, Pro-Health & Fitness Centers have degreed and certified exercise staff that is dedicated to a well-rounded, total fitness experience. They offer a wide variety of classes from kick-boxing to yoga to swim lessons for the kids. And there's even a complete mind and body weight-loss program called LIVFIT.

When you join any Pro-Health & Fitness Center, you become a member at all four locations – Merritt Island , Melbourne , Viera and Palm Bay . It's like four gyms for the price of one! For more information visit their website at [Health First Pro-Health & Fitness Center](#) and become a fan on their Facebook page!

# Carol's Corner

Contributed by Carol Ball, SCR President

I just finished walking the Running on Island Time 5K – the 1<sup>st</sup> race of the ROY Series. What a great season opener! The race was well organized and truly a family affair with something for everyone – runners, walkers - children and adults alike. Race director Deb Wells did a superb job this year – thanks, Deb!

Big Kudos to Loran Serwin for getting our new website up and running! If you haven't seen it yet, log on to [www.spacecoastrunners.org](http://www.spacecoastrunners.org) and be prepared for a surprise! Loran will be adding to and updating the site periodically. If you have any club, race, or fun run photos to share, we would love to post them. For those long time members, we are seeking SCR history and photos. We also welcome articles of interest from coaches, health experts, or experienced runners. If you have information or suggestions for content, please send them to [lserwin@cfl.rr.com](mailto:lserwin@cfl.rr.com).



I am pleased to announce that this season we have had several generous sponsors step up to help the Club finance our three races, the Space Coast Classic in November, the Eye of the Dragon in February, and the Space Walk of Fame in April. Thank You to sponsors: Dayne Deeds of Living Well Chiropractic, Bob Rall of Rall Capital Management, John Davis of Rapid Automation Design, Don and Denise Piercy of Running Zone and New Balance Melbourne, Greg Aker of Aker Eye Clinic, Mitch Varnes of Melbourne and Beaches Music Marathon, Barbara Linton of Avatar Technologies, Paula Steere Sports Massage, and Dick White Sports Massage. If you see these folks, be sure and thank them for their support of running in our community! Because of their commitment, and all the runners and walkers that enter our races, we are able to award 2 college scholarships each year, plus support the Brevard Special Olympics, Space Walk of Fame Museum, area fun runs, and the SCR Youth Series.

One more thing – with a race on the calendar nearly every weekend between now and the end of the year – that means more chances of overexertion and injury. Be careful out there and listen to your body. We all want to be able to enjoy our sport for the long haul!

Carol

# The Mayor's Marathon or Half and Alaskan Cruise

Contributed by Carol Ball, SCR President

*Editor's Note: Carol Ball, SCR President, is coordinating a SCR Social for Summer 2012 that is pretty unique. Read her note below to find out more...BR*

How did this adventure come about? SCR Walkers Lani Ragan, Ty Bowen and I have been joking about walk/running a half marathon in every state for a while now. For the last year or so, we have been planning our vacations by choosing a half marathon destination and building the vacation around that date. Instead of saying, we should go here or there someday, the decision to go is chosen by the race date.

Lani works part time for Best Connections Travel Agency in Baltimore. She suggested the Mayor's Marathon in Anchorage, Alaska when she discovered that an Alaskan Princess Cruise departed the evening of the same day as the race! Lani had taken this cruise before and loved it so much that she wanted to do it again. Ty and I have wanted to see Alaska by ship for some time, and my Seattle daughter and I had been talking about it when I visited her in June. We decided that we had nearly a year to pay for it, so why not?

Then we got the idea that perhaps there were other runners or walkers that would like to do this, but just needed the nudge and the itinerary planned out. So, the "SCR 2012 Summer Social" came about. It is always more fun to have a group for cruises – and we are certainly a fun loving group! Lani has reserved 10 cabins, and we hope to fill them all! Please take a look at the ad on the following page. Note that the cost includes: transfer from the airport to the Ramada Inn in Anchorage, two nights hotel stay including breakfasts, transfer to the port of Whittier after the race, and the 7 day cruise.

Additional costs: The Mayor's Marathon is very affordable. This year's event was \$60 for the full and \$40 for the half if registered by Dec 31. At last check, I found one way flights to Anchorage for \$322. Our plan is to drive, or take a bus, to Seattle from Vancouver after the cruise, and fly home from there for around \$200. As with any cruise, you will need to pay for ship gratuities, alcoholic beverages, and any shore excursions you chose to take.

Lani will be happy to talk with you if you want to change any of the arrangements, or add to the itinerary. We will need a deposit to hold your cabin – so call to book today!





**SPACE COAST RUNNERS SUMMER SOCIAL 2012  
 RUN THE ANCHORAGE FULL OR HALF MARATHON & CRUISE ALASKA!  
 JUNE 21– 30, 2012**



**SAPPHIRE PRINCESS FEATURES**

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**\$1,435** Per Person  
**DOUBLE OCCUPANCY  
 INTERIOR CABIN**

**\$2,235** Per Person  
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TRANSFER TO HOTEL
- 22 JUN RACE EXPO & PACKET PICKUP,  
TIME TO EXPLORE ANCHORAGE
- 23 JUN RUN FULL OR HALF MARATHON  
IN THE A.M., TRANSFER TO SHIP
- 24 JUN HUBBARD GLACIER
- 25 JUN GLACIER BAY
- 26 JUN SKAGWAY
- 27 JUN JUNEAU
- 28 JUN KETCHIKAN
- 29 JUN AT SEA
- 30 JUN VANCOUVER, BC

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**\$450 PP OCEANVIEW  
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**CONTACT LANI AT**  
**321-622-8448**  
**TO JOIN THE FUN!**

QUESTIONS ABOUT THE CRUISE? Contact Lani at 321-622-8448 or go to  
[www.BestConnectionTravel.com/Join the Group/Space Coast Runners 6/12](http://www.BestConnectionTravel.com/Join the Group/Space Coast Runners 6/12)

QUESTIONS ABOUT THE MARATHONS? go to  
<http://www.mayorsmarathon.com>

# CRUISE ALASKA WITH THE SCR! JUNE 21–30, 2012

\_\_\_\_\_ \$1,435 PP\*, INTERIOR CABIN Cat. J      \_\_\_\_\_ \$2,235 PP OCEANVIEW CABIN Cat. EE  
 \_\_\_\_\_ \$2,485 PP BALCONY CABIN Cat. BC

**\*PRICES ARE PER PERSON BASED ON DOUBLE OCCUPANCY. PRICE INCLUDES AIRPORT/HOTEL TRANSFER, 2 NIGHTS AT ANCHORAGE RAMADA INN W/BREAKFAST, TRANSFER TO CRUISE TERMINAL, 7 NIGHT CRUISE ON PRINCESS'S SAPPHIRE \$50 PER CABIN SHIPBOARD CREDIT. DOES NOT INCLUDE MARATHON FEES, AIRFARE OR TRAVEL INSURANCE. THEY ARE AVAILABLE UPON REQUEST.**

**PLEASE PRINT NAMES EXACTLY AS THEY APPEAR ON YOUR PASSPORTS, INCLUDING MIDDLE NAMES. BCT IS NOT RESPONSIBLE FOR CHANGE FEES IF NAME IS INCORRECT BELOW. ONE FORM PER BILLING ADDRESS.**

1st Person Name \_\_\_\_\_ Birth date \_\_\_\_\_

2nd Person Name \_\_\_\_\_ Birth date \_\_\_\_\_

Billing Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Email for Updates \_\_\_\_\_

Phone (H) \_\_\_\_\_ Phone (W) \_\_\_\_\_

Accommodations: One Bed \_\_\_\_\_ Two beds \_\_\_\_\_ Seated with at dinner: \_\_\_\_\_

Emergency Contact Name & Number \_\_\_\_\_

I have special health related requests (CPAP machine, Sharps container, allergies, etc. ) \_\_\_\_\_ If yes, we will forward a form required by Princess so that they can accommodate your needs.

I have cruised with Princess before \_\_\_\_\_ (May entitle you to Past Guest benefits)

I am traveling with (if not listed above) \_\_\_\_\_

**PAYMENT SCHEDULE:**

Deposit \$250 per person for an interior cabin  
 \$450 per person for an ocean view or balcony cabin  
 Deposit Due by 9/19/11, Final due 4/01/2012

ENCLOSED IS MY DEPOSIT OF \$ \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

CC TYPE \_\_\_\_\_ EXP. DATE \_\_\_\_\_ CARD # \_\_\_\_\_

**UPON RECEIPT OF THIS FORM WE WILL CONTACT YOU FOR YOUR CARD'S SECURITY CODE #**

**SCAN AND EMAIL FORM TO LANI@BESTCONNECTIONTRAVEL.COM OR MAIL TO LANI AT**

**3368 CAPPJO DRIVE, MELBOURNE, FL 32940.**

**DEPOSITS BY CHECK MUST BE MADE PAYABLE TO BEST CONNECTION TRAVEL**

Best Connection Travel, Inc. (BCT) and SPACE COAST RUNNERS (SCR) act solely as agents for accepting reservations for PRINCESS CRUISE LINES, RAMADA INN, AND ANY OTHER SUPPLIERS (suppliers) used in connection with this package. BCT and SCR are not responsible or liable for breach of contract or any other intentional or careless actions or omissions on part if such suppliers which result in delays, missed connections, climatic conditions, losses, damages, or additional expenses owing to advertised schedules, change in any service or accommodations, or any other causes beyond our control. In the event the services and accommodations set forth on this flyer cannot be supplied because

of delays or other causes, BCT will use its best efforts, provided we have received notice of the delay or disruption, to arrange for comparable services and accommodations.

Prices are based on existing governmental taxes as of 7/31/11 and are subject to change.

**A PASSPORT IS NEEDED TO TRAVEL**

Travel insurance is available that will cover cancellation penalties but is NOT "Cancel for Any Reason" and so might not cover your penalties depending on your reason for canceling.

**Cruise only Per Person Cancellation Penalties**

Deposit to March 31, 2012	\$0
April 1 to May 9, 2012	50%
May 10 to June 8, 2012	75%
After June 8, 2012	100%

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 2005-2 WEST STREET  
 ANNAPOLIS, MD 21401  
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# Space Coast Runners Membership Application



### Benefits of Belonging

- Subscription to the Space Coast Runners online newsletter which includes a race calendar, entry forms, club news, articles and photos.
- A discount to all Space Coast Runner races (pre-registered entries only) and several other races.
- Discounts at all local running stores and other businesses.
- Automatic eligibility for Runner of the Year Series awards – overall and age groups and ran all races.
- Network with and meet other runners and potential training partners – from the recreational jogger to highly competitive runners and walkers.

### Your Membership Supports

- Running and walking in our community.
- Annual high school scholarships.
- Development of races and fun runs.
- Local charities such as Brevard Special Olympics.
- The web site at spacecoastrunners.org which provides club information, news, up-to-date results and much more.
- The Youth Running Series which is a free series of non-competitive fun runs for ages 12 and under.
- Production of the Space Coast Runners online newsletter.
- Free Socials and Fun Runs county-wide.



Fill out the following form and return it with a check to: Space Coast Runners, P.O. Box 2407, Melbourne, FL 32902-2407

New Membership  Renewal  Individual – \$30  Family – \$35  Full-time Student – \$15

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

If Family Membership, list names, dates of birth and sex: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Additional sponsorship options:  Supporter – \$20  Sponsor – 50  Benefactor – \$100

I would like my contribution to help:  SCR Youth Running Series  Space Coast Classic 15K  Eye of the Dragon 10K

Space Walk of Fame 8K  Space Coast Marathon

I would like to volunteer at club races (circle races above)

Membership Amount: \$ \_\_\_\_\_

\*Tax Deductible Contribution: \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

*\*Space Coast Runners is a 501(c)3 Not-For-Profit Organization and any additional contribution may be tax deductible.*

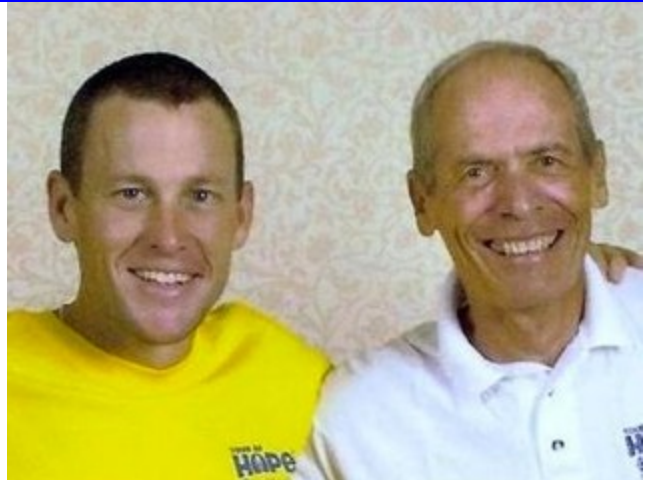
# Meet Your SCR Board of Directors

## Bernie Sher

Growing up on the tough streets of Brooklyn, running quickly became a way of life for Space Coast Runners' board member and 2010 SCR Hall-of-Famer, Bernie Sher.

"We were always running," chuckled the 73-year-old retired Air Force officer and government contractor. "We were either playing games, running to or from fights or running from the police."

Sher took a sabbatical from the sport when he entered the service in 1961 but returned almost two decades later when – during an annual physical - the flight surgeon convinced him to give up smoking and take up running.



**Bernie, when he was part of the Lance Armstrong Foundation Tour of Hope.  
Bernie is the one on the right!**

"I ran my first road race – the inaugural Cooper River Bridge Run 10K in Charleston – on my fortieth birthday," he said. "That got me hooked on racing and I never looked back. I ran my first marathon later that same year (1978) and qualified for Boston."

Sher moved to Brevard in 1982 and quickly located a group of hardcore runners who met every Sunday morning across the street from what is now known as Oars and Paddles Park in Indian Harbour Beach.

"The Pines Plodders, as they were known, were all talented runners, marathoners and Space Coast Runners members," Sher said. "In 1993, they convinced me to try a marathon again since the inaugural (1994) Walt Disney World Marathon was on the horizon."

It turned out that hard work and some natural talent gave Sher 16 stand-alone marathon finishes, including multiple trips to Boston and a Beantown personal best of two hours and fifty-eight minutes. Sher also collected multiple age-group wins at all other distances as well.

Not too long after moving to Brevard, Sher also became intrigued by what was then the relatively new sport of triathlon.

"I found that during the hot summers here it made more sense to reduce my running mileage and replace it with swimming and cycling," he said. "Doing that improved my running and all-around fitness."

*Continued on next page...*

# Meet Your SCR Board of Directors

## Bernie Sher *continued*

Shortly after completing the 1995 Walt Disney World Marathon and again qualifying for Boston, Sher began to ramp up his training for the Gulf Coast Half Ironman triathlon in Panama City. At that time, several of the U.S. Half IM distances were qualifiers for the Hawaiian Ironman World Championships in Kona (2.4 mile swim; 112-mile bike; 26.2 mile run).

“It was something to receive my Gulf Coast age group award and qualifying certificate from Dave Scott (Kona legend),” he said. “For the entire eight-hour drive home I kept going back and forth between excitement and dread about having the opportunity to compete in Kona.”

“I thought that racing an Ironman bordered on the insane knowing that one had to run a marathon after cycling 112 miles. I knew how painful running 26.2 miles on its own could be.”

In spite of his trepidation, Sher ramped up his training to prepare for heat, hills and winds of the Big Island and ended up earning a fifth place podium award in the 55-59 age group.

“The night of the award ceremony was pretty amazing,” he said. “Along with the M-Dot trophy, I also received a special Timex limited-edition for award winners IM watch which I shall always treasure. Patti (Sponsler, Sher’s wife) took a photo of me staring at the watch. It captured my mixed sense of disbelief and extreme satisfaction over what I had just accomplished.”

Sher qualified for and competed again in the World Championships in 1997 and 1998. He qualified a final time in at Ironman Florida in 2000 but gave up his spot because he was burned out.

Sher was one of the first men in the US in the 55-59 age group to break the five-hour barrier at the half Ironman distance (1.2-mile swim, 56-mile bike, 13.1-mile run) as well. To put things in perspective, at Ironman Florida 70.3 (half IM distance) at Disney in 2009, only one man in the age group went sub-five hours and he was mere 55 years old. Later that year, at the Miami Man Half Iron Man, no one went sub-five. Sher helped break the perception that AARP cardholders can't go that fast. His last time to go sub-five was at age 59.

Sher first became a SCR Board member in 2002. He had a vision of turning the Space Coast Marathon and Half-Marathon into something much more than it was at that time.

“Up until that time, the marathon was treated almost like just another race,” he said. “I knew we could do much better.”

*Continued on next page...*

# Meet Your SCR Board of Directors

## Bernie Sher *continued*

Stepping up as race director in 2003, Sher assigned authority and accountability to team captains who were responsible for various functions (finish line, aide stations, course ops, etc.) He moved the course to Cocoa to run along the Indian River; and together with pal, Rik Ojeda, certified it through USATF. He also added a pre-race pasta-dinner at the Raddison and invited racing icon and coach, Hal Higdon.

“Patti and I talked with him when we went up for the inaugural Rock n’ Roll Half in Virginia Beach,” Sher said. “He indicated that he would be very interested in coming to Space Coast since he spends his winters in Florida.”

The event drew a record (for that time) of 500+ registrants and netted the highest proceeds in SCR history (\$10,000). The proceeds put the club in the black financially and provided SCR the ability to contribute \$3,000 to the Women’s Center, at that time the largest donation ever contributed by SCR. Sher’s efforts proved that SCR could produce a class event and give back substantially to the community.

In addition to directing the marathon, Bernie also launched the first Space Coast Marathon training camp for registered participants. Several of the campers placed in their age groups and/or qualified for Boston. First-time marathon participant and camper, Tammy Foster, was the overall female winner that year.

“The race was a great success on a number of levels,” said Sher. “After directing it again in 2004, we turned the race management over to Running Zone’s Don and Denise Piercy and the rest, as they say, is history. The quality and turnout has now gone way beyond everyone’s wildest expectations.”

Also in 2004, Sher was selected by the Lance Armstrong Foundation to ride on the Tour of Hope Team. At 66, he was by far the oldest team member. The eight-day ride, from Los Angeles to Washington, D.C. was an event sponsored by the Lance Armstrong Foundation and Bristol Myers Squibb to promote cancer clinical trials and cancer awareness.

During the six-month training period - that included cycling mileage as high as 300-350 miles per week - and along the Tour route, athletes spoke publicly with well wishers, cancer patients, media and elected officials about the importance of clinical trials to find a cure for the dreaded disease.

“We did have one well known cancer survivor ride with us,” said Sher, who is also a survivor. “Yeah, the man himself, six-time (six by 2004) Tour de France winner, Lance Armstrong. He was out there day and night riding in some awful weather just like the rest of us. He was really one of the team and a great inspiration.”

*Continued on next page...*

# Meet Your SCR Board of Directors

## Bernie Sher *continued*

With various medical issues keeping Sher grounded on and off since the Tour, he has kept close to the running and tri communities by providing training camps and one-on-one coaching to help people obtain their personal best at races from 5K through Ironman. One ‘Coach Bernie’s’ IM trainees, Brenda Jones, placed ninth overall at her first Ironman - the Great Floridian.

After another battle with cancer last year, Sher has been able to begin training again with some consistency. Although his cycling and swimming have again let him lead his age group in the Clermont Sprint Tri Series, he wonders if he’ll ever again pick up his running speed.

“It can be so frustrating and a bit embarrassing,” he said. “When I think, though, of how I couldn’t run at all for a while or about how many others can’t run, I become grateful to still be able to continue in the sport I love best.”



*Thanks Bernie!! For ALL you do!—BR*

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# Gazelle's Gazette

*Contributed by Jessica Crate*

*Editor's note: This is the latest installment in a series of articles contributed by our local elite runner, Jessica Crate, who is attempting a comeback in her quest for a spot in the Olympic Trials after an injury derailed her attempt in the Boston Marathon. It now looks like Jessica may have a different short-term goal. Good luck Jessica!.—BR*

Two months ago, I received a letter in the mail from USAT (USA Triathlon) letting me know that I had received All-American Honorable Mention, which qualified me for the Age Group Nationals in Burlington, VT. I was excited, yet slightly unsure of my capabilities in this new sport. My longest triathlon to date was only sprint distance, and my first and only one so far in 2011 was the Pineapple Man. Regardless, my injury was almost healed 100%, so I decided to set a new goal for this season and conquer my first Olympic Distance Triathlon before I turned 26. That evening, I signed up for Age Group Nationals and began researching which triathlons to enter for practice leading up to this event.



Not able to run as far or as long as I was used to since my Boston injury, I had already started swimming and cycling 2-3 times per week to compensate. I LOVED the new challenge and the adrenaline rush that came along with combining three sports into one. So, I figured that I should put this extra training to good use and signed up for the next Sprint Tri available, which happened to be the first of the Jacksonville Sprint series. After that race, my swim practices, training rides, and runs started to get longer. I entered the Moss Park Tri, the Bluewater Olympic Tri in Canada and then the Melbourne Sprint Tri.

After conquering a 77 mile ride (my longest to date) and accomplishing two 1<sup>st</sup> OA triathlon performances, I began to feel more confident about transitioning to competition on the National level.

And so it began. Age Group Nationals marked my 2<sup>nd</sup> out-of-state triathlon and only my 2<sup>nd</sup> Olympic distance triathlon. Being so new to the sport, this trip was a huge learning experience and also quite the adventure. From figuring out how to disassemble, pack, ship and reassemble my bike (Big Thank you & shout out to my boyfriend Steve Chin, our friend Eric Duron and Infinity Bike Shop for helping to make this possible!) to the lodging, packet pick up, bike check-in, race-prep, meals and arrangements, it was a jam-packed and full weekend! I was so happy and fortunate to have my good friends and competitors; Ken Rogers & Emily Nelson, along with Steve and I to share the experience.

*Continued on next page...*

# Gazelle's Gazette *continued*

*Contributed by Jessica Crate*

We shipped the bike out on a Tuesday, flew out Thursday and arrived mid- afternoon after several airport delays. The USAT Expo was all set up in town for packet pick-up and it was a great chance for us to chat with some more experienced triathletes on the race and course, check out the vendors and sample the Gatorade recovery drinks that were going to be offered on race day.



We had a delicious dinner, got the bikes put together, had a good sleep and then I woke up early to get a shake-out run and drills in before we departed for the USAT Focus group session. Wow, if you think you're in shape, go and run up a Vermont mountain at elevation! Another lesson learned from this trip; train on the hills, hammer the causeways and get above sea-level whenever possible! My back was still tender and sore from pulling a muscle last week, but it was feeling OK and the extra drills and stretching helped to loosen it up.

At the USAT meeting, I learned a lot about the event and the sport and met several phenomenal athletes and USAT staff. Being a part of the meeting and this whole event had me feeling so humbled and privileged to be here and surrounded by such elite athletes. After the meeting, we finished setting up our bikes and headed over to the bike check-in and rode the bikes up a few hills. We ran over to the swim warm-up area to test out our wetsuits. So far, everything felt good.

As Steve and I watched the sun set over the lake and sink beneath the mountains, I had an incredibly peaceful feeling settle over me and was excited to "get my feet wet" and just use this experience to see how hard I could push myself, learning as much as possible along the way.

Little did I know what race day would entail when I arose to the early 5am wake-up call.

Ken's race was first, so we left at 6am to get him to transition and ready to rock by the 7:30am start. With over 2500 athletes registered and close to 2000 competing, it was a busy and



congested scene! Steve found an awesome parking spot, Ken got to transition, and Emily & I hit the portable plumbing, and then set-up our bikes and race gear in transition. Transition closed at 7:30am, so I did a brief 5-8min run, dropped off my shoes on my transition mat, grabbed my wetsuit and goggles and ran over to Steve by the swim start.

*Continued on next page...*

# Gazelle's Gazette *continued*

*Contributed by Jessica Crate*

My nerves were a bit on edge as I was eager to just get out and race, but I still felt calm and relaxed. Tapering will do that... Building up the excitement to compete! I stretched out, continued to hydrate and then jumped off the dock and into Lake Champlain to do a brief swim warm-up. The water felt good, the suit was on tight and the goggles were fog-free. I ran up the bank to kiss Steve for good-luck before our wave went out and saw one of the Elite competitors, Emily Karovich, standing under a tree with her coach. She is an inspiration to me and I was both honored and awed to be jumping in the water with her at the same time!

My race was the 25-29 age group. After we jumped in the lake, we were a pool of 75+ green swim caps. I was in the middle, not usually my preferred swim placement, but treading water for 4 minutes, didn't afford any luxuries. I launched out at the start and got right out, feeling good. However, right after the first buoy, I got pulled under the water as another swimmer grabbed my shoulder and swam over top of me. My wetsuit zipper came completely undone as did the Velcro piece around my neck. I felt the cool water fill my suit and paused to tread water briefly so I could put my suit back together. Although frustrated with the temporary setback, I was reminded of a quote in the book I'm reading, entitled 'Training Camp'; "when you encounter adversity, remember, the best don't just face adversity; they embrace it, knowing it's not a dead end but a detour to something greater and better."

With that inspiration along with a new surge of adrenaline, I surged forward. I was almost to the third yellow buoy when the next wave of Elite Men started to catch up. I am not sure how it happened or what I got caught on, but my middle finger got snagged on a swimmer's wetsuit as he barreled by and my middle nail ripped out of the nail bed and started to bleed profusely. Every stroke was painful and despite having to slow and stop a few times, the adrenaline kept me going and I just kept fighting through it. I finished my swim and came out of the water in 60<sup>th</sup> place. Only the top 18 qualify for Team USA. Slightly discouraged and frustrated, I knew I had to PUSH through the pain. I knew it was a long-shot to make top 18, but I wasn't willing to give up. Pushing the negative thoughts from the swim out of my mind, I passed through T-1 in 1:10.

With adrenaline fueling and the pain subsiding, I jumped on my bike and started just hammering. Out of the water, my goal was to just pass as many women my age as possible during the bike and then use my strength in running to do the same.

The bike course was a bit hilly and at some points I had to switch into the lowest gear to get uphill, but going straight down I saw speeds between 38-45mph. The scenery along the course was beautiful and kept me positive. I just kept telling myself I had one shot and to leave nothing on the course. At mile 20, I saw two more girls up ahead and knowing there were only a few miles left, I booked it, settling into the aero position and gunned for them. I got into transition in 34<sup>th</sup> place and passed one of the girls on the way out. With a faster T-2 (0:57s), I started

*Continued on next page...*

# Gazelle's Gazette *continued*

*Contributed by Jessica Crate*

out on the run. The run began straight uphill and I caught several girls within the first mile. I settled into a comfortably hard rhythm and focused on just passing as many people as possible. Little did I know, I had moved from 33<sup>rd</sup> to 20<sup>th</sup> position by mile 5. In the last 800m, I saw another girl with a 28 on her calf, so despite the burning in my quads, I pushed forward and passed her in the last 400m. I just ran as hard as I could through the line, fighting the pain and as soon as I crossed the finish I knew I had given it my all. Even though I had a horrible swim, I felt content, knowing I had tested my limits and persevered, so although I had no clue what place I had finished, I was happy.

I immediately downed a couple ice waters and signed into the medical tent to ice my legs and see what the damage was to my finger. I got cleaned up and bandaged and accepted my finisher's medal from Jared, the Subway guy! Steve met me outside the tent with a big hug and we sat in the grass by the gorgeous Lake Champlain. When we found Ken and Emily, they already had their printed results, so Steve and I walked over to the results tent to see how I had done. I was nervous and excited to see how I'd done in my first real competitive Olympic distance triathlon. I scrolled down the list, just searching for my finish time and thinking I had come in 30-40<sup>th</sup> place. I found my name with an 18/76 next to it and almost cried. I couldn't believe it! Had I really qualified for Team USA?!?! It had to be a miracle or a mistake. The results weren't "official", so I tried to stay calm and not get too excited.

When the official results did post, I checked online and it was confirmed. I had taken 18<sup>th</sup> place in my age group and qualified with the LAST spot on Team USA for World's in Auckland, New Zealand next year! I was overwhelmed with emotion, awed and humbled by the fact that I had done it! I kept thinking back to the race and how close it was, even though I had no idea that girl in front of me at the end was the 18<sup>th</sup> girl. I know I have a long way to go and a lot of room for improvement, but it was a good reminder to never, ever give up in a race, training or life because the second you give up is the second you let someone else take.

I recently finished reading "Training Camp" and am motivated to encourage others with the lesson I learned that day; "when you face a setback, think of it as a defining moment that will lead to a future accomplishment." No matter what, stay positive. I could've given up after such an awful swim and the struggles I had in the water, but I took a mental reality check, sucked it up and pushed through, knowing I had to just give it my all the rest of the race. It wasn't easy but I did it. And YOU can too! Don't let the moment define you. YOU define the moment. Define it by knowing that your practice and preparation have prepared you well. Define it with your mental strength, faith and confidence. Define it by knowing that regardless of the outcome, you have given your very best. You are more than your successes. You are more than your failures. You are who you are in the moment. Enjoy it. Live it. Make the most of it. Make it yours!—JC

*Thanks Jessica...and Congratulations!—BR*



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**TIMETABLE:**

**Friday, Sept. 16th - 10:00-6:30**

Packet Pickup & Registration at **Running Zone** across from Wickham BCC Pavilion

**Saturday, Sept. 17th - Nance Park**

**6:00 am** Packet Pickup & Registration

**7:15 am** Late Registration ends

**7:30 am** Turtle Krawl Start!!!

**8:45 am** Turtle Krawl Kid's Run - FREE!

**9:00 am** Awards Ceremony

**AWARDS:**

Male and Female

Overall - 1st, 2nd, 3rd

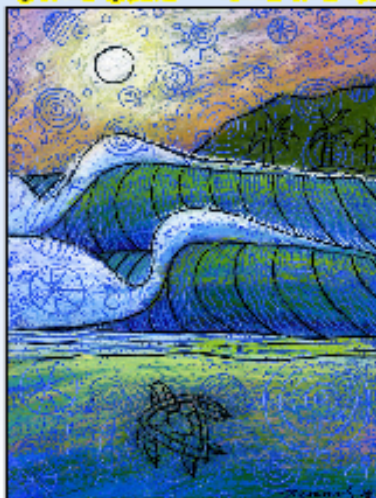
Masters (Age 40+) - 1st

Age Groups - 1st, 2nd, 3rd:

8 & under	9-11	12-14	15-19
20-24	25-29	30-34	35-39
40-44	45-49	50-54	55-59
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Phone (daytime) \_\_\_\_\_ Email address \_\_\_\_\_

Sex: Male Female Date of Birth / / Age on Race Day

(Optional) Team Name \_\_\_\_\_ (min. of five team members, with at least 1 of opposite sex)

Please check shirt size: \_\_\_ XS \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL

**Optional Kid's Registration: \$15.00** (Children 12 and under may elect to have a cotton shirt in lieu of a technical running shirt)

Pre-registered only: \_\_\_ Youth Medium \_\_\_ Adult Small

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In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Turtle Krawl 5K event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of the event for any purpose of the event; whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

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SIGNATURE OF PARENT FOR THOSE UNDER 18 \_\_\_\_\_

DATE \_\_\_\_\_

# Kathrine Switzer to Keynote Space Coast Marathon Weekend

contributed by Patti Sponsler

The spelling of her first name is as unique as she is.

Kathrine Switzer, that's Kathrine without an "e" in the middle, will be the guest of honor and keynote speaker at this year's Space Coast Marathon and Half-Marathon festivities on November 26-27 in Cocoa Village.

It seems fitting that the woman who busted down road racing's gender barriers would be on hand to help the event celebrate its 40th birthday.

After all, it was K. Switzer, wearing bib #261, who was attacked during the 1967 Boston Marathon by race director Jock Semple, for daring to run the distance supposedly too daunting for the fairer sex.

Nearby male runners who came to Switzer's aid allowed the then 20-year old Syracuse University junior to break away from Semple and run on to become the first official female finisher on the famed course.

And that might have been the end of it had a photographer on the media truck not caught the scuffle on film. The photo of the incident flashed around the globe to become one of Time-Life's "100 Photographs that Changed the World."

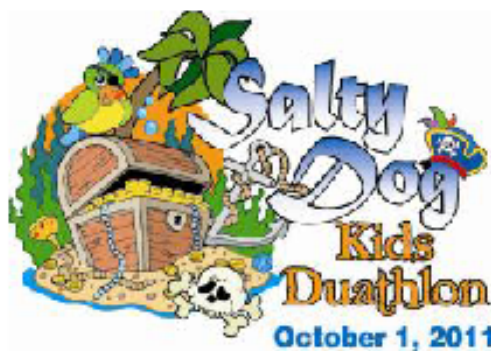
Switzer then went on to run another 38 marathons and, after winning the 1974 New York City Marathon, led the charge that allowed the women's marathon to become part of the Olympic games in 1984.

Thanks, in large part to Switzer's efforts, close to 50% of the participants lining up to begin the Space Coast Marathon and Half-Marathon on Nov. 27 will be women, quite an increase from the lone female who graced the event's inaugural starting line.

"Forty years ago I said that one day, women's running would become as popular and as publicizable as men's," said Switzer who, at 64, still runs marathons. "That day has come, and it is profoundly exciting that it has happened in my lifetime."

If you're a woman who loves to run, or a man who loves a female runner, you'll want to meet Switzer on Nov. 26 at Running Zone, between 10am and noon or at the Expo at KSC Visitor Complex that afternoon, where she will also be signing and selling copies of her book, *Marathon Woman*. That evening Switzer will be the keynote speaker at the pre-race dinner at the Apollo/Saturn V Center. She will also be presenting awards on race day.

In addition to being an integral part of marathon weekend, Switzer will also be posting comments and answering questions each Friday on the Space Coast Marathon and Half-Marathon Facebook page.



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10-12 Yrs. 800M RUN-4 MILE BIKE-1 MILE RUN

TIMETABLE:

Tuesday, Sept. 27th -Friday, Sept. 30th 10:00 am – 6:30 pm

Packet Pickup & Registration at Running Zone
across from Wickham BCC Pavilion

Saturday, October 1st – Eau Gallie Civic Center
(Between Highland Ave. and Pineapple Ave.)

6:30 am Late Packet Pickup – Check In/Marking

7:20 am 6-9 Yrs. Pre Race Instructions

7:30 am 6-9 Yrs. START!

10-12 Yrs. START To Follow end of 6-9 Yr. olds

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Address \_\_\_\_\_

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

Phone (daytime) \_\_\_\_\_ Email address \_\_\_\_\_

Sex:  Male  Female Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_

USAT Membership # \_\_\_\_\_ (Need copy to obtain race packet)

Please check shirt size: Sizes:  Youth Med  Youth Lg  Adult Small  Adult Med  Adult Lg

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Running Zone Foundation event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

SIGNATURE \_\_\_\_\_

SIGNATURE OF PARENT FOR THOSE UNDER 18 \_\_\_\_\_

DATE \_\_\_\_\_



# Run a Mile With...Danny Smith

**Name:** Danny Smith

**Family:** Daughter-Tina Smith Ganze, an art teacher with the Brevard county schools and her husband Colin Ganze, who works with Bob's Bicycle Shop. My Mother, Brother and two Sisters are in the area too.

**Originally from:** Melbourne, FL. Born and raised. I grew up surfing and cycling all over Brevard county.

**Occupation:** Partner with Sarah, Rod and Bill in Island Stride Sports, Brevard County's most complete natural running and Triathlon store. "We love to TRI and it shows"

**Dream profession:** Exactly what I'm doing now. Owning and operating a triathlon store is providing me with an excellent means to contribute to the awareness and growth of multi-sport in my local community. We are helping people run more naturally and we think this is something that the area really needs. Injury prevention and running efficiency is at the core of our training program. Since we opened we have been providing Slow Motion HD video analysis without the use of a treadmill. This way we can better assess how people run in a more natural environment. We can then determine the best shoe for their personal needs.

**Triathlon:** I have really enjoyed helping with the Tribe 'N Motion USAT triathlon club ([www.usatclub.com](http://www.usatclub.com)) . We put together Tribal Challenge, a very successful off-road triathlon and 5K, this past July. We are planning on doing a lot more of these types of events in the near future. We would really like to help make Brevard County a destination place for running, triathlons and training events.

**Number of Years Running:** I have been running all over the world for more than 20 years, but racing only a few. My competitive running history is posted on a great site called [www.Athlinks.com](http://www.Athlinks.com) Check out the site for your own personal running history.

**Began Running Because/To:** Prior to owning Island Stride Sports I worked at a tracking station in Antigua with the Space Program and then in the wireless industry with Terrycomm of Melbourne. Part of my job involved traveling to a variety of places such as Australia, Japan, and most of the Caribbean, South America and Africa. Running was easy to do while traveling because the only equipment required was a pair of shoes. It was a great way to explore cities and landscapes as well as meet other like minded locals when I went to a new job assignment. Also meeting up with the Hash House Harriers around the world is fun too. <http://gthhh.com/>



*Continued on next page...*

# Run a Mile With...Danny Smith

continued

**I Knew I Was Hooked When:** It's hard to say if there was an epiphany moment when I knew I was hooked on running. It seems as if it's always been a natural part of me and it just keeps getting better. Let the endorphins flow.

**Race PRs (Personal Records):** I feel I have come a long way in a short time. Last year's Witch Way 5K Oct 2010 was a PR of 25:07 then I ran the Coconut Run 5K in January 2011 at 22:36. Most recently the Space Coast Runners kick-off race Running on Island Time 5K with a new PR of 21:40. I would say the biggest reason for the improved time is my change in form to a more natural style. There is always room for improvement. I am continuing to work on my form while training and racing as I hope to drop my race times even lower.

**Most Satisfying Race Performance(s):** I can't think of one race performance that stands out above another. I really enjoy attending all races whether I am a spectator or a participant. The positive flow of energy and the social camaraderie crosses all boundaries.

**Favorite Race(s):** Melbourne Beach Music Marathon. I was feeling super wiped out from participating at the expo for two days before the race. I almost passed on the ½ marathon but decided to do it for fun. The weather was perfect and I talked and visited with runners all along the course. Instead of feeling tired, I was energized by all the happy faces. The post race party was a fantastic ending to a wonderful weekend.

**Favorite Race Distance and Why?** Still trying to conquer the 5k. I'm hoping to become more proficient in the long distance races in the near future.

**Favorite Place(s) to Run:** All over Brevard county, but there are the few places in particular that I really enjoy: Melbourne Beach Sanctuary for trails (EEL <http://www.eelbrevard.com/>), Hoover Track for speed work, and the beloved Melbourne Causeway for hill work and the always awesome panoramic scenery. Oh yeah, can't forget running along the beach during low tide. I'm really looking forward to the Beach Running World Championships on Cocoa Beach this November.

**Running Partner(s):** My favorite is Robin Moran. We run a similar pace and enjoy competing in the same events. I also really enjoy running with all the great people who show up for Run & W(h)ine speed work on Tuesday night and Bricks on Thursday night at Island Stride Sports.



*Continued on next page...*

# Run a Mile With...Danny Smith

continued

**Funniest or Oddest Thing I've Seen While Running:** Chickens and pigs! The chicken was while doing ½ Ironman distance training from Island Stride Sports. The route ran through a very nice neighborhood in Melbourne Beach where I saw a chicken crossing the road....this was at about the 6th hour and I thought I was hallucinating. I've also twice run the 12K Bay to Breakers, a San Francisco tradition for nearly 100 years, with serious runners and costumed participants. You have to see it to believe it. The pigs are another story...



(Editor's note: I'm still waiting on the punch line on WHY would the chicken cross the road!)

**Training Philosophies:** An athlete should do the least amount of the most specific training that brings continual improvement. When I find out the answer to that mystery you will be the first to know. Of course that training amount is continually changing as one increases or decreases in their level of fitness.

**One Piece of Advice That I Would Give to a New Runner:** Good form is the most essential part of running to be an efficient and injury free runner. Stay away from too much too soon. Use the 10% rule when adding distance to your run. Yes that's 3 pieces of advice, but it's free.

**Other Sports& Interests:** Surfing, on and off road cycling, swimming, diving.

**Favorite Reads:** Carl Hiaasen, a Floridian author who writes satirical fiction. I'm currently reading his latest novel Star Island which takes place in South Florida

**When Nobody is Looking I Like to:** Drink a few beers. Especially the IPA stuff!! The carbs make for a great bike ride the next day, but not always a great run for me.

**Favorite Meal:** Something Mexican or Sushi

**Dream Vacation:** Kona Ironman. Spectator or participant remains to be seen. If you're going to dream, make it big. I can always get some surf in while I'm there.

*Continued on next page...*

# Run a Mile With...Danny Smith

continued

**Why did you join SCR?** I joined SCR as a way to become more active with the growth and development of the local running community. I'm really looking forward to competing in the ROY series this year and having the opportunity to meet, train, and race with other runners.

**I Think That SCR Could Do A Better Job:** I love the new membership brochure, website, newsletter and logo. I hope it inspires others to sign up and be part of Brevard's oldest running club. Some ideas for SCR may include the creation of a running team, more membership involvement at the monthly meetings, better promotion of the ROY series, giving SCR members a series discount, and having an SCR race tent for all members to congregate at during events. I would also love to see more SCR apparel to identify club members, no matter where in the WORLD we are running. With that said, I'm excited about being an active member of a club that has the potential to be one of the premier running clubs in USA.



*Thanks Danny!!—BR*

# GOT BRIDGE?



20 BANDS • POST RACE CONCERT • WALKERS WELCOME



5K & 8K SATURDAY, FEBRUARY 4, 2012



MARATHON & 1/2 MARATHON SUNDAY, FEBRUARY 5, 2012

1/2 MARATHON RELAY

LIVE STREAMING WEBCAST OF THE FINISH LINE

2012 USATF MASTERS CHAMPIONSHIP 1/2 MARATHON

Eco-Friendly Event



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

## Walt Disney World® *Marathon Florida's Finest Team search*

*Search of Florida residents to race Walt Disney World® Marathon as Florida's Finest Team*

The *Walt Disney World®* Marathon Weekend takes place January 5-8, 2012.

The marathon race committee will select Florida residents to compete in the race as part of the Florida's Finest Team. Florida's Finest Team Members receive:

- *Walt Disney World®* Marathon entry
- Florida's Finest goody bag
- VIP bus transportation to start
- Seeded number
- A front starting position
- One-room hotel accommodations for two (2) nights
- Two (2) one-day/one-park tickets for *Magic Kingdom®* Park, *Epcot®*, *Disney's Hollywood Studios™*, or

*Disney's Animal Kingdom®* Park

- Two (2) meals per day
- Invitation to the VIP Reception
- Access to the Hospitality Suite

One to three guests of the Florida's Finest Team Member will receive:

• Two (2) one-day/one-park tickets for *Magic Kingdom®* Park, *Epcot®*, *Disney's Hollywood Studios™*, or *Disney's Animal Kingdom®* Park

- Two (2) meals per day
- Invitation to the VIP Reception
- Access to the Hospitality Suite

• One guest of the Florida's Finest Team Member will receive entry into the *Walt Disney World®* Marathon, Half Marathon or Family Fun Run 5K (fee is not waived). Guest race application must be submitted by November 15, 2011.

The race committee is currently in the process of selecting this year's Florida's Finest Team. Final selection will be made by October 15, 2011. The Team, with a brief biography on each, will be announced in the November/December 2011 edition of this magazine.

To be considered, athletes must be Florida residents and submit the following by September 30, 2011:

1. Running resume, which includes applicant's contacts: home address, work, cell and home phone numbers, and e-mail address;
2. Birth date and age on January 8, 2012, race day;
3. Running career highlights;
4. Marathon(s) completed 2006 thru 2011 (include race name, date and finish time);
5. Lifetime PRs at various distances (include race name and date of each PR);
6. PRs from 2006 thru 2011 if different from lifetime PRs at various distances (include race name and date of each PR);
7. If applicable, master PRs (include race name and date of each PR);
8. If applicable, grandmaster / senior grandmasters PRs (include race name and date of each PR)

Please send application materials via email to: [flrunn@cf.rr.com](mailto:flrunn@cf.rr.com) or mail to: Florida's Finest, Lorraine Evans, 8640 Tansy Drive, Orlando, FL 32819; Tel 407.352.9131. This magical opportunity is open to all Florida residents. To participate in the 2012 *Walt Disney World®* Marathon as one of Florida's Finest, submit the information today.

This is a Space Coast Runners & Titusville Racing Series Event,  
Sponsored by



**SATURDAY, October 15, 2011 • 8:00 AM • Chain of Lakes • Titusville, Florida**

**(Behind Brevard Community College on N. US 1)  
Registration available through [www.active.com](http://www.active.com)**

**COURSE**

Distance: 5K Cross Country & Pedway - 2 1/4 mile on paved pedways, .85 Miles on Grass - Scenic, flat, - The course follows the trails around the Chain of Lakes.

**AID STATIONS AND SPLITS**

Splits at all mile marks. Aid station near the 1.5 mile mark.

**Proceeds to benefit Emerging Leaders**

**ENTRY FEES\***

- \$ 25 Registration
- \$ 20 Early Registration (by October 8<sup>th</sup>)
- \$ 18 Student (18 & younger)

\*SCR members receive 51% discount for pre-registered runners. Sorry, No refunds!

**PACKET PICKUP AND LATE REGISTRATION**

Packet pickup and day of race registration will be at the Chain of Lakes starting at 7:00 a.m.

**AWARDS**

- Top 3 Overall - male & female
- Top Master (40+) overall - male & female
- Top 3 Finishers age group - male & female
- Grand Masters (50+) overall - male & female
- Senior Grand Masters (60+) overall - male & female

**AGE GROUPS**

- 8 yrs. & under
  - 9 yrs. to 11 yrs
  - 12 to 14 yrs
  - 15 to 19 yrs
  - then, every 5 yr. age divisions through 80+
- Electronic Bib Timing

**RESTRICTIONS**

For safety reasons, roller blades, roller skates, skateboards, bicycles, baby strollers, baby joggers, radio headsets and animals are PROHIBITED.

**T-SHIRTS**

T-shirts to all registered 5K participants

**DOOR PRIZES**

All participants and race volunteers are eligible for door prize drawings. You MUST be present to win. Door prizes will be drawn during the Awards Ceremony.

**AWARDS CEREMONY**

The Awards ceremony will be held following the 5K.

**TITUSVILLE RACING SERIES**

This race is the second in the **Space Coast Runner of the Year** and **Titusville Racing Series** races. The next TRS event is the **Light the Way 5K** on January 21, 2012, **Run For Your Life 5K** on March 17, 2012 and culminating with **Space Walk of Fame 8K** on April 14, 2012.

**YOUTH SERIES**

Space Coast Runners Youth series: (1/4, 1/2, and 1 Mile) will start after the 5K race.

**CHAIN OF LAKES 5K XC • SATURDAY, October 15, 2011 • REGISTRATION FORM**

Last Name

First Name

Address

City  State  Zip Code  Male  Female  Amt. Enclosed

Date-of-Birth  Age/Day of Race  Telephone (Area Code + Number)  Adult Shirt Size

**ALL PROCEEDS BENEFIT**

Make checks payable to:  
**Titusville Racing Series**  
Mail to: Chain of Lakes  
c/o Space Coast Runners  
P.O. Box 2  
Titusville, FL 32781

I hereby release Emerging Leaders, United Way of Brevard, Brevard Parks & Recreation and other sponsors and officials involved in any and all damages or injuries arising out of participation in this run and further state that I am in proper physical health and condition to compete in said run.

Signature (Parent, if under 18)



# 2011 Cocoa Beach Fall into Winter 5K run/walk



Saturday, Oct. 22nd, 2011 - 7:30 am

## 5K Run/Walk

Saturday, Oct. 22nd, 2011 - 7:30 am

### Entry Fee

Cash or Check only accepted	
Through Oct. 1st	\$20
Oct. 2-15th	\$25
Race Day	\$30
Family of (2) thru Oct. 15th	\$30
Family of (2) Day-of-Race	\$50

### Tee-Shirts: To all runners

Non participants \$10  
(size of shirts not guaranteed to runners who register Day-of-Race)

Breakfast for non participants \$10

### Awards

Top Male and Female Overall  
Top Male and Female Age Groups  
in the following age categories  
14 and under, 15-18, 19-24, 25-29,  
30-34, 35-39, 40-45, 46-49, 50-54,  
55-59, 60-69, 70-74, 75-79, 80+

### Special Race Divisions

Best Male & Female finishing in costumes  
Top 2 family team finishers  
Best carved pumpkin



### Parking

West side of A1A

### Special Races

- Costumes
- Family
- Gender  M  F
- Already carved pumpkin

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

Address (street): \_\_\_\_\_

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

Day Phone: \_\_\_\_\_ T-Shirt Size: **S M L XL XXL**

Entry Fee	
Through Oct. 1st	\$20
Oct. 2-15th	\$25
Race Day	\$30
Family of (2) thru Oct. 15th	\$30
Family of (2) Day-of-Race	\$50

Date of Birth: \_\_\_\_\_ Age (on race day): \_\_\_\_\_

Amount Enclosed

In consideration of my entry being accepted, I intend to be legally bound, and do hereby, for myself, my heirs, executors, devise and release any and all rights and claims for damages which may hereinafter accrue to me against the City of Cocoa Beach, and all other sponsors, contributors, or any subsidiary or political division thereof, its or their respective officers, representatives, successors and assigns for any and all damages or injuries which may be sustained and suffered by me in connection with my association with entry or participation in the "Fall into Winter 5K Run". If I should suffer injury or illness, I authorize officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I believe, and certify that I am physically fit and have sufficiently trained for the competition in this event. I have read the above and understand that I am entering this event at my own risk.

### Cash or Check only accepted

Make checks payable to  
Cocoa Beach Parks & Rec  
(CBPRD)  
P.O. Box 322430  
Cocoa Beach, FL 32932-2430

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Parent or Guardian, if under 18: \_\_\_\_\_





# HOT YOGA SPECIAL

## 30 Days for \$39

First time students only, 30 consecutive days for \$39

### Build a Better Runners Body:

- Bump up your endurance and maintain your running peak longer
- Stay injury free, heal existing injuries, improve mind-body synergy
- Master proper breathing techniques and reduce all-over tension

For more information call **321.749.9642** or visit **www.BikramYogaSpaceCoast.com**

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)



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

#### **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.



## Investing for the Long Run ...

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



4730 Seminole Trail  
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# Junior League of Central & North Brevard Presents



## Pumpkins in the Park 12th Annual 5K Run and Fitness Walk

6:30 p.m. Friday, October 28, 2011  
Cocoa's Taylor Park, Cocoa Village

Proceeds from the race support the  
Junior League of Central & North Brevard  
and its community projects & outreach initiatives:

- Community Voluntarism & Partnerships
- Kids in the Kitchen
- Scholarships



### REGISTRATION :

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

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

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

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

Telephone: ( \_\_\_\_\_ ) \_\_\_\_\_

E-mail Address: \_\_\_\_\_

School/Team Name: \_\_\_\_\_

Sex: M  F  Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

T SHIRT SIZE: S  M  L  XL  XXL

5K Run/Walk 15 and up \*\$27 \_\_\_\_\_

5K Run/Walk 14 and under \*\$17 \_\_\_\_\_

5K Run/Walk School Team Challenge Member \*\$17 \_\_\_\_\_

Free Children's "Lil Pumpkins" Run/Walk FREE \_\_\_\_\_

JLCNB Donation \$ \_\_\_\_\_

\*add \$5 for all entries postmarked after October 24th \$5 \_\_\_\_\_

Total \$ \_\_\_\_\_

Checks must be postmarked by Oct. 24th and payable to :  
JLCNB  
240 Parnell St., Merritt Island, FL 32953

Register online at <http://register.runningzone.com>  
and click on the Pumpkins in the Park 5K link.

In consideration of my being accepted I intend to be legally bound and do hereby for myself my heirs and executors waive all rights and claims for damages which may hereafter accrue to me against the Junior League of Central and North Brevard, the County of Brevard and its officers, employees, volunteers, and all officials of the race for any and all damages whatsoever that may be suffered by me or my family or my property or my children or my pets or my other dependents or my other loved ones. I understand the nature of the race and the risks involved and I understand that the Junior League of Central and North Brevard and its officers, employees, volunteers, and all officials of the race are not liable for any and all damages whatsoever that may be suffered by me or my family or my property or my children or my pets or my other loved ones. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose whatsoever. I have read the above release and understand that it presents risk of physical injury. Knowing this I am entering this event at my own risk.

Signature \_\_\_\_\_

Parent Signature (if under 18 years of age) \_\_\_\_\_

EVENTS INCLUDE: • 5K Run/Walk starts at 6:30 p.m. at Church & Riverside Dr.

- Free "Lil Pumpkins" Kids Run/Walk
- Free T-shirt with paid pre-registration
- Finish line management by Running Zone
- Register by October 24th and save \$5.00
- Costume Contest

AWARDS FOR: • Top 3 in Each Age Group  
• Top Masters (40+)  
• Team with the Most Participants

PACKET PICK-UP: Pre-registration packet pick up at Running Zone on Thursday, Oct. 27 from 10am-6:30pm  
Day of race pick-up at Taylor Park from 5:30pm -6:15pm

AGE GROUPS: 0-9 10-14 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80+

DIRECTIONS: From Interstate 95 take exit 201 east onto State Road 520 for 4 miles. Turn right on Brevard Ave. Cocoa's Taylor Park address is: 430 Delannoy Ave., Cocoa Village, FL 32922

\*T-shirt sizes are not guaranteed

\*Pumpkins in the Park is a rain or shine event, no refunds will be issued

For More Information and Sponsorship Opportunities Contact:  
JLCNB.....(321) 453-5718  
JLCNBPumpkins5K@gmail.com • [www.brevardjuniorleague.org](http://www.brevardjuniorleague.org)

Follow us on:

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JUNIOR LEAGUE OF  
CENTRAL & NORTH BREVARD  
A 501(c)3 organization

Inaugural



# Beach Running World Championships 10K & 1/2 Marathon



**Saturday, November 19, 2011**  
7am Start ♦ Cocoa Beach, FL



- ◆ Medals to all 1/2 Marathon finishers
- ◆ Tech shirts to all pre-registered runners
- ◆ Low-tide, out and back runs
- ◆ Open to all runners/walkers
- ◆ Shoes are optional!
- ◆ Post-race awards party on the beach with live band, food and more!



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

Another *Smooth Running* production



# Space Coast Art Festival Turkey Trot 5k

Thanksgiving Morning 7:30 am  
5k Road Race / Walk and Youth Run



A Cocoa Beach road race for runners and walkers through residential Cocoa Isles. Youth Runs of 1/4, 1/2, and 1 mile for the young gobblers. Get your Thanksgiving off to a healthy start and create a great holiday tradition with your family and friends!

Race benefits the Cocoa Beach Jr/Sr High School Track and Cross-Country programs, and the Space Coast Art Festival

## Location & Schedule

Race starts and ends at the Baliwick Mall, located just north of Minuteman Causeway on Brevard Avenue

6:30 - 7:15 am	Registration at Eagles Nest
7:30 am	5k Run / Walk
8:30 am	Free Little Gobbler Runs
8:45 am	Awards Ceremony

## Registration

Register on-line at [www.Active.com](http://www.Active.com), by mail, or at packet pickup. Teams may only register by mail or at packet pickup on Tuesday.

\$20	Entries postmarked before Nov. 13
\$25	Entries postmarked after Nov. 13
\$80	Family/Friends of Four Turkey Team before Nov. 13
\$100	Family/Friends of Four Turkey Team after Nov. 13

Turkey Team must carry a 12 lb. turkey over the course. It must stay with the team and the team must stay together throughout the 5k. *The turkey may not be pushed or pulled in a wheeled vehicle.* Team keeps the turkey. **TEAMS MUST REGISTER BY TUESDAY, NOVEMBER 22!! No teams accepted after this date.**

Make checks payable to: Space Coast Art Festival

Mail completed entry to:  
30 Country Club Road  
Cocoa Beach, FL 32931  
(Race fees are non-refundable)



Race hotline: 321-783-6535

Email: [TurkeyTrot5k@cfl.rr.com](mailto:TurkeyTrot5k@cfl.rr.com)

Website: <http://spacecoastartfestival.com/turkey-trot-5k>

## Awards

Unique Thanksgiving awards will be presented to:

- Top 10 Overall Male & Female Finishers
- Masters Male & Female
- Finisher closest to the Middle of the Pack
- Top Turkey Team
- Best costume - Adult Male & Female, Child Male & Female, Turkey Team

## Amenities

- Race t-shirt designed by Henry Lund to first 800 registrations. Register early to guarantee shirt size!
- Post-race refreshments
- Door prizes

Join us Thanksgiving weekend for the 48th Annual Space Coast Art Festival in downtown Cocoa Beach!! Exclusive Art Festival shirts designed by Rick Piper available in advance of the festival for purchase on race entry form, at packet pickup, and on race day.

## Packet Pickup

Tuesday, Nov. 22 and Wednesday, Nov. 23 from 5:00 - 7:30 pm at Eagles Nest, 20 N. Brevard Ave, Cocoa Beach  
Race day morning at Eagles Nest from 6:30 to 7:15 am

## Community Outreach

Share the spirit of Thanksgiving and donate a non-perishable food item at packet pickup or race day to help the needy in our community. Donations will be delivered to the food pantry at Lutheran Church of the Resurrection on Minuteman Causeway.



## Space Coast Art Festival 2011 Turkey Trot 5k

Name \_\_\_\_\_ Address \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_  
 Team Entry? Yes Team Name \_\_\_\_\_ Race Shirt (included with entry) YM S M L XL XXL  
 Additional Purchase Art Festival Shirts ADULT SIZES: S M L XL XXL TYPE & QUANTITY: Long SL \$20 \_\_\_\_\_ Short SL \$15 \_\_\_\_\_ Tank \$15 \_\_\_\_\_  
 Additional Purchase Art Festival Shirts YOUTH ONE SIZE & STYLE - YOUTH MEDIUM, SHORT SLEEVE \$10 \_\_\_\_\_

Release form: I assume all risks associated with my participation as a participant for the event on this form including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled to act on my behalf, waive and release the directors of this race from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (Parent if under 18) \_\_\_\_\_

Date \_\_\_\_\_



# 3 Holidays, 3 Classic Races

in the Beach Communities of  
Cocoa Beach & Cape Canaveral



Run or walk all three races to earn the  
Holiday Beach Classic medal!

Races benefit Cocoa Beach Rec Dept Youth Camps, Brevard  
County Police Athletic League, Cocoa Beach High School Cross-  
Country & Track Teams, and Space Coast Art Festival

FALL INTO WINTER 5k  
October 22  
7:30 am

TURKEY TROT 5k  
November 24  
7:30 am

REINDEER RUN 5k  
December 10  
8:00 am



Medals awarded at  
the **REINDEER RUN**  
for completing *all*  
*three* races.

Registration details  
available through  
links on Space Coast  
Runners on-line  
race calendar.



For more information, visit the **Space Coast Runners Race Calendar**  
to view or download individual race entry forms at:

<http://mattmahoney.net/scr/cal.html>

Find race entries in calendar by race date noted above



To contact race directors by email:

Fall Into Winter 5k: [lmclean@cityofcocoa-beach.com](mailto:lmclean@cityofcocoa-beach.com)

Turkey Trot 5k: [turkeytrot5k@cfl.rr.com](mailto:turkeytrot5k@cfl.rr.com)

Reindeer Run 5k: [r.lefever@cityofcapecanaveral.org](mailto:r.lefever@cityofcapecanaveral.org)



# Matt and Jim's Birthday Runs

These guys sure know how to celebrate a birthday! In what has now become somewhat of a tradition, Matt Mahoney and Jim Schroeder celebrate their summer birthdays in a rather unique way...by taking a K at the end of their new age and organizing a run of that distance. This year, it was Matt's 56th, so friends gathered to run 56K. Likewise, it was Jim 64th birthday this year, so a 64K was put together. Both races were run on the trails of Wickham Park on a HOT August morning in Florida. Some pictures of both races follow. For Matt's birthday, 13 runners started, 4 finished. For results, [CLICK HERE](#). For Jim's birthday, 32 runners started, 8 finished. For results, [CLICK HERE](#). My birthday is this month...I think I'll celebrate with a...Cookout!—BR



# I Run For Pizza Football Kickoff 5K

August 13, 2011

Pizza for breakfast? How about 130+ pizzas? And let's not forget the 200-plus muffins/danish, 960 oranges and 40-plus pounds of bananas. That was the post race spread put on by the Pizza Gallery and Grill after the largest ever group of runners and walkers for the "I Run For Pizza Football Kickoff 5K" looked to refuel following the second race in the Running Zone series, which started and ended in The Avenue Viera. More than 1000 registered, and 937 finished on a hot and humid August morning.

Kyle Cook took the Overall Male Champion award with a time of 16:33. Michael Fisher finished second 5 seconds later, and Tristan Kattenberg was third in 16:51. Doug Butler took the Male Masters Champion award with a time of 17:20.

For the ladies, Angela Cobb finished first in 17:49. Jessica Crate was second in 18:04 and Kim Hunger took third in 18:45. The Female Masters Champion award went to Jackie Clifton, who crossed in 20:06. For complete race results, [CLICK HERE](#). You can also download Free pictures from race day, courtesy of Barry Jones of TriHokie Images, by [CLICKING HERE](#)



# Running on Island Time 5K

August 20, 2011

The first race in the 2011-2012 Space Coast Runners Runner of the Year (ROY) Series was staged at Divine Mercy Catholic Church on Merritt Island. Over 280 runners and walkers finished the race that was held on an out and back course through neighborhoods near the church.

The Overall Female Champion award went to Melissa Taylor, who crossed the finish line in 18:55. Tracy Simso took second with a time of 19:23. And Robin Moran finished third in 21:51. The Female Master award went to Janet Canfield, with a time of 22:15. Anne Dockery was the Female Grand Master winner, with a time of 22:45. And Wendy Bleumig was the Female Senior Grand Master winner in 27:19.

For the men, the Overall Male Champion winner was John Davis in 17:30. Steve Hedgespeth finished second, 7 seconds behind the leader, and Jon Williams was third in 17:51. Male Masters winner was Joe Hultgren, with a time of 18:42. Art Anderson took the Male Grand Master award in 19:07, and David Grant was the Male Senior Grand Master winner in 21:36.

There were also awards for the walkers in this ROY event. Carol Ball took the Female first place award in 35:26. Paige Sierra finished second in 37:19 and Sandy Allen was third in 37:25. For the men, Jacob Crowell finished first in 36:59. R.C. Koontz crossed second in 39:40, and Joseph Gentile was third in 42:56.

For complete results for the runners, [CLICK HERE](#). For complete walking results, [CLICK HERE](#).



**John Davis leads the pack early in the Running on Island Time 5K.**



**Kara Springer, Hernan Garcia and Ed Springer, at Running on Island Time 5K.**

More photos next page...courtesy of Steve Colella of [YourPhotosNow.com](http://YourPhotosNow.com)



# Running on Island Time 5k

continued



# Get Up and Go 5K/10K

August 27, 2011

The first race of the Titusville Running Series was also held this month. The race started at Fox Lake park and ran along Carpenter Road and on some “gently rolling” residential roads. The race benefits Hope for North Brevard. The race was an interesting affair. Some website directional issues, some unexpected twists and turns in the course, and some delayed race results frustrated some of the runners, but race management recognized the issues and promised to correct them for next year.



In the 10K, Sammy Palmer was the Overall Male Champion with a time of 35:34. Justin Bishop was second in 35:57, and John Davis took third in 38:12. Bret Holliday was the Male Master Champion, crossing the line in 39:06.

For the Ladies, Chelsey Coon was the Overall Female Champion in 42:42. Caryn Treder came across second in 46:50 and Janet Canfield finished third in 48:49. The Female Master Champion was Christine Kennedy, who finished in 50:16.

In the 5K, Drew Denson took the Male Overall Championship, crossing the line in 17:31. Zach Shavere was second in 17:41 and Jacob Langgle finished third in 17:44. Joe Hultgren took the Male Masters award with a time of 18:43.

On the ladies' side, Althea Hewitt was the Female Overall Champion with a time of 20:29. Alexa Diana Gemma finished second in 20:36 and Kara Kyramarios was third in 21:52. The Female Masters award went to Sandra Gannon, who had a time of 22:45.



## Hope for North Brevard, Inc

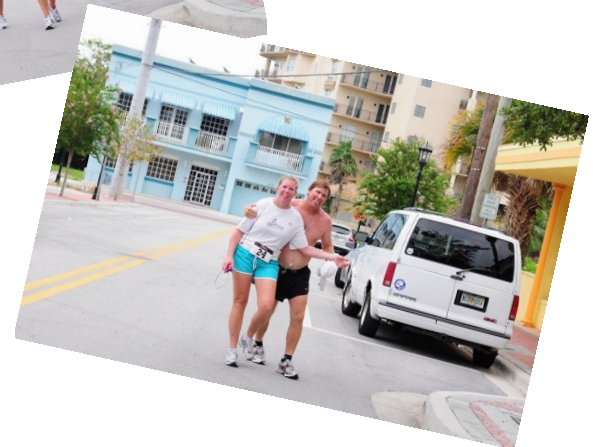
*A Catalyst for Restoring Hope and Unity*

*“Running has taken me in, and continues to comfort, heal and challenge me in all kinds of magical ways. I am not a ‘good runner’ because I am me. I am a good ‘me’ because I am a runner.”—Kristin Armstrong, Author and runner*

# Mid Summer Night Marathon and Half-Marathon

August 27, 2011

A new event on the race calendar this year took place in the late afternoon of August 27th. Part fun run, part endurance event, and part social, the race was organized by Hernan Garcia, owner of Daddy Ultra Runs. It was not meant to be a competitive race, just fun. The course was a loop that started at the store and went out to River Road and back. The distance each runner completed was determined by the number of laps they finished. About 140 runners started the race, which benefitted the University of Central Florida Haiti Relief Fund, Families Exploring Down Syndrome (FEDS) and the American Diabetes Association Tour de Cure. Esteban Torres won the half-marathon in 1:34:47 and Dr. Joe Ninke won the full in 3:55:12. For complete results, [CLICK HERE](#), but remember it is not a placement list because no one kept track of who went how far in the non-competitive event.



More photos of the event are available for free download, courtesy of Steve Colella of Your-PhotosNow.com. [CLICK HERE](#) to visit the photo page.

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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)

# 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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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!