

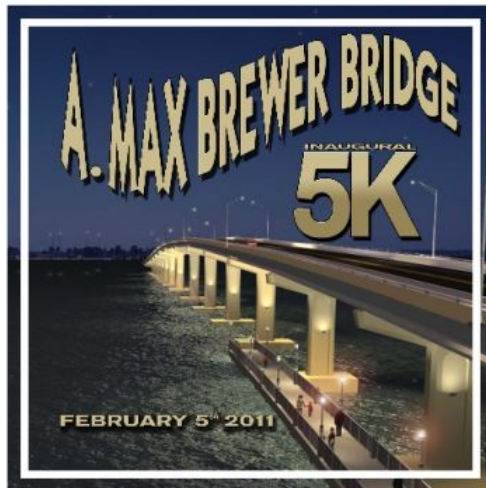
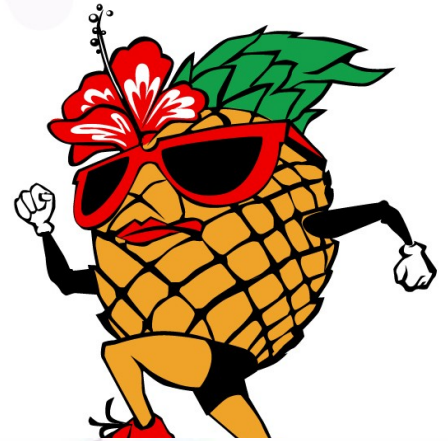
On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

January 2012

HAPPY NEW YEAR!!!



Lots of holiday races last month and the 2nd annual 5K-9 and A. Max Brewer Bridge races. Results and photos inside. PLUS, a feature on a special milestone by one of our own.



STARTING LINE

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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, January 16th at Health-First's Pro-Health & Fitness in Viera.**

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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

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](#)

Happy New Year!

As 2012 begins, I am thinking about how my life changed in 2011, and what lies ahead. After 16 + years with United Space Alliance, I, like many of you, faced an unknown future with the end of the Space Shuttle. All we seem to see in the paper and hear on the news is gloom and doom.

Yet, I find that because of the people of "my community", all is good in my world!

I am talking about the community of runners and walkers of Brevard County and beyond.

I look at Facebook and read the comments from various SCR members – reports of "getting in xx miles this morning", the joys of achieving new PR's, and thanking one another for helping them make it through a workout. I am inspired!

When I attend a fun run, SCR social, or a race, I am surrounded by the upbeat spirit of those who share my sport. I am so grateful to be in the presence of happy, smiling friends with plans and goals!

Even my current employment and resulting new friendships with running coworkers was facilitated by my connections within our running community. How lucky I am to be employed AND be helping our runners, walkers, and the general public get in some appropriate footwear!

I feel as though my "other job" - heading up Space Coast Runners, gives me the opportunity to influence and encourage more people to join our group and realize how great it is to be a part of our family.

So, unlike the people who are lamenting their future this New Years, and perhaps turning to some unhealthy ways to cope, we, as a community of athletes, are supporting one another by just doing what we do!

I look forward to seeing everyone on the roads in 2012!!



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

KEEPING TABS

A huge **THANKS** to all those who helped with this month's newsletter including, Carol Ball, Loran Serwin, Marlene White, Bonnie Klein, Ken Rhoden, Jim Schroeder, Beth Toledo, and 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**. **1/1**—Larry and Alex Budnick, Robert Bruckart, Phil Hatcher; **1/2**—Blanche Morrison, Joe Castner; **1/3**—Henry Campbell, Willy Moolenaar; **1/4**—Aeddon Burns; **1/5**—Ryan Preston; **1/6**—Harry Prosser; **1/7**—John Hardos; **1/8**—Rik Ojeda; **1/9**—Rebecca Sparks, Tom Robbins, Charlotte Brunelle, Brian Kennedy; **1/11**—Sandra Gannon; **1/12**—Angela Staab, Rick Unrue, Jeremy Flint, Arleigh Sharpe; **1/13**—Jim Haithcoat; **1/14**—Melanie Delman, Bailey Deese, Joan Thibodaux; **1/16**—Donna Neill, Greg Hayes; **1/17**—Linda Foster, Jovita Ojeda; **1/18**—Jenna Cleland; **1/19**—Janice Gagnier, Timothy Legare; **1/20**—Doug Norris, Cristina Nunez; **1/21**—Tom Hoffman, Hannah Deese, Charis Gaines; **1/23**—Kara Hedgespeth, Mary Joseph, Patti Hatcher; **1/24**—Audrey Joiner; **1/26**—Karen Hughes, Chris Waterman; **1/28**—Audra Kemmerling; **1/29**—Patricia Tierney, Shawn Burns; **1/30**—Keith Flint, Jennifer Karla, Drew Cordes; **1/31**—Katie Marsh;

HEADING SOUTH The Space Coast Runners Sunday morning fun runs now head south 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!

GOT EDITING SKILLS? SPACE COAST RUNNERS COULD USE YOUR HELP! We are currently seeking a volunteer interested in taking over as Editor of the SCR Electronic Newsletter. If interested, contact Carol Ball at cball@cfl.rr.com.

VOLUNTEER FOR EYE OF THE DRAGON! We need volunteers to help with Eye of the Dragon 10k and Tail of the Lizard 2 Mile race. February 25th at the Eau Gallie Civic Center. If you can help, contact Marlene White at marlenewhite@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 28th 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.

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	PALM BAY COMMUNITY CTR	6:30PM	DAVE HERNANDEZ
WEDNESDAY	DADDY ULTRA RUNS	6:00PM	HERNAN GARCIA
WEDNESDAY	EAU GALLIE CIVIC CTR	6:00PM (5:30PM STARTING 11/9)	RUNNING ZONE
THURSDAY	VARIOUS-MELB & COCOA BCH	6:00PM	UP & RUNNING FITNESS
THURSDAY	RUNNING ZONE	6:00PM (5:30PM STARTING 11/9)	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.

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 having four gyms in one! For more information visit their website at [Health First Pro-Health & Fitness Center](#) and become a fan on their Facebook page!

Mail: Check payable to ABCDS, Tooth Trot, 1983 Rockledge Drive, Rockledge, FL 32955

On-Line: www.raceit.com

Race Day: 6:30—7:45am at Wickham Park Main Pavilion behind BCC on Wickham Road

Race Shirt: To first 250 5k adult entries, size not guaranteed

Entry Fees	Postmarked by 1/31/2012	After 1/31/2012
◇ 5K	\$25	\$30
◇ SCR/Gecko Club Member	\$23	\$30
◇ 5K Walk	\$25	\$30
◇ 2 mile Time Trial (No Shirt): \$10/ Jr./ Sr. Hi School team member		

Name (&/or Team): _____

Address: _____

City: _____ Zip: _____

Phone: _____ SCR Member? Yes No

Email: _____

Age on 02/11/2012: _____ Male Female

Birthdate: _____

Circle T-shirt Size (5K adult only):

S M L XL XXL (\$5 extra)

5K Child size cotton shirt: S M L

Incomplete or Unsigned entry forms will NOT be accepted!

I hereby release Brevard County Dental Society, Alliance of the Brevard County Dental Society, Wickham Park, Brevard County Parks and Recreation and all sponsors, officials and race volunteers involved in any and all damages or injuries arising out of participation in the 2012 Tooth Trot. I state that I am in proper physical health and condition to compete in said runs. I understand that all participants are responsible to know the course. Race management is not obligated to alter results due to any runner's misperceptions, mistakes or other circumstances that lead to an error on the course. I have fully read this release and understand that it presents a risk of physical injury or illness, and knowing this, I am entering this event at my own risk.

X _____

Signature above — no exceptions! (parent or guardian if under 18)

Date: _____

Chip Timing by:



Great Door Prizes

Delicious continental breakfast with fresh Florida orange juice!

Technical T-shirts to 1st 250 adult 5k registrants

Packet Pickup available one week prior to race until 2:00pm only 2/10/2012 at:



[MORE INFORMATION](#)

Race Director:

Jerilyn Bird
1983 Rockledge Drive
Rockledge, FL 32955

Phone: 321.848.5940

Fax: 321.631.5135

E-mail:

JRBird23@aol.com

14th Annual



A 2012 SCROY Series Race!



Presented by:

The Brevard County Dental Society

Corporate Sponsors:



Proceeds benefit Give Kids a Smile in Brevard County — providing free dental care to children in need.

Meet Your SCR Board Member—Marlene White

Editor's Note: We have a VERY SPECIAL edition of "Meet Your Board Member" this month. Marlene White recently completed the Rehoboth Beach, DE Marathon in December. The race completed Marlene's journey to complete a marathon in all 50 States and DC...a VERY exclusive club! CONGRATULATIONS MARLENE! To recognize her incredible achievement, we are spotlighting Marlene as this month's subject of "Meet Your Board Member" to hear, in her own words, her story. We also have an article contributed by SCR President Carol Ball, who along with many of Marlene and Dick's friends, accompanied her to Delaware to share in the celebration. So, here first, is Marlene's story...—BR.



When my husband, Dick, and I moved to Cocoa Beach from Tampa in 1996, then-president of the Mad Dogs Triathlon Club, Rue Morgan, told us to look up Bernie Sher, who, he said, would introduce us to the running community in Brevard County. Either by fate or extreme good luck, on one of our first runs on Cocoa Beach, we ran into Bernie and Patti Sponsler. They subsequently introduced us to Susie and RC Koontz, Barbara and Don Linton, Kathy and Rik Ojeda, and a host of other local runners who have impacted our lives ever since.

It wasn't long before we were connected with Space Coast Runners and became very involved with the club. I was elected to the board and served for 7 years as treasurer. When a race director was needed for the Eye of the Dragon, I volunteered to take it on, as I had previous experience with race directing in Pennsylvania.

I ran a bit in high school and college, but really got the running bug when I turned 30. Training partners in Pennsylvania encouraged me to run the Marine Corps Marathon in 1991, and I've been running marathons ever since. When we met, Dick had never run a marathon and I had never competed in a triathlon, so we each took up the other's event. Our fascination with the marathon and traveling led us to make a pact in 1997 to complete a marathon in every state and Washington, DC. My traveling for work made the endeavor more manageable and being married to a physical therapist helped to keep the injuries at bay, so I had the good fortune to finish the 50 states and DC in early December in Rehoboth Beach, DE. Dick's final state is coming up in May 2012, in Cleveland, OH.

Continued on next page....

Meet Your SCR Board Member—Marlene White

...continued

As important as running is to us, we have tried to use our passion for the sport to influence others. When Dick's boys visited us, we involved them in sprint triathlons and road races. When our daughter, Rachel, was born, she spent hours in a baby jogger while we trained and then did her first kiddie race at 16 months.

Some of my most rewarding experiences with running involved Rachel's elementary school. When I wanted to start a running club at the school, the administration was behind me 100%. We were blessed with community support, as well. Space Coast Runners helped us out as a sponsor the first year, the RRCA the second year and the local running community came out when we initiated the Sun N Fun Run as the primary fund-raiser for the club. Now that Rachel is at Cocoa Beach Jr/Sr High School, it is rewarding to see some of our former Mileage Club members who discovered running as an elementary student, now excelling at cross-country and track at the high school level.

We have since turned the Mileage Club over to other parents and turned our efforts to supporting the Cocoa Beach cross-country and track teams through the Space Coast Art Festival Turkey Trot 5k. The Thanksgiving Day race splits its profits between the Art Festival and the high school running programs. It's very satisfying knowing that our efforts are directly impacting the running programs at the school. Knowing how this sport can turn around an adult's life, Dick and I feel strongly about encouraging the same among the youth of our community.



NATIONSBANK
Olympic Day Run
June 24, 1995
A Village Photographers



Continued on next page...

Meet Your SCR Board Member—Marlene White

...continued



With the 50 states odyssey behind me, I have a few new goals for the upcoming year. I'll run a marathon on my birthday for the first time this February. In May, I'll run the Cleveland Rock N Roll Half-Marathon so I can be at the finish line when Dick completes his last state. Several of my nieces and nephews picked up the running bug in Rehoboth Beach and are now training for the Philadelphia Distance Classic Half-Marathon in September. They were

inspired, not only by their aunt's accomplishment, but also by watching and listening to their uncle and the other SCR members really enjoying this aspect of life – Susie, RC, Carol, Ty, Barbara, Marty, and Dave. I'll keep up with their training on Facebook and join them in September, along with Rachel, who will be running her first half-marathon. Many of our family's best experiences and memories revolve around running events and running vacations. I hope our actions and activities continue to help instill the love of the sport in others.

Thanks Marlene...and again, CONGRATULATIONS!!—BR



Marlene's 50 States

Contributed by Carol Ball



The First State is the Last State

Several SCR Members and family members were on hand to witness Marlene White complete her 50th State Marathon in Rehoboth Beach, Delaware on December 10th. It was a very cool morning and the excitement was high as she breezed through the finish line led by daughter Rachel and niece Robin carrying a banner designed by past 50 State Finisher, Marty Winkel.

SCR members attending completed either the half or the full marathon, including Marlene's niece, Robin, who ran the first half with Marlene and had a PR! It was a beautiful course, with much of it on trails through the woods and some along the waterfront. The race was well organized with lots of great post race food!

Marlene's large, supportive family, mainly from the Pennsylvania area, came to stay at a property the Whites had rented in Rehoboth Beach. The weekend turned into a huge family reunion and ongoing feast. Marlene and Dick thought of everything, including shirts for everyone, and a kiddie race on the beach for all the nieces and nephews!

Marlene was quick to credit her husband, Dick, with orchestrating the majority of the planning for this 50 State accomplishment. She completed 6 states in 2011 alone to meet her goal! Marlene and Dick have run many of the 50+ marathons together, and Dick will be achieving his goal this coming May in Cleveland, Ohio!

Space Coast Runners salutes Marlene (and Dick) on their accomplishments! They are an inspiration to us all!

Continued on next page...

Marlene's 50 States ...continued

Contributed by Carol Ball

Marlene's 50 States:

Alabama	12/14/02	Rocket City Marathon
Alaska	06/19/10	Mayor's Marathon
Arizona	01/11/04	Rock 'n' Roll Arizona Marathon
Arkansas	11/12/05	Mountain Home Marathon for Kenya
California	04/27/97	Big Sur Marathon
Colorado	09/06/10	American Discovery Trail Marathon
Connecticut	10/09/99	Hartford Marathon
Delaware	12/10/11	Rehoboth Beach Marathon
Florida	01/09/94	Disney Marathon
Georgia	02/01/03	Tybee Island Marathon
Hawaii	06/26/11	Kona Marathon
Idaho	05/28/06	Coeur d'Alene Marathon
Illinois	05/31/04	Lakeshore Marathon
Indiana	06/04/05	Sunburst Marathon
Iowa	10/17/09	Siouxland Lewis & Clark Marathon
Kansas	11/21/10	Gobbler Grind Marathon
Kentucky	04/27/02	Kentucky Derby Festival Marathon
Louisiana	02/27/05	New Orleans Mardi Gras Marathon
Maine	05/16/99	Sugarloaf Marathon
Maryland	02/14/93	Washingtons Birthday Marathon
Massachusetts	04/19/93	Boston Marathon
Michigan	05/24/08	Bayshore Marathon
Minnesota	06/16/07	Grandma's Marathon
Mississippi	11/29/08	Mississippi Coast Marathon
Missouri	09/05/05	Heart of America Marathon
Montana	06/03/06	Governor's Cup Marathon
Nebraska	09/28/08	Omaha Marathon
Nevada	02/06/00	Las Vegas Marathon
New Hampshire	09/29/02	Clarence Demar Marathon
New Jersey	04/29/01	New Jersey Marathon
New Mexico	09/03/06	New Mexico Marathon
New York	10/05/03	Wineglass Marathon
North Carolina	02/17/96	Charlotte Observer Marathon
North Dakota	05/21/11	Fargo Marathon

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Marlene's 50 States ...continued

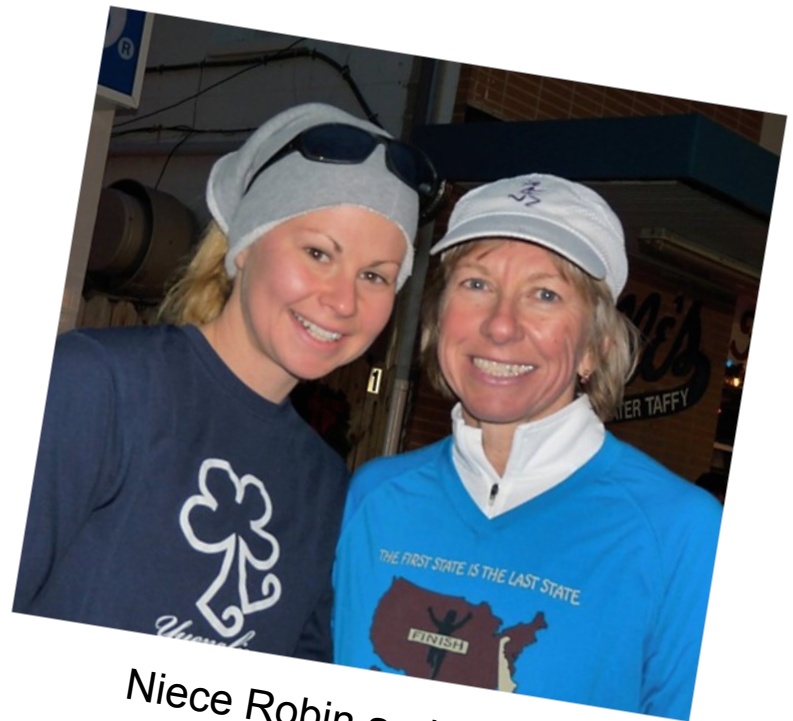
Contributed by Carol Ball

Marlene's 50 States:

Ohio	04/17/11	Earth Day Challenge Marathon
Oklahoma	11/16/07	Route 66 Marathon
Oregon	08/08/09	Crater Lake Marathon
Pennsylvania	11/18/01	Philadelphia Marathon
Rhode Island	10/17/10	Breakers Marathon
South Carolina	12/09/06	Kiawah Island Marathon
South Dakota	10/02/11	Crazy Horse Marathon
Tennessee	04/29/00	Country Music Marathon
Texas	02/19/06	Austin Marathon
Utah	10/06/01	St. George Marathon
Vermont	05/28/00	Vermont City Marathon
Virginia	03/18/07	Shamrock Sports fest Marathon
Washington	06/27/09	Rock 'n' Roll Seattle Marathon
West Virginia	06/11/11	Hatfield & McCoy Marathon
Wisconsin	05/10/03	Lake Geneva Marathon
Wyoming	05/24/09	Wyoming Marathon
Washington DC	11/03/91	Marine Corps Marathon



Marlene and Dick White



Niece Robin and Marlene

Continued on next page...

Marlene's 50 States ...continued

Contributed by Carol Ball



Beach Kiddie Run

Support Crew



Untold training miles....

Hours of dedication....

Blisters, sweat, tears....

50 State plus D.C.

1310 Miles.....

◀ THE 50TH STATE FINISH LINE....

PRICELESS!



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.*

Tropical Parade Pacer 2 Mile Run & Fitness Walk

December 3, 2011

The Tropical Parade Pacer 2 Miler raced down the Merritt Island Christmas Parade route to the sounds of cheering spectators! The crowd was treated to a Running Santa, Derek Sichler of Morgan Financial, who threw candy to the children along the course. Any racer beating Santa's time was awarded an "I beat Santa" certificate. The 120+ runners were treated to a breakfast, great door prizes, awards and then a front row seat at the parade.



The second annual event was held to raise funds for the Habitat For Humanity's Women's Build program. This program brings together women from all walks of life to address the housing crisis facing millions of women and children worldwide. Women's Build events have helped to construct more than 1,900 houses. On January 7th, 2012 the ladies of Tropical Realty will be onsite to raise the walls for the Johnson family's new home in Cocoa, Florida.

Tropical Realty and its sponsors raised over \$4,500 to benefit the Women's Build. Linda Wise, Broker/Owner of Tropical Realty & Investments of Brevard sees partnering with Habitat's Women's Build as a natural fit. It has been her life's work to help people find their dream home, so why not help build it!

—Contributed by Michelle Culver, Race Director

Thanks Michelle! For race results, [CLICK HERE](#).



Sponsor Spotlight Smooth Running, LLC

Smooth Running, LLC, creates and owns some of the most unique running and triathlon events in East Central Florida, including the State Farm Melbourne Music Marathon Weekend, the Florida Today 5-k and 8-k runs, the Game Day 5k at Space Coast Stadium, the Saturn 5-k at the Kennedy Space Center Visitors Complex, the Cocoa Beach Triathlon, the Dad's Day Triathlon and the Surf Coast Trifecta triathlon series.



Smooth Running's sister company, Board Sports Management, is the producer of the Sebastian Inlet Pro surfing tournaments, which are among the richest pro surfing events ever held on the East Coast and also a series of international surfing contests held in Australia, Central America and Micronesia. The company is now creating a major board sports event for 2013 that will draw tens of thousands of people and an economic boost to our area.

The principal of both companies is Indialantic's Mitch Varnes, a Space Coast native and 6th generation Floridian. Mitch joined SCR back in the late 1980s and is a past age group runner of the year. Mitch was named Space Coast Magazine's Entrepreneur of the Year for 2011 for creation of the surfing tournament, the marathon weekend and the Surf Coast Trifecta.

"We live in an amazing part of Florida and one that has the potential for so many more great recreational and sporting events," said Varnes. "With 72 miles of beaches and coastline, the bridges, waterways and our surfing heritage, Brevard County should be an epicenter of running, multisport and surfing...Events that showcase our natural resources are good for all of us, and I really don't see any reason why we can't one day be the San Diego of the East Coast."



Reindeer Dash 5K & Jingle Bell Walk

December 3, 2011

More than 175 runners and walkers came out to the Viera Regional Park Community Center to participate in the second annual Reindeer Dash 5K & Jingle Bell Walk, part of Brevard County Park and Recreation's "Run Brevard: ReCreate Your Life 5K Series." The funds raised pay for the cost of the race series and any extra goes to pay for supplies of other programs.

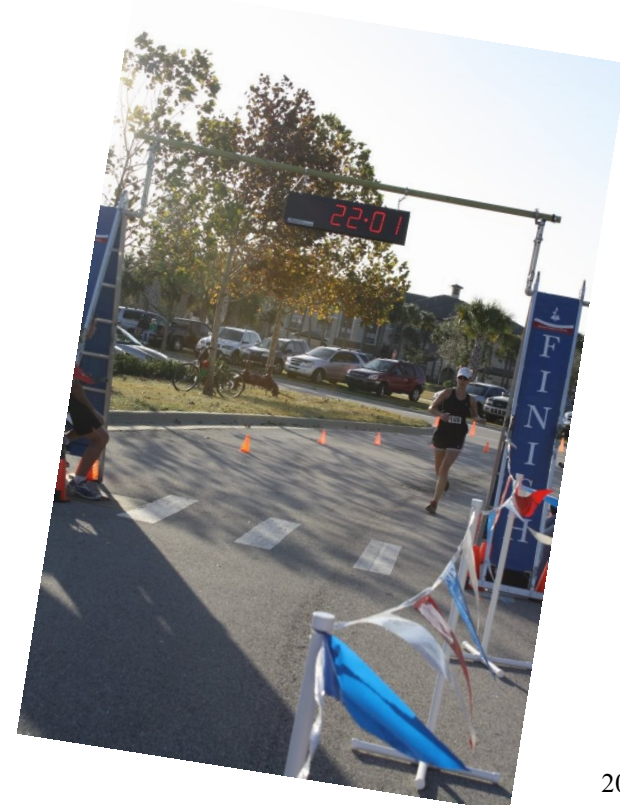


Brad Ivey was the Overall Male Champion with a time of 19:21. Art Anderson, who finished 3 seconds later, was the Male Masters Champ.

The Overall Female Champion was Felicity Cunningham, who crossed the finish line in 22:02. Pam Meier was the Female Masters Champ, finishing in 23:58.

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

Pictures: Some of the younger runners posed with Rudolph. Bottom right: Female Champ, Felicity Cunningham comes to the finish line. Bottom left, Neal Levine, Male age group 45-49 winner finishes hard.



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Coach Doug Butler, MS
—Sports Psychology

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State Championships

Coach Doug Butler has been training runners of all ages successfully for over 10 years. He has won more Florida High School Cross Country state championships than anyone in the history of the sport. He has coached legions of runners in all distances and provided training that has led to personal successes for many high school team and individual state champions, footlocker xc national qualifiers, Boston & New York City Marathon qualifiers, off-season college soccer athletes—anyone seeking to improve their fitness levels through running. Many of the runners he coaches train with him the entire year and some for several years continuing to set new personal records (PRs). If you aspire to improve your running, no matter what level you are at, Coach Butler will help you achieve your goals using both personalized training and teaching that a positive mental outlook will allow you to build the confidence you need to move forward towards your goals.

Very few people train at the paces they should be running at in order to increase their fitness level. This camp will teach you what paces you should be training at. This camp is geared for adults, but, students are welcome to join if they are not a member of a high school track & field team.

Runners meet two nights a week and on Sunday mornings for group training runs. If you prefer to run on your own, Coach will gladly set up your program and communicate with you via email or phone. You are still welcome to attend group runs if you choose.

The first night of camp (January 17th) will be at 6:30 p.m. at:
Running Zone - 3696 N Wickham Rd. in Melbourne just south of Post Rd.

Tuesday and Thursday evening runs will be at 6:00 pm. Sunday long runs will be at 6:30 a.m.

You may check www.setgoalsnotlimits.com for workout information.

First name _____ Last Name _____

Email: _____ Age _____

PLEASE PRINT YOUR EMAIL LEGIBLY

Phone _____

Weekly Miles _____ Current 5k time _____

Waiver: I know that running and volunteering to work at running camp are potentially hazardous activities. I should not enter and run in camp activities unless I am medically able and properly trained. I agree to abide by any decision of a camp official relative to my ability to safely complete each run. I assume all risks associated with running and volunteering to work at camp including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the training and race courses, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for participation, I, for myself and anyone entitled to act on my behalf, waive and release the Set Goals, Not Limits, LLC and its officers and agents, all sponsors, their representatives and successors, including the Running Zone directors agents and employees, from all claims or liabilities of any kind arising out of my participation in these running camp activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Date _____

Parent's Signature if runner is under 18 years

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Returning runners \$125.00

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For more info contact:

Coach Doug Butler

coachdbutler@gmail.com

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Run a Mile With...Bonnie Klein, Ken Rhoden and Phin, the wonder dog

Name: **Bonnie** Klein, **Ken** Rhoden and **Phinneas** (the dog)

Family: **Bonnie** and **Ken** are engaged; **Bonnie** has Mom & Dad, nieces and nephews and **Phin**; **Ken** has two daughters, aged 21 and 23. **Phin** has **Bonnie** and **Ken**.

Ages:**Bonnie**—42;**Ken**— 53; **Phinneas**—4.

Originally from: **Bonnie**—Philadelphia, PA; **Ken**—Jacksonville; **Phin**—rescued from South Florida

Grew up where?: **Bonnie**—South Melbourne Beach; **Ken**—Jacksonville; **Phin**—Brevard County

Occupation: **Ken**—attorney and currently running for Public Defender (a runner running for office?—BR) **Bonnie**—full-time law student and volunteer on **Ken's** campaign; **Phin**—full-time house poodle.

Dream profession: **Ken**—I always wanted to be a Historian. Now I fill that desire with a lot of reading. **Bonnie**—Elder Law Attorney. I'm in school to accomplish that dream. **Phin**—Greyhound racer.

Number of Years Running: **Ken**—All my Life! **Bonnie**—not sure; **Phin**—1 year.

Began Running Because: **Ken**—Always loved to run, can't remember a time when I didn't. **Bonnie**—I started running as a young girl (3rd-4th grade) while playing soccer on a boy's team in Melbourne Beach—the coach made us run! I stopped running in college but picked it back up with the "Couch to 5K" program. Trained with Coach Linda for the Space Coast Half-Marathon in 2009. **Phin**—My mom took me on a short run and I loved it!

I Knew I Was Hooked When: **Bonnie**—I would go for a run down A1A just for fun and taking the time out of a vacation to the Keys in 2009 to get in a long run for my SC Half training. **Ken**—I would run through the woods as a kid. **Phin**—Mom hooked my leash to my collar!

Continued on next page...



Run a Mile With...Bonnie Klein, Ken Rhoden and Phin, the wonder dog

Most Satisfying Race Performance(s): **Bonnie**—2009 Space Coast Classic. Peter Carabetta was training with me for the half and this was on our training schedule. I was doing well and had a little gas left in the tank for the finish. We had a great time that day! **Ken**—It's always the last race I ran! **Phin**—I haven't been in a race...yet! (Does Phin know about the Bayfront 5K9 race??)

Favorite Race(s): Why? **Bonnie**—The Jingle Bell 2-Miler because there are tons of kids, and the jingle bells! **Ken**—The recent AVET Project 5K on 9/11/11 at the Space Coast Stadium because it's a great group working hard to support our troops, past and present. **Phin**—see my answer above...

Favorite Race Distance: Why? **Ken**—5K because they are long enough, but not too long. **Bonnie**—10-15K because 5Ks seem like more of a sprint. The longer distance gives me the perfect combo of an easy run and a little speed. **Phin**—see my answer above... :-)

Favorite Place(s) to Run: **Ken**—Outside Paris...the scenery was amazing. And of course, along the river from Cocoa Village. **Bonnie**—Sunday morning runs along River Road with SCR. **Phin**—By the horses on Tropical Trail, just south of SR520.

Running Goals: **Phin**—I would love to run the Bayfront 5k9 in Palm Bay! **Bonnie**—the 2012 Space Coast half, then “maybe” do the Disney full marathon in 2013. **Ken**—to keep healthy and to keep running.

Running Partner(s): **Phin**—Bonnie and Ken. **Bonnie**—Ken (of course!) and Peter Carabetta, my “official” running partner who got me through my long runs. And of course, Phin. **Ken**—Bonnie and Phin, but I usually run alone.

Continued on next page...



Run a Mile With...Bonnie Klein, Ken Rhoden and Phin, the wonder dog

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:

Bonnie—A nice, slow run with my grandparents to hear their stories. **Ken**—I'd really like to see Abe Lincoln leg it out with me. **Phin**—I'm happy to run with anybody, anytime.

Funniest or Oddest Thing I've Seen While Running:

Bonnie—the roosters and chickens along river road are always an odd sight for me. **Ken**—I got stopped by the police while training as a teenager in Jacksonville. They were suspicious of two guys running down the street at 5am! **Phin**—I see lots of dogs and cats, but I like to watch those squirrels cross the road on the electrical wires.



Training Philosophies: **Phin**—Run like a big dog is chasing you! **Bonnie**—right now, with school, I'm lucky to get in 3 short runs in a week. **Ken**—Every training run is a fun run.

One Piece of Advice That I Would Give to a New Runner: **Ken**—Don't worry about the time or distance. Just enjoy the running! **Bonnie**—Take care of your feet! And don't do too much too soon. **Phin**—Build up slow so you give your paws a chance to adapt.

Other Sports/Interests: **Bonnie**—Soccer, tennis, yoga, rescuing dogs, scrapbooking, my family. **Ken**—basketball, boxing, weightlifting. **Phin**—tennis ball chasing, napping.

Favorite Reads: **Phin**—Clifford, the Big Red Dog. **Ken**—Carl Hiaasen; "Atlas Shrugged"; **Bonnie**—"Jonathan Livingston Seagull" by Richard Bach. "We can be free!"

Favorite Movies: **Ken**—"The English Patient"; The Bourne series; **Bonnie**—"Legally Blonde", "A Beautiful Mind"; **Phin**—it's a tossup between "Lassie" and the original "Benji".

Continued on next page....



Run a Mile With...Bonnie Klein, Ken Rhoden and Phin, the wonder dog

When Nobody is Looking I Like to: **Phin**—chase squirrels in the yard; **Ken**—eat a pint of Haagen Dazs Rum Raisin ice cream! **Bonnie**—watch the above-mentioned blonde movie!

Favorite Meal: **Ken**—Christmas dinner with my family; turkey, gravy, cornbread stuffing, eggnog, cheesecake and, in honor of my mom: “Ethel’s Potato Salad”. **Bonnie**—Maine lobster with butter. **Phin**—baby back rib bones from Sonny’s.

Dream Vacation: **Bonnie**—Bali, to swim and lay in the sand (read “Eat, Pray, Love” Bonnie?—BR). **Ken**—Tour the Middle East at PEACE so travel is safe. **Phin**—France, a poodle’s homeland.

Why did you join SCR? **Ken**—My fiancé was training for a half and I was running River Road with her and taking advantage of the drinks SCR put out, so I thought it would be good form to join. **Bonnie**—I joined SCR while training for the Space Coast Half-Marathon and have Coach Linda to thank for that! **Phin**—no canine memberships available...yet!

I Think That SCR Could Do A Better Job: **Bonnie**—Choose a philanthropic interest to support (unless we have one already). **Ken**—SCR is a fantastic organization and does a great job. I especially appreciate the folks that get up extra early and put the water out on Sundays. **Phin**—By raising money to help special needs runners get assistance dogs.



Thanks Bonnie, Ken and Phin!—BR



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Ancient Oaks 100 Mile Endurance Run

December 3, 2011 contributed by Jim Schroeder

The Ancient Oaks 100 Mile Endurance Run snakes through the Enchanted Forest in Titusville, covering the distance of 100.34 miles in 29 loops of 3.46 miles each. The Ancient Oaks name derived from a grand old (rough estimates of around 200 years of age) oak tree that faithfully watches over participant's each loop. It also marks the start of about a half a mile of a particularly vicious root section of the course that challenges runners during the hours of darkness. This time of year there are



approximately 11 hours of daylight running and 13 hours of nighttime running. Final results after 32 hours of running at the 2011 Ancient Oaks 100 Mile Endurance Run re posted at: <http://ancientoaks100.com/wp-content/uploads/2011/12/FINALHTM.htm>.

Race Director Mike Melton reports,

"In the men's race, Bruce Sung Ho Choi of Jacksonville FL ran the second-fastest time ever recorded in the thirteen years of the race as he notched a 17:15:16 win. Claude Hicks Jr of Texas finished second in 20:48:51, repeating his second-place finish from last year. Stuart FL's Brad Lombardi ran 21:15:26 for third place. Andy Mathews of Tampa FL was fourth in 22:45:16, and defending champion Joe Ninke of Sebastian finished fifth in 22:52:05. David Metcalf of Merritt Island FL, Jeff Collins of Vallejo CA, Melbourne FL's Jim Schroeder, Stone Mahaffey, Connecticut's Fred Murolo, Andrei Nana of Miami, Miami's Smith Jean-Baptiste, and DFL finisher Ray Krolewicz of Pontiac SC all finished. Fifteen of 45 men completed the race. A special finisher of note was 17-year-old Shaun Bryer of Macomb, MI who became the youngest finisher in race history when he crossed the finish line in 25:09:11.

In the women's race, Ashley Walsh of Winder GA won in a time of 23:25:59. Cheryl Lager of Virginia Beach VA took second place in 24:34:05, and Palm Harbor FL's Lorna Michael passed Beth McCurdy of Dacula GA in the final miles to take third place in 25:16:52. Beth finished fourth in 25:47:25. Juli Aistars of Lake Zurich IL finished in 27:15:14, Sherry Meador of Alabama notched a 28:09:38 finish, Letha Cruthirds of Biloxi MS and Tampa's Tammie Wunning all finished the race. Eight of 14 women completed the full 100 miles."



Ancient Oaks 100 Mile Endurance Run

December 3, 2011 *contributed by Jim Schroeder*

In all there were 23 finishers out of 59 starters in this year's AO 100. We couldn't complain about the weather as it remained partly cloudy and cool in the daytime and nighttime yet never too cold for comfort.

The terrific volunteer crew assembled by RD Mike Melton made an enormous difference as the long nighttime hours slowly passed. My favorites included the PB&Js, grilled cheese sandwiches, pizza at midnight and Egg McMuffins for breakfast. For the AO 100 Mike organized 2 hour updates to the results link, a very nice feature so that family and friends could track a runner's progress. It was nice to hear Susan Anger's cheery encouragement after each loop! Many others, whom I do not know personally, were equally supportive.

As Ultra-marathoner Brian Krogman, holder of the San Francisco One Day 24 hour course record of 140 miles and Keys 100 solo record, once remarked, "Training for a 100 miler is like training to be hit by a truck!" That would rather accurately describe how many of us feel today.



Thanks Jim!!—BR



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Ancient Oaks 100 Mile Endurance Run

From a Wife's Perspective—contributed by Beth Toledo

I don't consider myself a runner. An occasional 5K, and a couple of half-marathons hardly qualify me as an expert. But what I am, is the wife of a runner. My husband Pedro would be what I call a "lover of running". Someone who gets lost in the miles; someone who doesn't feel good until he has run 10 miles on a sunny day; and someone who is defined by the challenges running brings.



Pedro finished the Ancient Oaks 100 a day ago, and as he limps around the house because of the blisters on his feet, I couldn't be more proud.

The Ancient Oaks 100 was the first 100-mile race that Pedro has done. The race takes place in the Enchanted Forest in Titusville, which happens to be the city in which we live. It's a free race in his own backyard...how could he resist? The race is 29 laps that loop around a rugged trail of enormous trees, jagged roots, a couple of short bridges, some dirt stairs, and lots of golf ball sized seeds. The runners in this race are a pretty interesting cast of characters. Ages ranged from a great-grandmother to a 17-year-old, and everything in between.

As a spectator, I saw all kinds of strategies for finishing the race, from drinking beer between laps to taking naps every few hours. People had their cars set up like a campsite, with gas stoves, sleeping bags, pizza boxes, dirty socks, and coolers of all sizes. Some of the runners had the support of a buddy or spouse and some were alone, but all had the support of the other runners.

Living in Titusville was an advantage for Pedro because he had many visitors and running partners. He had some who ran with him through the night and some to motivate him when he felt like he should call it quits. As the sun rose Sunday morning, many of the cars had emptied the parking lot and all that remained were empty water bottles and tire marks that indicated that someone had been there. And there in the dawn, I saw my husband running with a friend. He sat down and said that he was done. But he still had seven laps left.

As he sat there deciding whether to quit or not, I took his hand and told him I would do the next lap with him. We walked as the sun rose and I told him about the day before, which happened to be our daughter's birthday. I filled him in on the messages from family and friends and tried to talk so much that he was distracted from his pain and suffering. In the next lap he had some more coffee and was actually feeling more energized, so we even run a little. Before we know it, it's down to five remaining laps.

Continued on next page...

Ancient Oaks 100 Mile Endurance Run

From a Wife's Perspective—contributed by Beth Toledo

A friend has now joined us and together, we tell stories, gossip, and realize that Pedro has become somewhat delusional. He asked us if we saw the black cat standing beside us. By now, I have run more than I usually run, but there was no way I was going to complain or quit. He begins another lap and I take a seat among other race finishers and friends. He is joined by another friend, and together they run the rest of the race.

People were sitting around sharing stories when I overhear a woman being congratulated for finishing the race. She remarks that her performance wasn't "stellar". From someone who isn't a runner, I found her comment amazing. Finishing 100 miles is pretty damn stellar. The self-determination, the physical challenges, the loneliness, and the many other tests these runners face while finishing this race is beyond understanding for most people.

Pedro finishes the race! He's congratulated, hugged, and admired. Pictures are taken and a paper award is given. A few comments about next year's race are heard in the group

I'm not sure people understand runners, especially Ultra runners. They are a special, and crazy group. When I drive out of the park I feel an enormous feeling of pride. Not just for my husband, but for each runner who crossed paths on that course.



Thanks Beth!!—BR



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Saturday, January 28th

7:00 am Packet Pickup & Registration
7:45 am Late Registration ends
8:00 am 5k Starts!!!
9:15 am 1 Mile Run Starts!!!
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Phone (daytime) _____ Email address _____

Date of Birth ____/____/____ Age on Race Day ____ Please Circle Race **5K** **1Mile**

Sex: Male Female Please check shirt size: Sizes: YM S M L XL XXL

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 Tiger Dash 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

Bayfront 5K-9

December 4, 2011 Contributed by Dave Hernandez

Being a dog lover, runner, & dog runner- the Bay front 5K-9 was already on the top of my list for fthe most fun race - and this year's race was way better than last year's!! This 2nd annual event fielded more dogs (94), more runners (182), more sponsors, more food, more great doggy goodies, and amazingly-beautiful running weather! All water stops had big dishes of cold water for the dogs! The race packets contained two Frisbees, 3 bandannas, a tennis ball, and & squeaky stuffed animal dog toy! It was one of the best I've seen! The post race celebration had raffles and tons of food from a host of sponsors & fresh-off-the-grill burgers & (hot)dogs cooked by Dr Paul! Everybody had a great race, and everybody (including their dogs) had loads of fun! If you really want to enjoy a really fun & unique event, this is the race for you! There's really something special & cool about the bond of these dogs & owners!



Very special thanks to Doctors Paul & Jen for putting on this 2nd annual event! We look forward to many, many more very successful & very fun races!
Thanks Dave!!—BR



Continued on the next page...

Bayfront 5K-9

December 4, 2011

Michael Wilson was the Overall Male Champion, covering the course in 17:47. Andy Dutra was second in 18:37, and Jason Wagman finished third in 18:45. The Male Masters Champion was Jim Shaffer, who finished in 20:31.

For the ladies, Robin Hernandez was the Overall Female Champion with a time of 21:18. Lisa Petrillo was a close second, finishing in 21:22. Annie Caza was the third-place finisher, crossing in 21:52. Marie Block took the award for Female Masters Champion with a time of 24:16.

As you would expect, there were also awards for the dogs. Instead of age categories, the awards were broken into weight classes. The Small Weight Class Champion was Lara, accompanied by Jason Wagman and crossing the finish line in 18:45. The Medium Weight Class Champion was Three-Leg-Fred, running alongside Jim Shaffer, finishing in 20:31. And the Large Weight Class Champion was Cooper running with Lisa Petrillo and finishing in 21:21.

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



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1 Mile, 5K or Both Races

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- Saturday, January 21st
- Mitchell Ellington Park, Hall Road, North Merritt Island
- Registration: 6:30AM, Mile Race starts at 7:30AM, 5K 8:00AM
- Cost: Mile \$10, 5K \$15, Both Races \$20
- Students: Mile \$5, 5K \$10, Both Races \$15
- Special Award for Fastest Student in Mile & 5K Race



Awards

- Overall 1st, 2nd, 3rd Male & Female
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Event(s): 1Mile _____ 5K _____ Both Races _____

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I hereby release Merritt Island High School and Brevard County Parks and Recreation, their sponsors and officials involved in any and all damages or injuries arising out of participation in the 2012 Mustang Stampede 5k, 1 Mile & Both Races and further state that I am in proper physical health and condition to compete in these runs. I understand that runners are responsible for knowing the course and race. management is not obligated to alter results due to any runner's misperceptions, mistakes, or other circumstances that lead to an error on the course.

Signature: _____ Parent signature if under 18 _____

Make checks out to: MIHS; Mail to: Nancy Buonanni, Merritt Island High School, 100 Mustang Way, Merritt Island, FL 32593
Contact Coach Nancy Buonanni 321-698-3683 or Coach Pat Campbell 321-759-3205 for more info

Reindeer Run 5K

December 10, 2011

522 runners and walkers participated in the 16th Annual Reindeer Run 5K held at Cherie Down Park in Cape Canaveral. Proceeds from the race benefit the Brevard County Police Athletic League. The race is hosted by the City of Cape Canaveral Parks and Recreation Department. Many of the runners and walkers were dressed as Santa, reindeer, Christmas trees, or simply wore their holiday decorations.



John Davis and Doug Butler battled for most of the race for the lead, with John eventually taking over and finishing 8 seconds ahead of Doug. John was the Overall Male Champion in 17:15. Doug was second in 17:23, and Shane Streufert took third, crossing the line in 18:12. Joe Hultgren was the Male Masters Champion, covering the distance in 18:36.

Tracy Simso was the Overall Female Champion with a time of 19:20. Julie Hannah finished second in 20:13 and Kristen Klein-Nicholl was third in 21:20. Janet Canfield was the Overall Female Masters Champion with a finishing time of 21:47.

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



CITY OF
CAPE CANAVERAL

More pictures on next page...

Reindeer Run 5K

December 10, 2011





If you've never done a run, this is your chance. If you want to get the family on board, the 5K is your race. Or maybe you're looking to take your run to the next level? If so, the 8K is the challenge you've been looking for.

Saturday, February 4, 2012

7:00am - 8K Start | 8:00am - 5K Start | 8:45am - Kids Run Start

Run through downtown Melbourne out across the Indian River via the Melbourne Causeway and back to the finish line in downtown Melbourne. Unlike other races that prohibit strollers, we encourage them. In fact, we even have a stroller division. Want to walk a 5K? No problem!

Registration for all races is now open!

Visit www.TheMelbourneMarathon.com for more details

FAMILY FUN



LIVE MUSIC

Jingle Bell 2-Mile

December 18, 2011

Over 1400 runners and walkers came out dressed in the spirit of the season on the evening of Saturday, December 17 to participate in the Jingle Bell 2-miler. Santa hats, reindeer antlers, a Christmas tree and even some angels (???) covered the two mile course. And, of course, Santa was on hand to greet the runners and hand out awards.



James Post was the Overall Male Champion, covering the course in 9:38 (I'm not sure that's even enough time to work up a sweat!!—BR). Chris Rego finished second in 9:56.1, just a bit more than a half of second ahead of Michael Fisher. Doug Butler took the award for Male Masters Champion, with a finishing time of 10:39.

Angela Cobb was the Overall Female Champion and set a new course record of 10:47. Jessica Crate took second place in 10:57 and Melissa Taylor was third in 11:33. Jackie Clifton was the Female Masters Champion, crossing the line in 12:25.

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



A. Max Brewer Bridge 5K Run & 2-Mile Walk

December 31, 2011

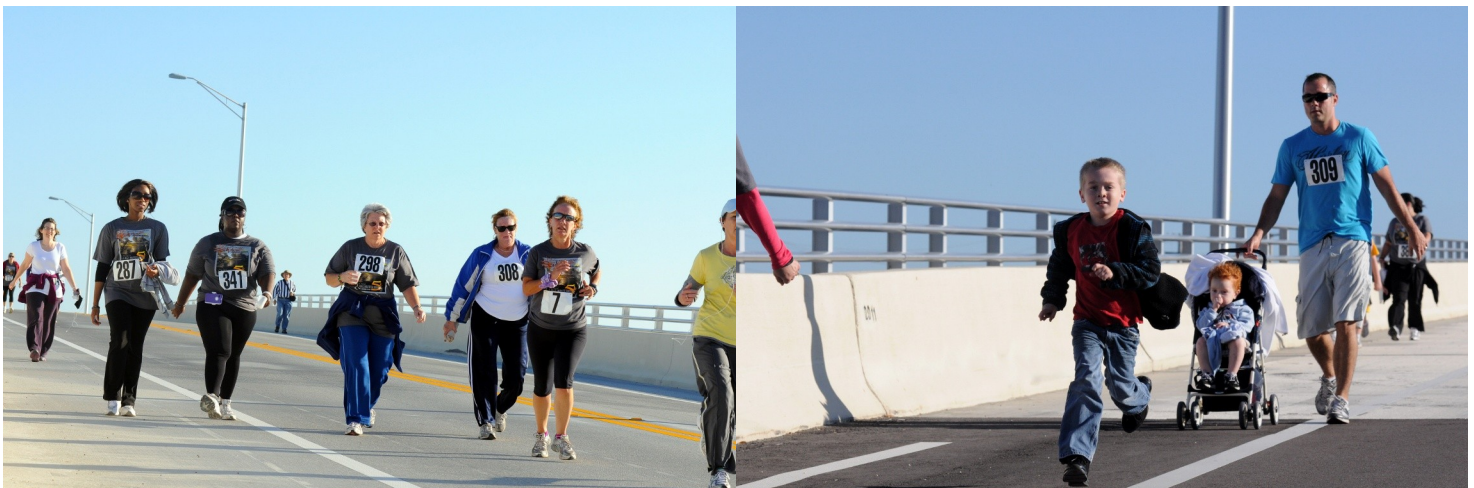
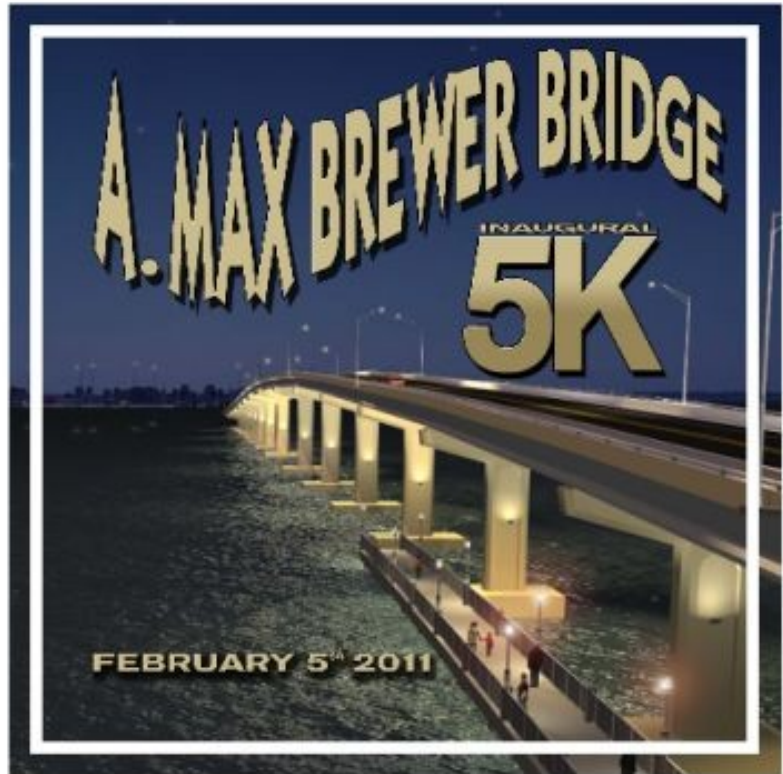
To end 2011 on a good note, more than 450 runners and walkers came out on New Year's Eve morning to participate in the second annual A. Max Brewer Bridge 5K and 2-Miler. Over 350 participated in the 5K and more than took 100 on the 2-Mile challenge.

The 5K started at Space View Park, and went out and back over the bridge before ending at Sand Point Park.

Cody Castillo was the Overall Female Champion, covering the distance in 20:11. Claire Castillo, Cody's younger sister, finished 20 seconds later and took second in 20:31. Kerriann Roberts was the third lady to cross the finish line, coming in at 20:46. Christine Kennedy was the Overall Female Master Champ with a time of 24:04. Karon Pittman, finishing in 24:37, was the Female Grand Master Champ. And Rhonda Howard was the Senior Grand Master Champ in 29:30.

For the men, Ryan Widzgowski finished 1:22 ahead of his closest competitor, taking the Overall Male Championship in 16:39. Wes Thurman was second in 18:01, and Chris Loines finished third in 18:49. Art Anderson, with a time of 18:56, was the Male Master Champ. Matt Mahoney was the Male Grand Master Champ in 20:40. Andrew Sendry was the Senior Grand Master Champ, finishing in 24:16.

For complete race results, [CLICK HERE](#). More pictures next page...



A. Max Brewer Bridge 5K Run & 2-Mile Walk

December 31, 2011

2nd Annual A. Max Brewer 5K Run and 2 mile walk



Men's Champion, Ryan Widzowski opens a big lead



Cody Castillo, the Female Champion, on her way down the bridge



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There are two ways to advertise with Space Coast Runners. Give our members a discount and we'll give you a 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

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!