

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

February 2012



Lots of races to start out the year!
Tigers, Mustangs, Moms, Music,
Beer, Pirates and more!! Check
them out! Details inside!

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, February 20th at Health-First's Pro-Health & Fitness in Viera.**

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

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](#)

Carol's Corner

Contributed by Carol Ball, SCR President

It is February, and almost time for the Space Coast Runners 24th Annual Eye of the Dragon 10K and Tail of the Lizard 2 Mile! Race Director Marlene White is hard at work, hoping to make this the best year yet! It is especially cool that this happens to be the Year of the Dragon on the Chinese calendar!

The event has been designated as the Road Runners Club of America 2012 Florida State Championship. There will be RRCA awards for the 1st OA, 1st Master, 1st Grand Master, and 1st Senior Grandmaster. One of the benefits of this honor is that RRCA sponsors – Gatorade and Fuel Belt – are picking up the tab for all the Gatorade and the Race Numbers! Yeah!

The race will again feature a 10K Run, a 10K Walk, a 2Mile Run, and a 2Mile Walk, each a separate category. The logistics of scoring all these races will be skillfully handled by Running Zone Race Management. RZRM also certified the course this year with USATF for accuracy.

Each year, SCR gives scholarships to 2 area high school seniors through the Brevard Schools Foundation. This race will fund those scholarships, so you can be sure your registration fee will be well spent. In addition, SCR Members and Gecko Club Members save \$5 on registration!

So, register today and join us on February 25 at the Eau Gallie Civic Center and celebrate the Year of the Dragon!

Also, SCR would like to say a Special Thanks to **Linda Cowart**, Cocoa Village Sunday Fun Run Director for the past 4 years!!

Linda is taking a much deserved break, and Co-director Suzie Enlow will be taking over.

If you see Linda on the roads, be sure to thank her for her service!

We are compiling a list of folks who can occasionally fill in when needed. If you would like to be on that list, contact Suzie at suziee@cfl.rr.com.



KEEPING TABS

A huge **THANKS** to all those who helped with this month's newsletter including, Carol Ball, Loran Serwin, Christel Charlez-Alcock of [2C Photography by Christel](#), Peter Crummey, Cristina Engel, Tom and Kathy Freeberg, Chuck Liska, Beth Scarborough, Ken Horton of [icunphotos.com](#), Sarah Guttery, Nancy Buonanni, Heather Anderson, Running Zone. Steve Colella of [YourPhotosNow.com](#), and Amy and Jason Perrone of [Perrone Photography](#).

HAPPY BIRTHDAY TO: 2/1—Risa Holmquist; 2/2—Owen McCrudden, Coby Karl; 2/3—Colin Hedgespeth, Ron Roff; 2/4—Greg Butler, Terry Weber; 2/5—Tracy Simso, Marlene White, Steve Colella; 2/6—Quinn Kanner; 2/9—Nancy Hayes, Ben Buchanan, Ryan Buchanan; 2/11—Terry Hayden, Christopher Cloney; 2/12—Darwin Tangen, Shane Streufert, Terry Shepherd; 2/13—Tim Gannon; Brad Thomas; 2/14—Kendall Enlow, Cindy Bishop, Raena Karl; 2/15—Mark O'Donnell; 2/16—Kathryn Varnes, Don Nelson; 2/17—Killian McCoy, Kurt Holst, Catherine Paroline; 2/19—James Ralph, Sue Strout; 2/20—Joseph Joseph; 2/22—Debbie Unrue, Christy Tagye; 2/25—Ryan Farner, Robin Moran; 2/27—Denise Piercy, Christina Tucker; 2/28—Jackie Schmoll; 2/29—Morgan Scott;

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!

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.

"If you can't excel with talent, triumph with effort."

—Dave Weinbaum, Businessman, writer and part-time stand-up comic.

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	7:00AM	UP & RUNNING FITNESS
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	SATELLITE BEACH LIBRARY	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!

KEEPING TABS

SPACE COAST RUNNERS DONATES TO SPECIAL OLYMPICS!

Space Coast Runners has again chosen Special Olympics of Brevard as the beneficiary of a portion of their proceeds from the Space Coast Marathon & Half Marathon, held November 27, 2011 in Cocoa Village. This event, jointly owned by Running Zone Race Management and Space Coast Runners, again had a record number of participants. SCR is pleased to donate \$2,250 to the Special Olympics Track and Field Team right here in Brevard County. By participating and/or volunteering at this event, you played a part in this much-needed donation!

In addition, SCR is collecting any unwanted trophies and medals for distribution to deserving Special Olympic athletes and some of our school running programs. Look for the signs and collection table at the Eye of the Dragon 10K, to be held on February 25th at the Eau Gallie Civic Center. For more information, on the trophy/medal program, please contact David Grant at dmgrant13@cfl.rr.com.



Some of the members of Brevard County's Special Olympics Track and Field Team



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 Space Coast Runner and Running Zone Foundation Races (pre-registered entries only.)
- 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.



Join now at Active.com, on our web site or 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: _____

I would like to volunteer: SCR Youth Running Series Space Coast Classic 15K
(check appropriate boxes) Eye of the Dragon 10K Space Walk of Fame 8K Space Coast Marathon

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.*

BSYO Symphony Sprint 5K

January 7, 2012

88 runners and/or walkers finished the second annual BSYO Symphony Sprint 5K Run/Walk on January 17th. The race was held at Wickham Park and funds raised go to support the Brevary Youth Symphony Orchestra, an educational, non-profit organization.

Tom Stuart of Gibsonia, PA was the Overall Male Champion, covering the 5K distance in 17:14. Joe Castner and Art Anderson, both of Melbourne,

battled for the second place spot. Joe edged Art by mere seconds, finishing in 18:34 to Art's 18:36. Matt Mahoney was the Male Masters Champion, coming in at 20:37.

For the ladies, Rene Dunne took the Overall Female Champion award, crossing the line in 23:58. Cindy Bishop was second in 24:21, and Amanda Cooley took third place in 25:40. Christina Fortunato, from Flushing, NY was the Female Masters Champ, covering the distance in 26:33.

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



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

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

Shiver Me Timbers 5K

January 14, 2012

More than 110 participants came out on January 14th for the first running of the Shiver Me Timbers 5K, the second in a series of six races put on by Brevard County Parks and Recreation. The races are a part of the ReCreate Your Life series.

Gary Gates was the Overall Male Champion with a time of 18:34. Art Anderson was Male Masters Champ in 18:48.

Anne Dockery was the Overall Female Champion, crossing the line in 21:53. Noreen Williams took the award for Female Masters Champ with a time of 24:15.

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



Photos provided by Christel
Charlez-Alcock,
[2CPhotography by Christel](#)



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- 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)



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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.



4730 Seminole Trail
Merritt Island, FL 32953

info@rallcapital.com | www.rallcapital.com
321-452-1251 (ph) | 888-452-8851 (fax)

Run a Mile With...Cristina Engel

Name: Cristina Engel

Family: Ed Engel- hubby, Brandon- son age 9, Devon- son age 7, Zoey the Cat

Ages: I just turned 40! Ed—40, Brandon—9, Devon—7, Zoey—??

Originally from: I moved around a lot as a child- NY, TX, Boston, Mississippi, South America and Florida

Grew up where?: I moved to Miami at age 6 and it seemed to fit. I lived there for 22 yrs. My Dad and his family still lives down in Miami. Its all about the “U”. But my husband and I went to college at UCF.



Occupation: I’ve been a Real Estate Agent for the last 12 yrs. I've seen the ups and downs of the market. My slogan is **“I Go The Extra Mile...Your Running Realtor”**. Contact me any time if you need some help :-)

Number of Years Running: I started trying to run after my second son in 2006. But I would have to say I REALLY got into running after I moved to Merritt Island in 2009.

Began Running Because/To: I started running in order to lose the baby weight. But I gained a new love for RUNNING! I’m still working on the weight....lol

I Knew I Was Hooked When: I was hooked after I had joined the SCR ½ marathon training camp in 2009. I really enjoy running on the river. (*We’re guessing she means River Road??—BR*) I meet a lot of great people. Some of them I still run with today. The camp made me feel like I didn’t have to be a Great runner to run, as long as I was out running, I was Great. It gave me the confidence I needed to continue this journey.

Continued on next page...



Run a Mile With...Cristina Engel

Continued...

Race PRs (Personal Records): 5k: 29:49, 10k:1:05, 15k:1:39, ½ marathon 2:25, full marathon: 5:22 and **Goofy** (39.3): 8:55

Most Satisfying Race Performance(s): That would have to be my first marathon, Space Coast 2010. I decided on this one to be my first because it is close to home and I have run the course a kazillion times (every Sunday). I trained really hard and even though I didn't reach my goal of 5hrs, I was on cloud nine when I was done. I accomplished something that day that I never thought I could. My family, my father, and my friends were all there to watch me come in. It was a great day!

Favorite Race(s): Why? Space Coast Marathon- I love being in my home town and being involved in such a big and positive event. Love running with my friends and neighbors.

Favorite Race Distance: Why? I love the 15k distance and the half marathon. Just enough of a challenge for me without sprinting but it doesn't take a huge commitment in training like a marathon does. I like going the distance since I'm not very fast.

Favorite Place(s) to Run: I like to run on River Road, of course.! But I also go to Kelly Park, and 520 by the 7-11 in Merritt Island. (I call that the 7-11 run.)

Running Goals: I would like to run a Sub 2:17 ½ marathon and a sub 5hr marathon.

Running Partner(s): I love running with my Hubby Ed, my sons Devon & Brandon. My favorite running friends are **Sean Michaels, Kimberly Budnick, Margaret Biery, Stephanie Engel and Galina Crosby-Creese.**

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: I would have liked to run with Oprah back when she was doing the Chicago marathon. She would have pushed me to a PR.

Continued on next page...



Run a Mile With...Cristina Engel

Continued...

Funniest or Oddest Thing I've seen While Running: Grown Men in superhero outfits with tights has always seemed a little odd to me.

Training Philosophies: "Last is just the slowest winner." and "the hardest part about running is getting out the door"

One Piece of Advice That I Would give to a New Runner: If you are out running you're beating everyone on the couch, so don't be so hard on yourself. Enjoy and take it easy. The running community accepts all types of runners. We all support each other!

Other Sports& Interests: I enjoy tennis, watching my kids play baseball (or other sports), bowling, going to the beach, traveling, spinning and Yoga.

Favorite Reads: 1) Runners World magazine; 2) "Ultra Marathon Man- Confessions of an All-Night Runner" by Dean Karnazes; 3) "The Non-Runners Marathon Guide for Women" by Dawn Davis; 4)Mary Higgins Clark Books; 5) "Marathons for Mortals" by John Bingham; 5) I'm currently reading- "Born to Run" by Christopher McDougall

Favorite Movies: Christmas Vacation, Cinderella Man, Boat trip, Titanic, Disney and Pixar movies

When Nobody is Looking I Like to: Take a Nap

Favorite Meal: Love anything Pasta and Chocolate!

Dream Vacation: Going to Alaska, Hawaii or Australia. (And running a marathon there of course J lol)

Why did you join SCR? To have fun, meet new people and run more!

I Think That SCR Could Do A Better Job: I would love to see more socials and get together with and without running first.

Favorite running quote:
Just remember when your feet hurt it's due to fact they are kicking so much ASSphalt!- unknown

Thanks Cristina—BR!!





USATF Certified Course
FL11120EBM

24th ANNUAL EYE OF THE DRAGON 10K TAIL OF THE LIZARD 2 MILE



A SPACE COAST RUNNER OF THE YEAR EVENT
2012 RRCA FLORIDA STATE 10K CHAMPIONSHIP

Event Benefits the Space Coast Runners Scholarship Fund



RACE INFORMATION

<u>Race Time</u>	February 25, 2012 8:00 am - 10k and 2 Mile 9:15 am - Kids' Runs	<u>Location</u>	Eau Gallie Civic Center 1551 Highland Ave, Melbourne
<u>Directions</u>	From I-95, take SR 518 east, cross US 1, turn left after 3 blocks From US-1, go north or south to SR 518, head east 3 blocks	<u>Parking</u>	Eau Gallie Civic Center Highland Avenue and surrounding streets Grass lots off Highland and between Highland and Montreal
<u>Packet Pickup</u>	Thursday & Friday, 2/23 and 2/24, at the Running Zone 10:00-6:30		<i>For safety reasons, no animals, baby joggers, skates, or headphones permitted</i>

EVENTS

10k Run

Participants may run or walk any part of this event. **All participants in this event must be off the causeway by 10 am, which is a 20 minute per mile pace! If you cannot maintain this pace, you must do one of the 2 mile events.** Awards are based on overall and age group categories, as noted in the Awards section of this flyer.

Space Coast Runner of the Year points for 15 & over only for 10k

10k Walk

Participants **MUST WALK** the entire course. This event is scored separately from the 10k Run, and participants will not be allowed to change their category mid-race. **All participants in this event must be off the causeway by 10 am, which is a 20 minute per mile pace! If you cannot maintain this pace, you must do one of the 2 mile events.** Awards are based on order of finish for male and female participants as notes in the Awards section of this flyer - NO AGE GROUPS.

Space Coast Runner of the Year points for 15 & over only for 10k

2 Mile Run

Participants may run or walk any part of this event. Awards are based on overall and age group categories, as noted in the Awards section of this flyer.

Space Coast Runner of the Year points for 14 & under only for 2 mile

2 Mile Walk

Participants **MUST WALK** the entire course. This event is scored separately from the 2 Mile Run, and participants will not be allowed to change their category mid-race. Awards are based on order of finish for male and female participants, as noted in the Awards section of this flyer - NO AGE GROUPS.

Space Coast Runner of the Year points for 14 & under only for 2 mile

Kids' Runs

FREE 1/4, 1/2, and 1 mile runs for children 12 and under. *This is a Space Coast Runners Youth Series event.*

AWARDS

10k Run

Participants may run or walk this event

Overall 1st, 2nd, 3rd Male & Female

Master 1st Male & Female 40+

Grand Master 1st Male & Female 50+

Senior Grand Master 1st Male & Female 60+

Age Group 1st, 2nd, 3rd Male & Female in 5 year age groups from 10-14 through 80+.

RRCA State Championship Series 10k Run

Overall Male & Female

Master 1st Male & Female 40+

Grand Master 1st Male & Female 50+

Senior Grand Master 1st Male & Female 60+

10k Walk

Participants must walk the entire course

Overall First 10 finishers each Male & Female

SCROY points for 15 & over only for 10k Run or Walk

2 Mile Run

Participants may run or walk this event

Overall 1st, 2nd, 3rd Male & Female

Master 1st Male & Female 40+

Age Group 1st, 2nd, 3rd, 4th, 5th Male & Female in age groups 0-8, 9-11, 12-14. 1st, 2nd, 3rd Male & Female in 5 year age groups starting 15-19 through 80+.

2 Mile Walk

Participants must walk the entire course

Overall First 10 finishers each Male & Female

SCROY points for 14 & under only for 2 mile Run or Walk

AMENITIES

D-TAG timing for 10k and 2 mile events

Soft-Tech technical shirts to first 700 entries

Post-race refreshments in Eau Gallie Civic Center

Door prizes during awards ceremony

More Information: EyeoftheDragon10k@cfl.rr.com

(321) 783-6535

http://www.fleastrostrunners.com/Races-Eye_Of_The_Dragon_10K.html

Entry Fees

	Postmarked by 2/13/12	After 2/13/12
10k or 2 Mile	\$25	\$30
SCR or Gecko Club member	\$20	\$25
No Shirt (must pre-register)	\$20	\$25
Student through grade 12	\$20	\$20
Kids' fun runs free (no shirt)		
Not a member? Join SCR and save \$5 on registration fee: Family \$35 Individual \$30 Student \$15		

Mail check payable to *Space Coast Runners* to:
Eye of the Dragon 10k
30 Country Club Road
Cocoa Beach, FL 32931

On-Line at www.Active.com until 2/22/12,
search on "Eye of the Dragon"

Race Day from 6:45 to 7:45 am at Civic Center

Mail entry form to: Eye of the Dragon 10k, 30 Country Club Road, Cocoa Beach, FL 32931

Name _____ Address _____ City _____

State _____ Zip _____ Phone _____ Email _____

Event (circle): 10k Run 10k Walk 2 Mile Run 2 Mile Walk Fun Run Male Female

Age on 2/25/2012 _____ Birthdate: _____ SCR Member _____ Gecko Member _____

Shirt size (circle): Youth Med Youth Large Adult Small Adult Medium Adult Large Adult XL Adult XXL

Add optional SCR Membership to my race entry \$ _____ (add rate from above under Entry Fees)

I hereby release Space Coast Runners, Road Runners Club of America, and other sponsors and officials involved in any and all damages or injuries arising out of participation in the 2012 Eye of the Dragon or Tail of the Lizard and further state that I am in proper physical health and condition to compete in said 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. **If participating in either Walking event, I understand that I may be disqualified from results if I run at any time during the race.**

Signature (parent or guardian if under 18)

Date



Miles for Myles 5K

January 14, 2012

More than 400 runners/walkers participated in the Miles for Myles 5K, held at Viera High School on January 14th. Myles Freeburg, who would have graduated from Viera last year, was tragically killed in a car accident during his senior year. His parents, Tom and Kathy, have started the Myles Freeberg Foundation in his honor. This is the second year for the event, and over \$14,000 was raised during the event. According to Tom and Kathy, the Foundation will be awarding 12 scholarships through the Brevard Schools Foundation for 2012 graduating seniors and three internships to the Brevard Zoo through the Viera High School Academy of Business and Finance. "What a great day. It started cold and quickly became warm with the support of family and friends," said Tom.



This was an untimed event, so no results are available.



Photos provided by Ken Horton, icunphotos.com



BREVARD ZOO'S RAPTOR RUN 3K RUN & FITNESS WALK

HEALTH FIRST
Health Plans

SATURDAY, MARCH 3, 2012 AT 7:30 AM

Brevard Zoo, Viera, FL



Inspiring healthy moments.

5th Race in the Series!

TIMETABLE:

Tuesday - Friday, Feb. 28th thru Mar. 2nd 10:00 am – 6:30pm (or register at register.runningzone.com)
Packet Pickup & Registration at Running Zone across from Brevard Community College on Wickham Rd.

Saturday, March 3rd – Brevard Zoo, Viera, FL

6:15 am Packet Pickup & Registration
7:15 am Late Registration ends
7:30 am 3K Start!!!
8:15 am Li'l Raptor Run Kiddie Run - FREE!
*Awards Ceremony immediately following all races

Directions to Brevard Zoo:

Heading south on I-95 to Exit 191. Turn left off ramp on Wickham Rd. The Zoo is 1/2 mile on the right.

AMENITIES:

- Random Giveaway 1 day Disney Tickets and 1 hotel night stay for two!
- Check out Zoo Animals along the course
- 50% off Admission for All Participants on Race Day
- Free Li'l Raptor Run Kiddie Run
- Benefits Brevard Zoo

AWARDS:

Male & Female: Top 3 Overall, Top Masters (40+), Top Wheelchair
Age Groups (top 3 male & female)

8 & Under	25 - 29	50 - 54	75+
9 - 11	30 - 34	55 - 59	
12 - 14	35 - 39	60 - 64	
15 - 19	40 - 44	65 - 69	
20 - 24	45 - 49	70 - 74	

FEES:	Until 3/2	Race Day
3K Run/Walk	\$28.00	\$31.00
Optional Kid's Reg.	\$15.00	\$20.00

(12 & Under-See Below for Details)
SORRY, NO REFUNDS

BREVARD RAPTOR RUN 3K ENTRY FORM

Make check payable to: Running Zone
Mail to: Running Zone 3896 N. Wickham Road, Melbourne, FL 32935

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____ Email address _____

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

Open Team Name _____ (min. of 5 team members with one person of opposite sex)

Corp Team Name _____ (same as Open Team but EMPLOYEES ONLY)

School Team Challenge: (Elementary and Middle Schools Only) _____

Please check shirt size: Sizes: XS S M L XL XXL

Optional Kid's Registration: \$15.00 **Any child 12 years old or under may elect to have a cotton shirt in lieu of a technical running shirt. Youth Medium Adult Small

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 Race Series 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 _____

World of Beer Tap It and Run 5K

January 15, 2012

Nothing attracts a crowd more than a promise of free beer. That promise, and a beautiful morning for a race, brought out almost 600 participants for the first annual World of Beer Tap It and Run 5K. Here are the comments from Race Director, Chuck Liska:

"The WOB culture is one of giving back to the community. The proceeds for the race this year will be split between Devereux, and Holy Trinity's cross country and track teams. Holy Trinity's cross country and track teams volunteered to stuff all the participant's race packets, and were the bulk of the race day volunteers. We also received volunteering help from Devereux, and the Saaz's group, which is a club of local home brewers. Without all their help the race would not have gone off as smoothly as it did. We had 587 participants that enjoyed a beautiful race day...weather that was perfect for PR's. After the race the runners enjoyed breakfast and (for those who were older than 21) free beer. In an hour and a half we finished 5 kegs. It seemed like everyone had a great time and are looking forward to next year's event." Thanks Chuck!!



In the race, Brad Daszynski was the Overall Male Champion in 17:56. Thaddeus Austin was second, with a time of 18:28. Joe Hultgren took third place in 18:39. Art Anderson was the Male Masters Champion, crossing the line in 18:46.

Jackie Moro was the Overall Female Champion, coming in at 20:40. Alexa Gemma took second place in 20:45 and Kati Craig was third in 21:02. Robin Hernandez was the Female Masters Champion with a time of 21:09. For complete race results, [CLICK HERE](#).





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Attention Space Coast Walkers !!!

*Walking Group
Riverfront Park, Cocoa Village
Meets Sundays @ 6:30am*

*If you are injured, can not run, or just prefer walking,
you are welcome to join us for exercise and camaraderie!
Pre-walk stretching, walk any distance, fluids provided by
Space Coast Runners*

Contact: Carol Ball cball1@cfl.rr.com (321) 454-9461

Lindsay Brown Winter Blast 5K

January 21, 2012

The Lindsay Brown 5k Winter Blast was held on a beautiful January morning. It was 68 degrees with a mild breeze from the south. The sun rise was finishing and the dolphins were waking up for the day. And so the race began! This race was named in honor of a former student athlete and J Kyle Braid Leadership recipient Lindsay Brown – RHS class of 2006. The character that Lindsay possessed and the spirit of the JKB Leadership Foundation are one in the same. JKB represents Teens Taking the Lead through athletics and community service. It's about students making better decisions and making a difference. This was our first time



hosting the race in Lindsay's honor and we hope to continue the tradition. The local JKB schools are: Rockledge High, Melbourne High, Holy Trinity, Eau Gallie High , and Cocoa High. Feel free to visit the JKB website for more information www.jkbranch.org or contact Beth Scarborough – Scarborough.mbeth@brevardschools.org

—contributed by Race Director, Beth Scarborough— Thanks Beth!

For the race, which started at Rockledge High School and brought out just under 100 participants, David JT Fines was the Male Overall Champion, covering the course in 17:56. Ryan Scott finished second in 18:01 and Joe Ngo was third in 18:41. Robert Cooke took the Male Masters Champion award with a time of 19:47.

On the ladies' side, Amanda Sebetka was the Overall Female Champion, crossing the line in 20:22. Katie Dale took second place in 22:14 and Lorane Roche placed third with a time of 23:14. Julie Cloney was the Female Masters Champion, finishing in 24:38. For complete race results, [CLICK HERE](#).



YOUR LIFE! RECREATE YOUR LIFE! RECREATE YOUR LIFE!
RUN BREVARD
5K RACE & FUN WALK SERIES



December 3 - Viera Regional Community Center:
"Reindeer Dash 5k & Jingle Bell Walk" (321) 433-4891

January 14 - South Beach Community Center:
"Shiver Me Timbers 5k & Fun Walk" (321) 952-3210

February 18 - Rodes Park Community Center:
"Forever Hearts 5k & Fun Walk" (321) 952-3215

March 10 - Barefoot Bay:
"5k at the Bay & Fun Walk" (772) 633-8748

May 26 - Wickham Park:
"Space Coast Sports Festival 5k & Fun Walk" (321) 433-4891

June 16 - Ted Whitlock Community Center:
"Hurricane Hustle 5k & Windy Walk" (321) 952-3231

Pre-register for 5 races and receive a prize!

COST : Pre-register(mailed)7 days before each race: \$14.00 **RUNNER** / \$11.00 **WALKER**

Day of Race : \$18.00 **RUNNER** / \$12.00 **WALKER**



For race details visit www.brevardparks.com/South

For more information email
southarea@brevardparks.com

(321) 255-4400



Light the Way 5K

January 21, 2012

The 6th annual Light the Way 5K was held at Park Avenue Christian Academy in Titusville on January 21. The race is the third leg of the Titusville Racing Series for 2012. All the proceeds from the race benefit the Running Team at the Academy, coached by Race Director Sarah Guttery. The team includes runners from third through eighth grades and consist of 48 members. The team competes in local road and cross-country races throughout the year and track in the spring.



There were 179 finishers this year. Caryn Treder was the Overall Female Champion, coming in at 20:14. Alexia Diana Gemma was second, 5 seconds later at 20:19, and Kara Kyramarios finished third in 21:36. Sandra Gannon was the Female Master Champion in 22:14.

For the men, Jacob Langgle led the way and was the Overall Male Champion in 17:48. Thaddeus Austin took second in 18:02 and Danny Taurasi took third in 18:13. Joe Hultgren was the Male Masters Champion, crossing in 18:26. For complete race results, [CLICK HERE](#).



Photos provided by Rick Andrews, [Andrews Photo Gallery](#)

National Multiple Sclerosis Society

Mid Florida Chapter



Walk MS

March 31, 2012

**Florida Institute of Technology
Melbourne, FL**



**National
Multiple Sclerosis
Society**

WALK TO CREATE A WORLD FREE OF MS.

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Register today, simply go to www.midfloridamswalks.org and help us raise vital funds to provide research and support for people affected by MS. Early and ongoing treatment with FDA-approved therapy can make a difference for people with multiple sclerosis.

National MS Society
Mid Florida Chapter
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Suite 100
Melndnd, FL 32751



Visit us at:

www.MidFloridaMSwalks.org

**For additional information about joining
Brevard Walk MS contact:**

Kevin Kelley
Chair, Brevard Walk MS
321-636-0235
rkelley@cfl.rr.com

Mustang Stampede 5K and 1 Mile

January 21, 2012

Runners Corralled at the Mustang Stampede!

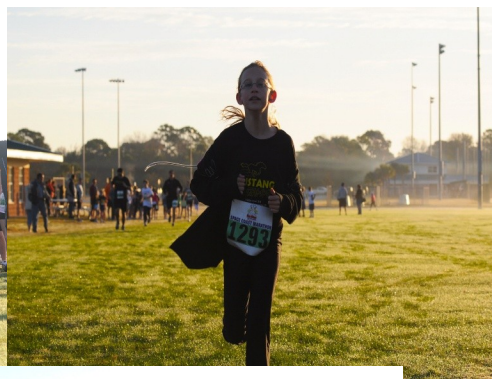
On January 21st, a spectacular Saturday morning, 160+ runners completed a 5K race, a mile race, or both. The event was held at Mitchell Ellington Park on North Merritt Island. Many of the runners represented Lewis Carroll Elementary and the host school, Merritt Island High. Merritt Island's Matt Horner and Elizabeth Harper both won the mile AND the 5K race. The shirt for the race was designed by Merritt Island senior Alex Ludwig (that's him modeling the shirt below). We'd like to thank Space Coast Runners for helping out with the timing, which used the Henry Campbell timing system. All race proceeds went to Merritt Island High School's Cross Country and Track Programs.

——contributed by Nancy Buonanni, Race Director
Thanks Nancy!!



As Nancy mentioned, Matt Horner was the Overall Male Champion. Tyler Johnson finished second and Kaleb Bechtol third. Bryce Courtney was the Male Masters Champion and Loran Serwin took the Male Grand Masters Champion award.

For the ladies, Elizabeth Harper was Overall Female Champion. Nina Li took second place and Jordan Michaels was the third female finisher. Molly Kirk was the Female Masters Champion and Marlene White was the Female Grand Masters Champion. For complete race results, [CLICK HERE](#).



Great Moms 5K

January 28, 2012

The second annual Great Moms 5K Run/Walk was held at Manatee Cove in North Merritt Island on January 28th. Proceeds from the event benefit Merritt Island MOPS—Mothers of PreSchoolers. MOPS provides preschool moms with an opportunity to meet other moms in the area and enjoy the journey of motherhood together. But MOPS isn't just another playgroup. While they do socialize and have fun, the organization seeks to equip moms to become the best mom and woman you can be through a strong network of support. For more information about MOPS, [CLICK HERE](#).

Merritt Island **MOPS** presents:



In the race, which brought out just over 100 participants, Christopher Loines literally ran away from the competition and took the Overall Male Champion award with a time of 19:03. Cliff Denson placed second in 21:16 and Jeffery Gahres crossed third in 22:25. The Male Masters Champion award went to Jonathan McCormick, who finished with a time of 22:35.

The award for the Female Overall Champion went to Kara Springer, who covered the course in 21:56. Lindsay Simon placed second in 22:33 and Gina Rall was third in 24:33. Robin Williams was the Female Masters Champion, finishing in 25:35.

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



Male Champion, Christopher Loines and Female Champion, Kara Springer. More photos on next page.

Great Moms 5K

January 28, 2012



Photos provided by [Perrone Photography](#)

Tiger Dash 5K and 1 Mile

January 28, 2012

The 15th annual Tiger Dash 5K Cross Country and 1 Mile Track race was held on January 28th on the Holy Trinity Campus in Melbourne. The race is the 6th race in the Space Coast Runners' Race Series. There were 175 finishers in the 5k, which was held on a cross-country course, and 89 finishers in the 1-Mile race, held on the soft track at Holy Trinity. All proceeds from the race go to benefit Holy Trinity Episcopal Academy.



Rory Fagan was the Overall Male Champion in the 5K with a time of 17:43. Sam Shaffer placed second in 17:53, and Steve Hedgespeth was third, finishing in 18:14. Joe Hutgren was the Male Masters Champion in 18:46.

On the ladies' side, Emily Chapman took the award as Overall Female Champion, crossing in 20:14. Tracy Simso was second in 20:21, and Annie Caza placed third in 21:42. Janet Canfield was the Female Masters Champion, with a time of 21:56.

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

In the 1-Mile race, Holly Wooley cruised to a win in 5:49. Chase Oliver was second in 6:18 and Alexa Baker placed third in 6:24. For complete results on the 1-Mile race, [CLICK HERE](#).



Photo by Ken Horton-icunphotos.com

01/28/2012 08:03



Photo by Ken Horton-icunphotos.com

01/28/2012 08:12

More photos on next page...

Tiger Dash 5K and 1 Mile

January 28, 2012



Photo by Ken Horton-icunphotos.com

01/28/2012 08:11



Photo by Ken Horton-icunphotos.com

01/28/2012 08:13



Photo by Ken Horton-icunphotos.com

01/28/2012 08:56



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01/28/2012 08:24



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01/28/2012 09:07

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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



Connect with Space Coast Runners



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!