

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

March 2012



FEBRUARY 25, 2012



WOW!! Lots of races last month! We had Dragons, Lizards, Music Marathons, Indians, Eagles, the Tooth Fairy, Starfish and more. See details pictures and more inside...



www.rrca.org

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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, March 19th 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](#)

Carol's Corner

Contributed by Carol Ball, SCR President

This month's column, I want to focus on the issue of the relations between the Rockledge Drive residents and the athletes that use that venue for training and events. On February 8th, Rockledge Police Chief Ron Krueger held a meeting of all concerned citizens, including runners, cyclists, and residents. There was a lot of venting, essentially the residents complaining about the noise, trash, and congestion on the road. The cyclists and runners countered that it is a public road, and that they have a right to use it. To further complicate the situation, there are also issues between the cyclists and the runners and walkers! Although there were no clear cut resolutions, it was decided that education is the key and a group is currently working on publishing an information brochure of pedestrian and bicycle rules and etiquette of the road.



On Monday, February 20th, Space Coast Runners hosted another meeting prior to our monthly board meeting and invited Chief Krueger to make suggestions on how SCR can help the situation. He outlined the history of complaints that his department has been getting, and the 30 or so attendees made suggestions. His and our goal is to work to create peace between the parties.

Space Coast Runners and Running Zone Race Management host the largest running event in this county on Rockledge Drive and Indian River Drive each November. Residents are notified by hand delivered letters well in advance and the road is not closed, although vehicle traffic is greatly discouraged for safety. The road is scanned for trash after the event, but sadly, it has not been well cleaned in the past. Unfortunately, we have found Gu wrappers, water stop cups, and clothing on the course weeks later. Space Coast Runners needs to make sure this does NOT happen again.

I propose, and we will make it our goal to keep Rockledge Drive clean as a sort of Adopt-A-Road program. We will be hosting periodic trash pickup socials, where we divide up into groups that walk and clean up small sections of the road, and then meet afterwards for a social at one of the eateries or at DaddyUltraRuns in Cocoa Village. If we all work together, and make a showing of our being responsible to the residents of Rockledge Drive, it can only help the situation.

What I believe is the real answer is plain old common courtesy and tolerance. If you are out on the road early in the morning, be aware of the level of your voice when going by people's homes. Do not leave bottles of water or coolers in someone's yard. Move over (single file) for cyclists and cars, which you should easily see if you are on the left side of the road. If you see new runners or walkers on the wrong side of the road, gently correct them. Also, RRCA and SCR discourage the use of headphones because of the inability to hear what is going on around you. If we really do our part, we will all be safe and be able to enjoy the beauty of Rockledge Drive.—Carol

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, Patti Williams, Barry Jones of [TriHokie Images](#), Jennifer Ogburn, Christy Tagye, Dave Berkman, Barbara Krause and Kurt Holst, Nikki Blanton, Debbie Wells, Running Zone. Steve Colella of [YourPhotosNow.com](#), and SmoothRunning, LLC

HAPPY BIRTHDAY TO: **3/1**—Pamela Gearhart; **3/2**—Doug Butler, Deborah Horst; **3/4**—Donna Slomins; **3/5**—Erin Canfield; **3/7**—Joseph Hofmeister; **3/10**—Jennifer Pait; **3/11**—Diane Hardos, Janiene Pape, Jonathon Calderon, Jen Lepper; **3/12**—Suzie Enlow; **3/14**—Loran Serwin, Karon Pittman; **3/15**—Thomas Jenkins; **3/16**—Austin Hayes; **3/17**—Eric Cicero; **3/19**—Amy Paroline, Susie Meltzer, Boyce Estes; **3/21**—Christi Curtis; **3/22**—Ragan Krupp; **3/24**—Devin Lubor; **3/25**—Kara Springer, Sara Towers, Kimberly Yates, Many Bailey, Hayden Van Kramer; **3/26**—James Fain, Susie O'Connell, Cedric Ching, Andrew Preston, Tena Hochard; **3/27**—Patti Sponsler, Sherri Boyd; **3/28**—Nyssa Holmquist; **3/30**—Mick Beck

NEW MEMBERS: Wow! Lots of new members this month! Please welcome: Kim and Cody Bissonnette; Dawn O'Dell; Kimberley Rayburn; Diane Dabbs; Mandy Bailey; Devin Lubor; Giles Williams; Julie Collins; Rosanto Macam; Chandra and Matt Claycomb; Kenneth Kelly; Boyce and Hanah Estes; John Bomalaski; Jodi, Shawn, Mark and Kayla Campbell; Mike and Kristen Beck; Lori Rattay; Hayden Van Kramer; Pamela Castellana; Charlie Hann; Sherri, Rick and Madden Lorraine; Andrea Lucas; Darlene, Kevin, Liam and Jack Hachmeister; Pamela, Steve, Douglas and Benjamin Gearhart; Hank Smith; Beverly, Patrick, McKenna, Chloe, Christian and Nicholas Greene; Stephen, Nicholas, Ethan and Keith Curtis; Taylor Reinhardt;

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!

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

EVENT CALENDAR

We had a great suggestion that we are incorporating as a new feature in the newsletter. Lots of runners and walkers in the area travel to different places to participate in a variety of events across the country and around the world. We thought it would be cool if you were traveling to an event, to know who else, from Space Coast Runners would be doing the same event. So, we are going to compile a list. If you would like to participate, send an email to Bob Rall at Bob@RallCapital.com. Here's what we have so far:

Albany Marathon March 3 Albany, NY		
<i>Tanya Kuelbs</i>		
Rock 'n' Roll Half Marathon March 4 New Orleans, LA		
<i>Lani Ragan</i>	<i>Carol Ball</i>	<i>Tracy Simso</i>
<i>Andy Dutra</i>		
Germantown Half Marathon March 18 Memphis, TN		
<i>Carol Ball</i>	<i>Ty Bowen</i>	<i>Cyndi Bergs</i>
Palm 100 March 24 Ft. Lauderdale, FL		
<i>Chuck Hannold</i>		
Ocean Drive Marathon March 25 Cape May, NJ		
<i>Mitch McCauslin</i>		
Boston Marathon April 16 Boston, MA		
<i>Charlotte McClure</i>	<i>Shane Streufert</i>	<i>Jessica Crate</i>
<i>Jeff Gleacher</i>	<i>Sandra Gannon</i>	<i>Angie Preston</i>
London Marathon April 22 London		
<i>Cindy Bishop</i>		
Country Music Marathon April 28 Nashville, TN		
<i>Luis Mendez</i>		
Keys 100 May 19-20 Keys, FI		
<i>Chuck Hannold</i>		

KEEPING TABS

EVENT CALENDAR Continued

Cleveland Marathon May 20 Cleveland, OH		
<i>Dick White * To Complete 50 States</i>	<i>Dave and Lisa Farrall</i>	
<i>Marlene White</i>	<i>RC and Susie Koontz</i>	
Wickham Park Marathon and 50-100-200 M Fun Runs May 27 		
<i>Matt Mahoney</i>	<i>Mike Acosta</i>	<i>Matt McDougal</i>
Grandma's Marathon June 18 Duluth, MN		
<i>Charlotte McClure</i>	<i>Marie Thomas</i>	<i>Brittany Streufert</i>
Mayor's Marathon June 23 Anchorage, AK		
<i>Jeff Gleacher</i>	<i>Ty Bowen</i>	<i>Carol Ball</i>
<i>Susie and RC Koontz</i>	<i>Bud Timmons</i>	<i>Lani Ragan</i>
<i>Jack Lightle</i>		
Leadville 100 August 18-19 Leadville, CO		
	<i>Chuck Hannold</i>	
Pocatello Marathon Sept 1 Pocatello, ID		
<i>Karen Sanchez</i>	<i>Jim Haithcoat</i>	
Oregon Wine Country 1/2 Marathon Sept 2 Willamette Valley, OR		
<i>Carol Ball</i>	<i>Ty Bowen</i>	<i>Lani Ragan</i>
Chicago Marathon Oct 7 Chicago, IL		
	<i>Mike Acosta</i>	
Marine Corps Marathon Oct 28 Arlington, VA		
<i>Karen Suarez</i>	<i>Gina and Bob Rall</i>	
New York City Marathon Nov 4 New York, NY		
<i>Suzie Enlow</i>	<i>Sandra Gannon</i>	

Remember, send your event info to Bob@RallCapital.com and we'll add you to the list...



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: \$ _____

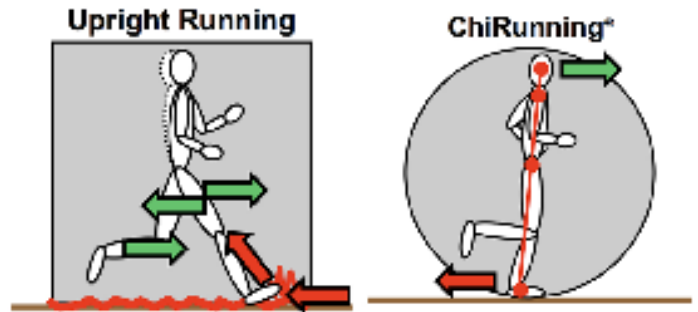
Total: \$ _____

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.*

ChiRunning is the world's leader in teaching safe & efficient running. A natural technique to reduce injury & increase personal performance.



Lean, full-foot landing (no heel strike), posture, armswing, ankle lift, cadence, speed without powering leg muscles, relaxation & alignment



Nikki Blanton
407.340.8263



Zak McCormack
407 448 9837

www.oursoleintent.com

www.chirunning.com



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!

SuperHero 5K Run/Walk

February 4, 2012

The Guardian ad Litem program, an advocate for abused, abandoned and neglected children, and the Friends of Children of Brevard, which supports the special needs of these children, held a family-friendly, yet serious run on February 4th at Space Coast Stadium. Keeping with the theme that everyone who helps out with their program is a Superman or Wonder Woman, many of the participants donned superhero costumes for the fun event. The funds raised are to help with all the things that can make a child's life seem a little more normal when they have been removed from their homes.



In the race, Bruce McMann was the Overall Male Champion, covering the 5K distance in 21:10. Trevor Young was second, a mere two seconds after the leader and Todd Holland took third in 21:36. The Male Masters Champion was Peter McMahan, who finished in 21:45.

For the ladies, Felicity Cunningham was the Overall Female Champion with a time of 22:15. Brittany Streufert was second in 23:36 and Rene Dunne took third in 23:41. Female Masters Champion was Cindy Bishop in 24:38.

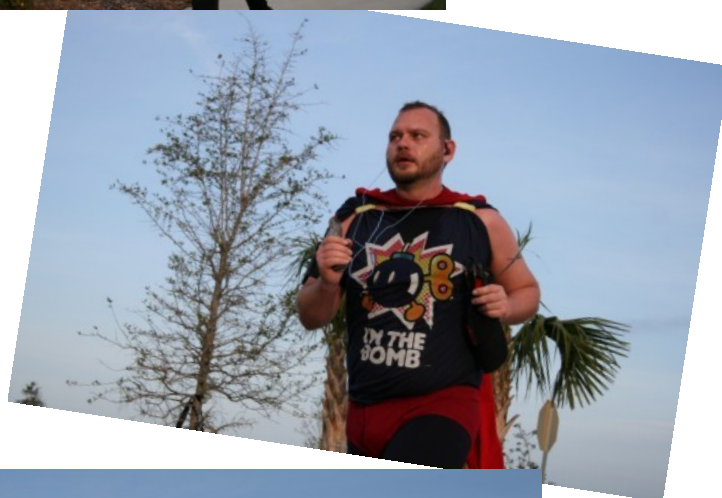
For complete race results, [CLICK HERE](#).



More SuperHero pictures on following page...

SuperHero 5K Run/Walk

February 4, 2012



30th Anniversary of the Downtown Melbourne 5K Run and Walk

Saturday, March 31, 2011



A Space Coast Runners' Runner of the Year Event



A run for the children

Proceeds benefit **THE HAVEN**

Start Times

Women 7:30 AM * Men 8:15 AM * Youth Series 9:00 AM * Awards 9:15 AM

Location

Starts two blocks W of US 1 on New Haven Ave in Downtown Melbourne. This USATF (FL94005DL) certified course loops twice through historic downtown Melbourne. Men and women run separate races. The race benefits The Haven, a shelter for abused, abandoned and neglected children.

Space Coast Runners Youth Series

The Space Coast Runners Youth Series aims to include youth in organized runs so as to encourage participation and interest in running and fitness. There will be no charge for these runs, but parents will be required to sign a waiver for their children to participate on the morning of the race. Distances: 1/4 mile, 1/2 mile, & 1 mile.

Awards

Male-Female: Top 3 Overall, Top Masters (40+)

Age Groups (top 3 male & female)

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

Corporate Challenge

- All members must be employees of the same company, with a minimum of 5 members, one must be of the opposite sex.

Registration

- On line at Register.RunningZone.com ending March 29th
- At Running Zone on Wickham Road (between Parkway and Post Road)
- By mail to Running Zone (3696 N Wickham Road, Unit C, Melbourne, FL 32935)
- Race day at Holmes Park, corner of Melbourne Ave. and Melbourne Ct. beginning at 6:30AM

Packet Pick-Up

- Friday, March 30th from 10:00 am to 6:30 pm At Running Zone (3696 N Wickham Road, Melbourne, FL 32935)
- Race day at Holmes Park, corner of Melbourne Ave. and Melbourne Ct. beginning at 6:30AM

Information

- Frank Webbe * 321-674-8104 Days * 321-725-3770 Nights * Fax 321-674-7105 * Email: webbe@fit.edu

Race Management by:



2012 DOWNTOWN MELBOURNE 5K OFFICIAL ENTRY FORM

Fees: \$20 until March 30th
(\$19 for SCR & Gecko Club Members)
\$25 race day

Make checks payable to
The Haven
and send to:
Running Zone
3696 N Wickham Road
Melbourne, FL 32935

Last Name (Please print) _____

First Name _____

MI _____

Address _____

City _____

State _____

ZIP Code _____

Telephone _____

Email _____

Date of Birth _____/_____/_____

Age on Race Day _____

Gender M ___ F ___

T-shirt Size S ___ M ___ L ___ XL ___

Space Coast Runners Member? Y ___ N ___

Corporate Challenge Team Name _____ (if applicable, see above for details)

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 high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I grant permission to all of the foregoing to use any photographs, motion pictures, and recording, or any other record of this event for any legitimate purpose. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Space Coast Runners, Running Zone Race Management, Inc., the City of Melbourne and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I have read the above release and understand that I am entering this event at my own risk.

SIGNATURE _____

SIGNATURE OF PARENT FOR THOSE UNDER 18 _____

DATE _____

Run a Mile With...Barbara Krause & Kurt Holst

Name: Kurt Holst and Barbara Krause engaged this past Valentine's Day.

Family: [Barbara] Kurt and I have six children between us however with his youngest turning 18 next year they might not qualify as kids any more. Kurt is the prolific one with two boys and two girls between the ages of 27 and 16. I found it prudent to stop after having only one boy and girl, now 18 and 19 years old.

Ages: Jeffrey Holst, 27; Kayla Holst, 25; Courtney Holst, 24; Lorissa Krause, 19; Emerson Krause, 18; Brandon Holst, 16.

Originally from: [Kurt] Barbara and I are both from the mid-west. Barbara grew up around farms with cows, chickens, barns and gardens in North-East Ohio. I was born and raised on a cattle ranch in rural Nebraska where our graduating class was 26 students.

Occupation: [Barbara] Kurt and I both had the joy and pleasure of working at Kennedy Space Center with the Shuttle program. Kurt was there for 26 years and now continues as a Quality Engineer for EMF, Inc. I was at KSC for six years as a photographer and I have now returned to both the IT Profession and Harris Corporation

Dream profession: [Barbara] I love any profession where art and technology intersect however; Kurt and I both find our dreams are now more recreational and travel related.

Number of Years Running: We both have always been active throughout our adult lives and dabbled in running but did not start training seriously until we joined Coach Doug Butler's running camp more than five years ago. That is when the fun started, in more ways than one!

Began Running Because: [Kurt] Steve Colella, the White Dog photographer, was a co-worker back in 2001. He challenged me to race him in a 5k. I resisted for a while but he wouldn't let up. Ever since that first race, I was hooked but didn't start running on a regular basis until my daughter Courtney lured me in to the Miami Half-Marathon in 2007. Barbara started running to catch me – and I let her. (That's what she said.)



Continued on next page...

Run a Mile With...Barbara Krause & Kurt Holst

Continued...

I Knew I Was Hooked When: **[Barbara]** I started running because (ahem) my kids were both teenagers and I realized they were moving on with their lives and I needed something to help me cope with that transition. I needed to invest in a future beyond motherhood and the next phase of my life. I was hooked after my first camp with Coach Butler when I went from a 30 minute to a 25 minute 5K. I have been chasing PRs ever since. And I let Kurt chase me till I caught him.



Race PRs (Personal Records):

[Kurt] 5K 19:17, Half 1:39:07, Marathon 3:52:10 (After Barbara passed me)

[Barbara] 5K 21:04 (the last time I beat Lisa Petrillo!), Half 1:40:02, Marathon 3:39:04

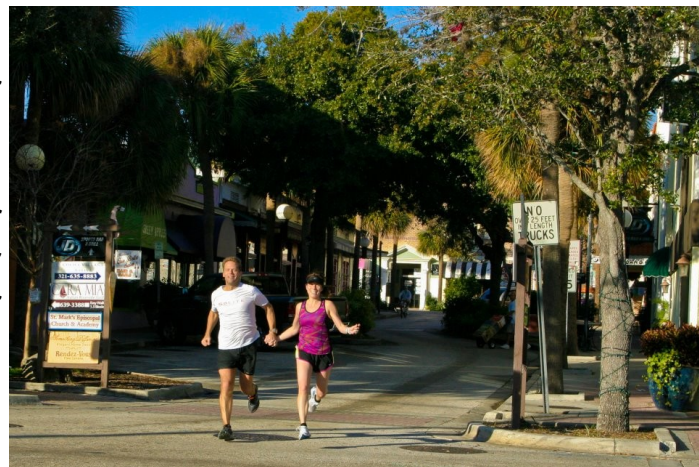
Most Satisfying Race Performance(s): **[Kurt]** The first time I broke 20 minutes in a 5k chasing Joe Hultgren and crossing the finish line with Kara Springer.

[Barbara] My first marathon was so fulfilling because I qualified for Boston and my last five miles were the fastest. I felt so amazing at the end that I could have kept running. Instead I stopped to hug and cry with Theresa Miller, my running partner who started this whole marathon thing for me to begin with!

Favorite Place(s) to Run: Nothing beats River Road where Linda Cowart and Susie Enlow have always faithfully put out water and Gatorade on Sunday mornings. River Road is gorgeous, both north and south routes, and you can't beat the coffee and cinnamon rolls with our treasured running friends at Ossorio's in Cocoa Village.

Running Goals: **[Kurt and Barbara]** Our goal is to be running well in to our 80's. Jack Lightle is our hero!

Running Partner(s): Where do we start? Our running friends are also our best friends and over the years our running partners have become our most valued social circle. You won't find a more positive group than runners. Our current marathon training partners right now are Doug Nichols, Lisa Petrillo, Julie Hannah, Jay Claybaugh, Autumn Evans and Richard Davis. Also joining us for the fun are Kati Craig, Charlotte McClure, Ron Ritter, Kara & Ed Springer and Jessica Weidenbauer.



Continued on next page...

Run a Mile With...Barbara Krause & Kurt Holst

Continued...

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

[Kurt] My mother. From an early age she always inspired me to be active and exercise. I still remember doing Jack LaLanne exercises with her. She was very progressive for her time regarding health and fitness.

[Barbara] I would totally choose to run with Eddie Izzard and his ice cream truck! Seriously though, I would treasure nothing more than running with my children.

Funniest or Oddest Thing I've Seen While Running: Doug Nichols. (He knows we love him!)

Training Philosophies: Never run alone. Meaning, we have both found that running partners make running more rewarding, productive and enjoyable. Goals are more attainable when you are chasing someone or being chased!

One Piece of Advice That I Would Give to a New Runner:

- Listen to your body. Don't try to "run through" an injury if it changes your gait.
- Don't listen to your brain (sometimes). Yes, you can still breathe. No, you are not going to die. Yes, you were born to run.
- Aggressively seek pace partners. Knowing someone is waiting for you and relying on you to show up will always get you out the door – which is the hardest part!

Favorite Reads: **[Kurt]** Once a Runner, Born to Run, Running with the Buffaloes, Unbroken **[Barbara]** Marathon Woman, The Olympian, Younger Next Year, The Soloist, A Beautiful Mind.

Favorite Movies: **[Kurt]** Limitless, Airplane, Lord of the Rings, Gladiator, The Cube, Gran Torino, Jeremiah Johnson. **[Barbara]** Shutter Island, Princess Bride, Amadeus, Stranger Than Fiction, Fight Club, 12 Monkeys, Austin Powers.

When Nobody is Looking I Like to: **[Kurt]** Eat cheeseburgers.

[Barbara] Dance. Or as my son would say, "Mom is flexing her awkward."

Favorite Meal: **[Kurt]** Spaghetti and meatballs **[Barbara]** Chicken Picatta, tabouleh, most things Greek

Dream Vacation: **[Kurt & Barbara]** Tahiti, Venice, Ireland... but not all at once.

Why did you join SCR? We wanted to be a part of the running community.

I Think That SCR Could Do A Better Job: We are happy to see SCR's increase in promoting membership and its benefits. SCR continues to do an amazing job of maintaining the foundation of a positive running community!

Thanks Barbara and Kurt! Great job! And Congratulations!—BR

Florida Today 8K and 5K

February 4, 2012

As part of the race weekend that culminated with the Melbourne & Beaches Music Marathon and Half-Marathon, the Florida Today 8K and 5K were held on Saturday, February 4th.

Both races ran through the Historic Downtown Melbourne area and included an out and back over the Melbourne Causeway.



In the 8K, which had 228 finishers, Gary Gates was the Overall Male Champion with a time of 30:40. Thaddeus Austin took second place in 31:27, and Art Anderson finished third, crossing the line in 32:02. Rick Baney took the award for Male Masters Champ, covering the distance in 33:38.

Natasha Yaremczuk was the Overall Female Champion, finishing about 2:30 minutes ahead of her closest competitor in 31:44. Alexa Gemma was second for the ladies in 34:12 and Kristen Klein-Nicholl finished third in 34:50. The award for Female Masters Champion went to Paula Steere, who crossed in 39:32.

For complete 8K race results, [CLICK HERE](#).

The 5K had 511 runners and walkers cross the finish line. They were lead by Dean Cumpton, who covered the distance in 17:46, well ahead of the next closest finisher. Thomas Day crossed second in 19:18 and Joshua Horst finished third in 19:25. Rick Neale was the Male Masters Champion with a time of 20:41.

For the ladies, Vanessa Valentine was the Overall Female Champion in 17:49. Second place went to former world record holder and Olympian Zola Budd, with a time of 18:01. Natasha Yaremczuk, yes the same lady who won the 8K, finished third in the 5K, with a time of 19:49. Mary Hofmeister was the Female Masters Champion, recording a 22:16.

For complete 5K race results, [CLICK HERE](#).



Photos: Male and Female 8K winners, Gary Gates (L) and Natasha Yaremczuk. More on next page....



Florida Today 8K and 5K

February 4, 2012



Eventual Male and Female winners, Dean Cumpton (L) and Vanessa Valentine (R), battle against former World Record holder, Zola Budd in the 5K.



More photos, courtesy of SmoothRunning, LLC on following page...

Florida Today 8K and 5K

February 4, 2012








SMOOTH RUNNING PRESENTS



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40 on 40

Contributed by Christy Tagye

What started out as a challenge for myself, to run 40 miles on my 40th birthday turned into something so much more than I could have hoped for. After months of thinking about running these 40 miles it occurred to me, that it might be a bit of a selfish goal meaning nothing but “I did it”. I was telling a friend about my plans and as I listened to the usual, “You’re crazy” response, an idea began to develop. What if I took this crazy idea and tried to make it meaningful? We don’t have to look far to find people - not just strangers but friends, families, acquaintances, who have lost jobs and began a spiral that is hard to escape from. So we decided to turn it into a fundraiser for a good cause. We solicited donations for Housing the Homeless (HTH).



The day of the 40 on 40 began early. I woke up and walked out of my room and into streamers in my face. My precious son Steven had decorated outside my bedroom door, the kitchen and entry way. He came home after work (he attends USF in Tampa) at 2:30 in the morning and decorated before he went to sleep so I would wake up to birthday decorations! Between that and the letter he wrote, I couldn’t have asked for a better start to my day or my 4th decade! My BIGGEST supporter, my husband Nimish Shah rolled out of bed all sleepy – eyed and smiling. I think this was the 4th time he had seen this early in the morning but there he was getting ready to support me & everyone else ALL day in the support vehicle.

We (the PSJ Runners) met at our usual starting place, usual time at 5:30 a.m. This time we had a visitor joining us – Dr. Rochelle Jones from Housing the Homeless. She came from Eau Gallie to PSJ to kick off the run. Some of the best running buddies were there to kick off the day! They include Artie Stoeke, Mark O’Donnell, Kim Badgett, Danny Barrett, Kelly Hunter, Kathy Camick and Hernan Garcia (both Kathy & Hernan ran the entire 40 miles with me – oh and Hernan being the Daddy Ultra that he is ran from his house off River Rd to PSJ for a whopping 52 miles)!

The run started as usual but this time when we passed my sister’s house she was waiting at the window watching for us. Dressed for work, and waiting to do



Continued on next page...

40 on 40 *continued*

Contributed by Christy Tagye

her hair came out and ran down her block with us so she could support the effort! How blessed am I to have Rebecca DeGel for one of my amazing sisters?! I gave her a sweaty hug, got a picture and continued on. The usual 5.5 mile route finished and my good friends left for work as Hernan, Kathy and I continued. We circled PSJ passing each– SC Jr/Sr High, Enterprise, Atlantis, Campus Charter and finally Challenger 7 where Ms. Kimberly Badgett teaches. Some of the classes came out and sang “Happy Birthday” , gave me high fives followed by a 3-2-1 countdown to start us off on our way again. As we turned the corner we heard loud cheering and thundering feet headed our way. The kids wanted to run with us so they were allowed to run around the corner, down the sidewalk and around the school. Thanks Challenger 7 for a GREAT beginning to the next phase of our run!

From there we left PSJ heading down Grissom Pkwy when we were joined by one of my favorite coaches, Suzie Enlow at mile 20. Suzie was going to run 15 miles with us but ended up doing THE REST OF THE RUN instead! Suzie’s sweet disposition encouraged us and brought a new energy to the group. Next Danny re-joined us for another 10 – 15 miles keeping us moving with his BRIGHT orange shirt! Following that bright orange shirt we turn the corner onto Canaveral Groves Blvd and looked up to sounds of cheering, signs waving and flags proudly displayed – it was HTH again! I’ve never seen such support from a recipient organization! Boy did that help put some pep in our step! Here Mara and Robin, who are HTH staffers joined us for a bit of a walk/jog. Their “bit” was over 13 MILES!!! This organization ROCKS! Coming off CG Blvd we had to cross a busy US1. On one corner Cherie is waving the American flag (so many of our homeless are VETS!!!) and on the other someone is holding a sign and pushing the button for us to safely cross. Now HTH makes a human chain across US 1 so we can all make it safely across before the light changes. Now I have goose bumps watching this group of people work hard to make each step of this race enjoyable for those of us running! They all left their office for the day so they could show their support and appreciation.

Continued on next page...



40 on 40 *continued*

Contributed by Christy Tagye

Onward, we headed south on River Rd and, stayed FAR TO THE LEFT, out of the way of traffic. Let me add that EVERY CAR that passed us moved over even when they didn't have to (plenty of room) to keep us safe – thank you drivers!! When we reached 528, our support vehicle and my awesome hubby were there with more hydration/nutrition. As I'm gulping down Gatorade and smiling for more pictures I saw one of my dearest friends, Sandi Cherni pulling up and hopping out of her sister's car to join us. Good grief, could the lump in my throat get any bigger? She joined us for the next 4 miles which by the way is a PR for her – previous distance 3.1 miles!! (You rock Sandi!) What would be more appropriate than another HTH staffer joining us now? Ron with his beautiful English accent joins in and serenades us (unintentionally maybe but we enjoyed it nonetheless)! Next comes another biker getting ready to pass us, but this one is smiling at us and slowing WAY down! Oh my gosh, it is one of the most genuine, kind hearted people I know – Patti Sponsler! (Don't tell her I said that she'd just brush the comment aside!) More energy and joy joining our journey! She visited with EVERYONE running!

Finally we made it to Daddy Ultra Runs to more cheering BUT we weren't done yet, we were only at mile 30 – the longest distance Kathy & I had ever previously run. Linda Cowart, another amazing coach and one of the most generous people I know was there working in Hernan's place so he could complete the entire run with us. She greeted us with smiles and waving off thanks for her role in the run. If it weren't for the 17 weeks of training I did with Linda, Suzie and Mike Rochelle in preparation for the ½ Ironman last September I wouldn't have the conditioning I needed for this adventure! So off we go to more cheers from HTH to finish the last leg of the race. A few miles into it Patti asks what we need and off she goes to her house. When we arrived, there is a balloon and sign in her yard and of course Patti and Nimish ready to give us what we need to make it through the last push! Anyone have a new right toe? Mine is KILLING me! After a sock adjustment, an orange for Kathy, and hydration for all, we're off for the last mile heading south and the LAST TURN AROUND and now Patti is joining us to RUN! And here comes Theresa Miller with her smiley-self, cheering us in and keeping us laughing! How can we be so full of energy at mile 36 – 40 – I'll tell you...it's called GOOD PEOPLE – cheering and encouraging!!!

Let me stop right here a minute to tell you all what an absolute perfect day this was! All SCR know River Rd is arguably the most beautiful place in Florida to run and if that weren't enough, a dolphin showed up just to remind us! The day couldn't have been more perfect!

Okay, running again and off my hubby goes to pick up one more runner to finish the race with us. When he shows up again he drops off a bubbly and energetic Robin Williams. Yea for more energy! Robin rushed from work to make those last several miles with us. Also joining us were Michael from HTH and girlfriend Janice to finish off the run. What friendly happy people!

Continued on next page...

40 on 40 *continued*

Contributed by Christy Tagye

Well, the run ended at Daddy Ultras again to cheering, smiles and congratulations from the HTH staff and Linda. REALLY?!! We're done?! Yes we are! Lots of smiles, pictures and thank yous before heading home for a nice hot shower and soak in the bath! We're not done – we have a 6:30 post run celebration to go! What a blast! Most of my family, a lot of friends and those finishing the usual Daddy Ultra Runs 6:00 run joined in to celebrate, eat and visit. Again all of the HTH staff and two of their board members came out to celebrate with us! The total funds raised is at \$1250.32! We found out that evening a donor called to say he would match all funds raised, so double that please! What better community is there than this?

Some folks shared their thoughts about participating in this event. Here are some of their comments:

From Mark O'Donnell: "I got to meet nice folks who help feed hungry people. It was one of my favorite hobbies – running (especially away from school!). I liked hearing Suzie remind the birthday girl that Lent means fasting for 40 days & 40 nights, not running 40 On 40! It was like being at an all day birthday party for a friend who didn't want a party so she kept running all daylong laughing in the face of decrepitude while eating crispy fig Newton bars and running miles & miles to feed hungry people.

From Dr. Rochelle Jones with HTH, "Yesterday, all of my staff members participated in a wonderful community event designed to raise awareness of the plight of the homeless in Brevard. A group of very dedicated individuals...participated in a 40 on 40 to celebrate Christy's birthday. A very wonderful group challenged each other and members of my staff to run 40 miles.... I want to compliment my staff members who went well beyond their normal level of dedication to participate in this event...to bring attention to the event, one staff member stood at the corner of US 1 & CG Blvd waving a sign & American flag. This was particularly appropriate, as more than 40% of our homeless clients are veterans. It proved once again that sharing & caring is what it takes to change the plight of those who are in need of our help."

From Gail Ramos with HTH, "This incredible journey began when Christy contacted our agency because she had a dream. She was turning 40 & wanted to give back to her community & support a cause she feels very strongly about; the homeless. Christy attributed her desire to reach out and help others to her parents who instilled in her morals and principals that you give of yourself to those less fortunate. She was running to raise funds and awareness to a growing epidemic of people, families & children who deserve a roof over their heads."

Continued on next page...

40 on 40 *continued*

Contributed by Christy Tagye

From Sandi Cherni, “My mindset going into the run was, ‘I am going out to show support for my friend.’ And I got a lot more, a renewed sense of kindness and hope. I knew going out I was not going to be able to run far and didn’t want to slow anyone down. When I started running, the whole group just welcomed me with open arms. They didn’t care how slow I was or even stopping if I got tired. They just kept inspiring me to keep up the good work. I couldn’t believe they were cheering me on, when we were out there for the Coalition. **OVERWHELMING!** It was a success. It really made me think that it doesn’t take a lot to change the world; one act of kindness in us all could make a big difference.

From Theresa Miller: “You know us runners, it’s never about us...it’s always about the greater things, and our fellow runners!!! I get just as much pleasure out of seeing others accomplish a HUGE goal, as I do crossing any finish line of my own. It’s what we do, help push each other past each of our limits, and share in each other’s victories!

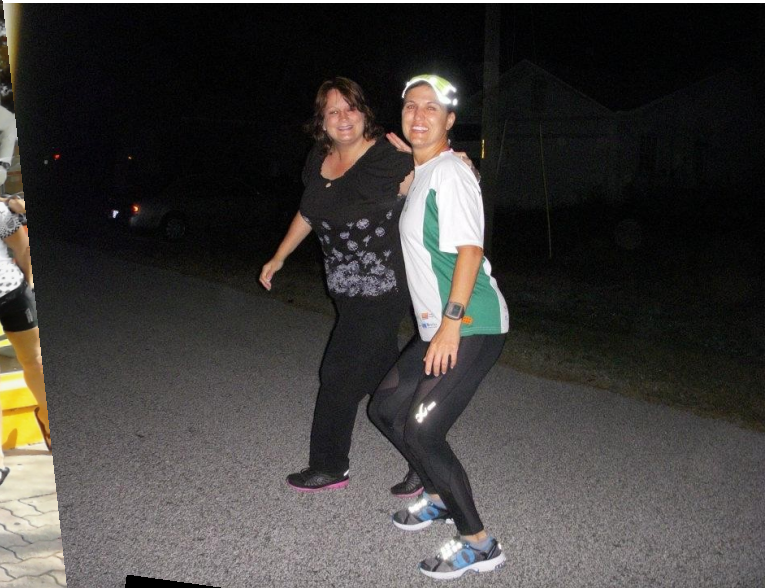
From Kim Badgett: “Well, since my injury most of what I do is about others. I know that it is so easy for life as it is, to change in a second. I couldn’t believe how people came out to support me with food, money, emails, cards, etc. After that, I knew I wanted to pay it forward when I could. So over the last 2 years I try to help others especially in an activity that I enjoy participating in. So then it was about you-helping you be healthy and safe while training and supporting you with a few cheers along your adventure. It was an honor to be a part of your day and I hope it keeps going forward!”

From Kelly Hunter: “Community helping community is a very powerful act of kindness. It was very rewarding to be a small part of this great event. To see the number of runners that came out to run all or part of the distance with her was incredible. The number of people who freely wrote checks to help those who have fallen on hard times in Brevard County was also very special. Many people benefited from this quest and will always remember February 22, 2012, as the day when many came together as strangers to help those less fortunate and are now friends bound by a special event.”

From Hernan Garcia: “The run to me was very important as I really like to impact the lives of as many people as I can by allowing them to achieve a goal which seems insurmountable at first. I am very excited to be part of projects like this and one by one, be able to share how most things in life can be accomplished by shifting some paradigms.....

Continued on next page...

40 on 40 *continued*
Contributed by Christy Tagye



Thanks Christy...and Congratulations!

But I'm afraid I have some bad news...

Early in your story, you said..."I couldn't have asked for a better way to start my day or my 4th decade..."

*Here's the bad news...you actually just **finished** your 4th decade! You have now started your 5th! :-)*

Happy Birthday!—BR



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Riverfront Park, Cocoa Village
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Pre-walk stretching, walk any distance, fluids provided by
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Melbourne and Beaches Music Marathon & 1/2

February 5, 2012

The 4th annual Melbourne and the Beaches Music Marathon and Half-Marathon was held on Sunday, February 5th. The Half-Marathon served as the USA Track and Field Masters National Championship and brought in some great competition.

The course started in Downtown Melbourne, headed north on US1, crossed over the Eau Gallie Causeway, south on Riverside Drive and over the Melbourne Causeway to the finish. Of course, the lucky marathoners got to repeat the course.

There were 1217 finishers in the Half-Marathon, led by Overall Male Champion Mbarak Hussein, who covered the course in 1:09:37. Finishing second, only 11 seconds later, was Malcolm Campbell, in 1:09:48. And third place finisher, Kevin Collins wasn't far behind, crossing the finish line in 1:10:13. Tracy Lokken was the Male Masters Champion, finishing in 1:10:28.

Sonya Friend-Uhl was the Overall Female Champion, coming in with a time of 1:19:53. Kathleen Jobes finished second in 1:23:25 and third place went to our visiting former Olympian, Zola Budd, crossing in 1:23:47. Mary Pardi was the Female Masters Champion in 1:27:43.

For complete Half-Marathon results, [CLICK HERE](#).



Marathon results and more pictures on following page...

Melbourne and Beaches Music Marathon & 1/2

February 5, 2012

In the marathon, Ben Fish was the Overall Male Champion, covering the 26.2 mile course in 2:48:37. Merritt Island's John Culver finished second in 2:49:42, and John Van Steenberg placed third with a time of 2:52:56. David Burger was the Male Masters Champion with a finishing time of 2:59:11.

Carolyn Smith was the Overall Female Champion, crossing the finish line in 3:15:32. Regina Joyce was second in 3:27:57, and Merritt Island's Angela Wells took third place overall with a time of 3:33:39. The Female Masters Champion award went to Kirsten Hite who posted a 3:43:10.

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



More pictures from the Melbourne and Beaches Music Marathon and Half-Marathon, courtesy of SmoothRunning, LLC on following page...

Melbourne and Beaches Music Marathon & 1/2

February 5, 2012



National Multiple Sclerosis Society

Mid Florida Chapter



Walk MS

March 31, 2012

**Florida Institute of Technology
Melbourne, FL**



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



Visit us at:

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

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

Tooth Trot 5K

February 11, 2012

235 runners and walkers crossed the finish line at the 14th Annual Tooth Trot 5K, sponsored by the Brevard County Dental Society, and held on February 11th at the Wickham Park Pavillion.

John Davis was the Overall Male Champion, covering the 5K course in 17:30. Shane Streufert finished second in 17:52, and Steve Hedgespeth was third in 18:02. Joe Hultgren was the Male Masters Champion with a time of 18:29. Art Anderson took the award for Male Grandmaster, crossing the line in 19:11.

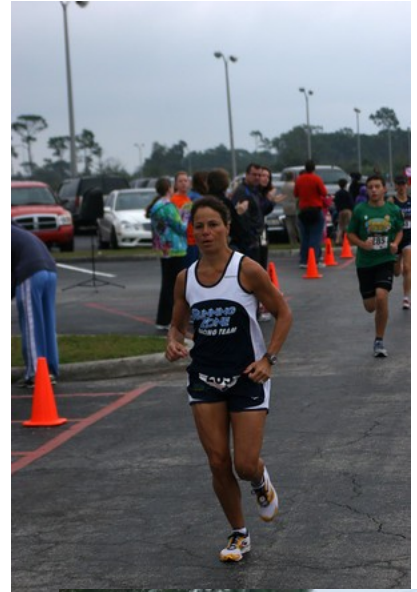
The Overall Female Champion was Tracy Simso, finishing in 20:13. Jackie Clifton crossed second with a 20:27 time and Julie Hannah was the third place finisher in 20:44. Annie Caza was the Female Masters Champion, posting a time of 21:48. The Female Grandmaster Champion was Anne Dockery, who finished in 22:01.

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



Tooth Trot 5K

February 11, 2012



The Sole of a Runner

Contributed by Nikki Blanton

I have never considered myself a shoe fashionista - in fact I am quite the opposite - stilettos gather dust atop my cupboard only to sparkle & shine when my daughter and her friends beg to play dress up. Instead, the bottom of my cupboard has mary-jane crocs, flip-flops and some boots - AND just recently upon inspection, I realized that my sneakers take up MORE THAN HALF the space!!! Suffice it to say I have become a running shoe aficionado!

The act of running has the potential to change your life in more ways than you can possibly imagine...weight loss and stress reduction, courage, discipline & perseverance. And for me, one of the many changes of my running self - the birth of a shoe girl. For as long as I can remember my mom, by default, will ask me on my way out the door "are you going to wear 'those' shoes?" - sloppy, no heel, void of color. I never cared about the bottom half on my attire, shoe color is always black or brown, and never anything fancy like patent leather or bejeweled. Well, TADA look at me now... from not caring about what adorns my feet in the world of fashion to an obsession with what my feet FEEL like when I am in my running shoes - the topic of shoes has held much conversation in my home in the last year. Talk & debate with my husband about the barefoot movement, full-foot verse heel striking and heel to toe platform drop - my head is full of shoe talk - what a 360 degree turn from my former non-running self.

I have explored many types of running shoes on the road to my beautiful black sleek Merrel Pace Glove (and yes, to my mom's dismay, my Merrel's have become part of my non-running attire too when I wear them with skirts and jeans)

Over the course of one year:

- clunky stiff New Balance Abzorb were replaced with
- motion control Asics Gel-Nimbus (with custom orthotics) to
- Newton Action/Reaction Technology to
- Saucony Kinvara with minimal midsole construction to
- Vibram Five Fingers running Bikila model,
- and now my favorite, Merrel Pace Glove with Vibram® soles.

With each shoe, the muscles in my feet were asked to do MORE, and the shoe asked to do LESS. Hey....it is *my body, my feet, my run!*

Continued on next page...

The Sole of a Runner *Continued...*

Contributed by Nikki Blanton

Our feet are our connection to the ground. The more I ran and read about running, the more I LONGED for this connection. A solid stable link to the earth helps us feel rooted and grounded. I need to feel the road - to know where my feet are hitting, to know where my feet are landing in relation to my center of mass and to feel what my toes are doing (curled up, pushing off, relaxed?). There is so much literature on minimalism and the science and practice of reducing your shoe - the less is more theory! So do your homework and make up your own mind, but do not go out and run 5 miles in five fingers or run barefoot in hopes of improving your running!

The same approach to ChiRunning applies to shoe selection: GRADUAL PROGRESS! Danny, founder of ChiRunning says:” educate your feet and your body to move properly again....and as the fluidity in your technique improves you’ll begin to NEED less of a shoe.” Start out with a little bit less of a shoe, practice your form, feel the earth, listen to your body. Run. When it is time for another shoe (about 300 miles) get even less of a shoe....practice your form, feel the earth....and so on.

Quick tip: look at the bottom of your shoe to see where the rubber is wearing, this is a good indication of wear your feet are “hitting’ the road.

Each foot contains 26 bones, 33 muscles, 31 joints and over 100 ligaments. Love the feet you are in! Treat them well and surprisingly the rest of your body will be happy too.

Ahhh the complexities of the runner’s SOLE and the questioned mind for “as we run, we become.”

Happy Trails,
Nikki

Space Coast Runners welcomes our newest contributor, and advertiser, Nikki Blanton and Zak McCormack of OurSoleIntent.com. We are always on the alert for good articles that relate to running and walking. If you have an article, or blog, that you would like to see in the newsletter, please contact Bob Rall at Bob@RallCapital.com .

“I’ve always enjoyed the freedom and positive energy I get when I run. I’d like to stay healthy enough so that I’ll be one of those old ladies who is still out there running.—Jennifer Dall, high school resource specialist

Soarin' Eagle 5K

February 18, 2012

Inaugural Indialantic Elementary Soarin' Eagles 5K

“Inspiration” and “community” were the words of the day as Indialantic Elementary School hosted its inaugural Soarin' Eagle 5K on February 18, 2012. Over 150 athletes plus spectators came out for the school's first race that was kicked off with the National Anthem sung by members of the chorus. After several singers took their place behind the starting line, the race was started for hand-cyclist Sam Palmisano, a fourth grade student, in his first 5K race. Sam stayed out in front for the entire race along the figure eight course in Indialantic and finished in a time of 23:12.



Ty Dickinson, a high school runner visiting from Michigan, was the overall male winner in a time of 18:45.6. He was followed by John Robinson (20:11.6) and Jay Claybaugh (20:24.9) for 2nd and 3rd respectively. The male master winner was Don Kearns of Melbourne Beach with a time of 21:30.3.

Mandy Myer of Valkaria crossed the finish line first for the women in a time of 22:42.5. Suzanne Krasny (23:02.7) and Marie Bloch (24:26.4) followed her in 2nd and 3rd place. Susan Klungler of Indialantic took the ladies Master's title in a time of 28:57.8.

Over 65 Indialantic Elementary students came out to participate in the race, a lot for their very first 5K. Many of the students were already regular participants in the twice weekly running club that meets before school. Their principal, Richard Dunkel, wishing to further inspire his students, offered up a special challenge. A free lunch at Long Doggers with Mr. Dunkel would be awarded to any students who could beat their principal. In the end, Mr. Dunkel turned in a respectable 25:38 for third in his age group and only allowed nine students to beat him.

More than \$3,000 was raised by the school and sponsors for this race and funding will go to support the Parent Teach Organization (PTO) projects in areas such as the new science lab, playground equipment and technology for the classrooms.

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

Article contributed by Jennifer Ogburn, Co-Race Director. *Thanks Jennifer!!—BR*

Pictures from the Soarin' Eagle 5K, courtesy of Indialantic Mayor, Dave Berkman, on the following page...

Soarin' Eagle 5K

February 18, 2012



Overall Male Champion, Ty Dickinson (above) and Overall Female Champion, Mandy Myer (left) cross the finish line in the Inaugural Soarin' Eagle 5K.

Running Zone



Health First Health Plans



6TH RACE IN THE SERIES



PIRATE PLUNDER 2 MILER

RUN/WALK AND FUN OBSTACLES

SATURDAY, APRIL 7TH AT 7:30 AM

Brevard Community College, Palm Bay Campus



FREE – Little Pirate Kid's Run With "Zippy" our Gecko Mascot

TIMETABLE:

Tuesday, April 3rd – Friday, April 6th 10:00 am – 6:30 pm

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

Saturday, April 7th – Brevard Community College, Palm Bay Campus

6:00 am Packet Pickup & Registration

7:15 am Late Registration for 5k ends

7:30 am 2 Mile Start!!!

8:45 am Little Pirate Kid's Run - FREE!

*Awards Ceremony immediately following all races

AMENITIES:

- 3 Fun Adventure obstacles
Walk the Plank
Sword Gauntlet
Skallywag Crawl
- Pirate Costume Contest!
- Awesome Technical Tees
- Fun Race Packets
- Great Pirate Awards

AWARDS:

M-F: Top 3 Overall, Top Masters (40+), Age Groups (Top 3 M-F)

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

PIRATE PLUNDER 2 MILER OFFICIAL ENTRY FORM

Send completed entry form with fee to: Make check payable to Running Zone, 3696 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: **Mens:** S M L XL XXL **Womens:** S M L XL

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

FEES:	Until 4/6	Race Day
2 Mile Run/Walk	\$28.00	\$31.00
Optional Kid's Reg.**	\$15.00	\$20.00
**(12 & Under-See Below for Details)		
SORRY, NO REFUNDS		

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

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

SIGNATURE _____

SIGNATURE OF PARENT FOR THOSE UNDER 18 _____

DATE _____

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 Series Event!**



**Space Coast Runner of the Year &
 Titusville Racing Series!**

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Presents

**Space Walk Of Fame
 8K & 2 mile Run-Walk**

SPACE WALK OF FAME



APRIL 14, 2012
Space View Park
Titusville

The Space Walk of Fame Foundation is a not for profit [501(c)(3)] organization committed to raising funds to design and erect the Space Walk of Fame monuments in the Space View Park in Titusville. The intent is to not only recognize the manned space flight programs and the astronauts, but to also recognize the hands-on space workers. Anyone who ever worked on any of the manned space programs can have their name engraved on a brick in the surrounding area of the monuments.

DATE AND TIME

Saturday, April 14, 2012 • 8:00 am

LOCATION

Titusville, Florida
 Indian River Avenue and Broad Street
 (Space View Park)

COURSE

Distance: 8K
 Flat, double loop course
 First loop is 2 miles and second loop is 3 miles. The course follows the Indian River and is mostly shaded.
Distance: 2 miles
 first loop only (see map)
 The 8K and 2 mile runs will start together.

AID STATIONS AND SPLITS

Splits at all mile marks. Aid stations near the 1, 2 and 4 mile marks.
 2 mile race does not count towards points in the space coast runner of year or Titusville Racing Series.

ENTRY FEES*

- \$ 25 Registration
 - \$ 20 Early registration (prior to April 1st)
 - \$ 17 No T-shirt option - Early registration
 - \$ 20 No T-shirt option - day of race
 - \$ 15 Student (18 and Under)
 - \$ 12 3rd + family member - Early-registered
- *SCR members receive 51 discount for early registration
 Sorry, No refunds!

REGISTRATION

Mail completed entry form with check payable to:
 Space Coast Runners
 P.O. Box 2 • Titusville, FL 32781

PACKET PICKUP AND REGISTRATION

Packet pickup and day of race registration will be at the Space View Park on Broad Street from 6:30 am to 7:45 am.

8K AWARDS

- RUN**
- Top 3 Overall - male & female
 - Top Master (40+) overall - male & female
 - Top Grand Master (50+) overall-male & female
 - Top Senior Grand Master (60+) overall-male & female
 - Top 3 Finishers age group - male & female
 - Top 3 Clydesdale (200 lbs) Top 3 Fillies (150 lbs)
- 8K WALK**
- Top 5 Male & Female
- 2 Mile Run**
- Top 5 Male & Female
- 2 Mile Walk**
- Top 5 Male & Female

8K AGE GROUPS

- 9 yrs. & under
- 10 to 12 yrs
- 13 to 14 yrs
- 15 to 19 yrs
- then, every 5 yr. age divisions thru 80+
- top 10 male & female

Starfish Strut 5K & 10K

February 18, 2012

The 4th Annual Starfish Strut 5K & 10K was held in Windover Farms in Melbourne on February 18th. All proceeds raised at the race benefit the MIMA Foundation of Brevard.

In the 5K, Ron Abel won by a large margin, taking the Overall Male Champion award by crossing the finish in 18:03. Michael Hageman finished second in 19:48. Keith Snodgrass placed third, coming in at 19:52. Greg Hayes took the award for Male Masters Champion with a time of 22:06.

Melissa Taylor was the Overall Female Champion with a time of 20:14. Chelsea Basford (age 11) placed second in 22:11, just edging out Jenny Tagg, who placed third in 22:12. Cindy Bishop was the Female Masters Champion with a time of 24:00.

In the 10K, it was a battle for the finish line on the men's side. The Overall Male Champion award went to Felix Hottenstein, who crossed the line in 40:30. Second place went to Ramon Cordero, who finished 1 second later with a time of 40:31. And third place went to Art Anderson, who posted a 40:32, 1 second behind the 2nd place finisher. Quite a finish! Tim Bishop took the award for Male Masters Champion with a time of 41:40.

Lisa Petrillo was the Overall Female Champion, covering the distance in 45:47. Rene Dunne placed second in 51:29 and Monica Beien finished third, crossing in 52:55. Michelle Smurl was the Female Masters Champion, clocking a 55:04.

For complete results of the both races, [CLICK HERE](#).

“Running has opened up so many adventures for me, not just in the trails I run or new routes, but also in the friendships I’ve made and the confidence it has given me.”—Meleah Shank, runner and spinning instructor

“What I’ve learned from running is that the time to push hard is when you’re hurting like crazy and you want to give up. Success is often just around the corner.”—Sir James Dyson, Inventor of the Dyson Vacuum Cleaner





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

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Geronimo Jog 5K

February 18, 2012

The 1st Annual Geronimo Jog was a great success! Thank you to all 171 runners and walkers who came out to participate, and all of the many volunteers! Without each of you the race would not have been the success that it was raising funds for the Edgewood Jr/Sr High School athletic fund. The Mens' Overall was grabbed by Gerald Turner, age 18, with a time of 18:00 flat, while the Women's Overall was won by Sarah Hammond, 14, at 20:36. It was so nice to see the local high school runners performing very well! The race also had a huge turnout in the 10 – 14 age group with over 40 children running the 5k with the fastest times set by Clay Tezel at 20:36 and Clare Cullen at 26:46.



This race was the brainstorm of Devin Lubor, a senior at Edgewood and is the culmination of his high school curriculum that requires completion of a Senior Project. Devin's leadership abilities and organization made race morning run smoothly with streamlined registration, nice awards and even fresh popcorn and snow cones after the race! He saved money by doing the timing manually and ingeniously using the clock on the soccer field as the timing display! And did we mention the hula hoop, limbo spear and water gun obstacles at the mile markers to keep things interesting?!?!

We heard talk of this becoming an annual event for Edgewood to support the Cross Country and Track teams. Mark your calendars to come and try this nice route through a Merritt Island neighborhood in 2013 and support the Edgewood Indians! We look forward to seeing you there!

—Contributed by Debbie Wells, Race Director



More photos of the Geronimo Jog, courtesy of Barry Jones at [TriHokie Images](#) on next page....

Geronimo Jog 5K

February 18, 2012



BENEFITING LIFE PROJECT SCHOOLS IN IMPOVERISHED AFRICA



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APRIL 22, 2012

5:30PM @ RIVERFRONT PARK, COCOA VILLAGE

REGISTER

<http://www.overlandmissions.com/life-project/article/fit/>
or scan the QR code on your phone's reader



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Autism Awareness 5K

February 25, 2012

On Saturday, February 25th, Brevard PALS, formerly the Brevard Autism Coalition, held its third annual 5K race/walk at the Florida Institute of Technology. With 207 finishers, traversing a looping course which began and ended at the Scott Center for Autism, the race was by all accounts a rousing success.

On a cool, breezy morning, just right for running, Brevard PALS met its goal of creating a race that was fun, competitive and family oriented. In fact, the first three overall finishers were members of the same family. Alec Reesh won the race at 17:12, followed by his younger brother Ian at 19:26 and the proud father, Chris, at 20:18.

The overall female champion was Patti Sponsler at 25:15. She was quickly followed by second place overall finisher, Elaine Henderson at 25:46 and third place overall female finisher, Chris Gaines at 25:55.

The male Master's champion was Lance Haskins with a time of 22:30 and the female Master's champion was Jacquelyn Kellner with a time of 27:22.

Several families earned age category trophies for multiple family members. The largest running/walking team was Team Caleb led by Debra Sloan with 10 race finishers. Following the main race event, thirty-five children received medals for finishing a 100 yard race.

If beating the life long effects of Autism takes a community, then this 5K race/walk, in a small way helps to create a health and fitness event where everyone can belong, improve their health and feel a part of the Brevard community. Several of the children who completed the 100 yard course have Autism and they wore huge smiles wearing their medals after running by themselves or with family members.

This year's race had 27 local sponsors and Brevard PALS would like to hug and thank each and every one of them for their generous support, along with applause and thank you for all the great volunteers, the professionals from the Running Zone who worked the mechanics of the race and Christel Charlez-Alcock who took great photographs of all the runners, walkers and participants. Proceeds from the event will go towards funding a two week summer camp for children and adolescents with Autism in June.—*Contributed by Race Director Joseph Werner*

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

Photos on following page, courtesy of Christel Charlez-Alcock and Peter Crummey...



Autism Awareness 5K

February 25, 2012



Another *Smooth Running* production

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• Tech shirts • Championship timing • USAT Sanctioned
• Live music • Post race party & refreshments!

Event is capped at 500 entrants

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CocoaBeachTriathlon.com



Partially benefiting:



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

February 25, 2012

The 24th Annual Eye of the Dragon 10K and Tail of the Lizard 2 Mile Run and Walk was held on February 25th. Starting and ending at the Eau Gallie Civic Center, the participants ventured through historic downtown Eau Gallie and an out-and-back over the Eau Gallie Causeway. Over 430 participants finished the 10K and more than 200 competed in the 2 Mile Run/Walk. Funds raised from the event benefit the Space Coast Runners Scholarship fund.



In the 10K, which was the 2012 RRCA Florida State 10K Championship event, Todd Neville crossed the line in 37:56 to take the Overall Male Champion award. John Davis was second in 38:24, and Mickey Hooke placed third in 38:30. Gary Gates, with a time of 38:46, was the Male Masters Champion, and Joe Hultgren was the Male Grandmasters Champion in 41:36. The Male Senior Grandmasters Champion was Grady Cash, who finished in 48:06.

Tracy Simso, finishing in 43:12, was the Overall Female Champion. Andrea Binney placed second in 44:00 and Jessica Wiedenbauer was third in 44:51. Angie Preston was the Female Masters Champion, covering the distance in 47:39. The award for Female Grandmasters Champion went to Janet Canfield, who posted a 47:49. And Anne Dockery was the Female Senior Grandmasters Champion, with a time of 48:06.

For complete 10K results, [CLICK HERE](#).

In the Tail of the Lizard 2 Mile Run/Walk, the youngsters took the top awards. 12-year old Jared Hayes was the Overall Male Champion, covering the two miles in 13:06. 14-year old Jacob Carter was second in 13:34. Scott Baker (not a youngster) took third in 13:44. Male Masters Champion was Joseph Boudro, who finished in 14:27.

For the ladies, 8-year old Alexa Baker dominated, with a finishing time of 13:47. Eroica Fedder was second in 16:10 and Christine Davis placed third in 16:37. Joan Meadows was the Female Masters Champion, finishing in 16:39.

For complete 2-Mile results, [CLICK HERE](#).

Pictures from the Eye of the Dragon and the Tail of the Lizard, courtesy of Steve Colella of YourPhotosNow.com, are on the following pages...

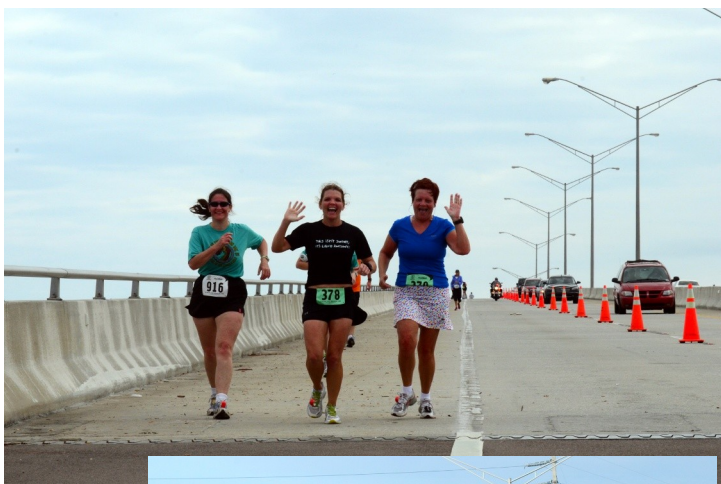
Eye of the Dragon 10K & Tail of the Lizard 2-Miler

February 25, 2012



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

February 25, 2012





RUN THRU THE RANCH 5K RUN / WALK
SATURDAY, MAY 5TH, 2012 AT 7:30 AM
Kempfer Ranch, St. Cloud, FL

TIMETABLE:

Friday, May 4th 10:00 a.m. – 6:30 p.m.

Packet Pickup & Registration at Running Zone across from Brevard Community College on Wickham Rd.

Saturday, May 5th – Kempfer Ranch

6:30 a.m. Packet Pickup & Registration

7:15 a.m. Late Registration ends

7:30 a.m. 5K Start!!

*Awards Ceremony immediately following the race

Directions to Kempfer Ranch:

From Melbourne - Take Hwy 192 West to Deer Park, take a left on Hwy 419 (Kempfer Rd.) Go approx. ¾ mile, turn left on Sawmill Road. (dirt road). Volunteers will instruct you from there on race morning.

AMENITIES:

- Unbelievable Trail Run!!
- Awesome Awards
- Visit one of the largest most scenic ranches in Florida
- Great Breakfast Spread after race
- Chronotrack Electronic Timing

AWARDS:

Male & Female: Top 3 Overall, Top Masters (40+)

Age Groups (top 3 male & female)

8 & Under	25 - 29	50 - 54	75-79
9 - 11	30 - 34	55 - 59	80-84
12 - 14	35 - 39	60 - 64	85+
15 - 19	40 - 44	65 - 69	
20 - 24	45 - 49	70 - 74	

FEES:	Until 5/4	Race Day
5K Run/Walk	\$25.00	\$30.00

SORRY, NO REFUNDS

RUN THRU THE RANCH 5K RUN/WALK OFFICIAL ENTRY FORM
 Send completed entry form with fee to: Make check payable to: Brevard County Farm Bureau, 3695 Lake Drive, Cocoa, FL 32926

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____ Email address _____

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

Please check shirt size: Sizes: XS 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 Run thru the Ranch 5K event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of 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.

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