

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

April 2012



SALLY'S Friends 

5K Fun Run



run >>>>
for your life 5k
EMERGING STUDENT MINISTRIES AT IRC UMC



A run for the children



Another busy month of races last month. We had dinosaurs, baseball, strawberries, friends of Sally, a run for the kids, and a lot of people running in funny outfits from the 80s. All that, and more, inside...



STARTING LINE

Features

Run A Mile With—Frank Webbe—page 16

Monthly

Who We Are—page 3

Runner of the Year (ROY) Series—page 4

Carol's Corner—page 6

Keeping Tabs—page 11

Upcoming Races

Space Walk of Fame 8K—page 8

5K on the Parkway—page 22

Fit for Life 5K—page 25

Cocoa Beach Triathlon—page 27

Run Thru the Ranch 5K—page 29

Blueberry 5K—page 33

Project Graduation 5K—page 39

Eat My Crust 5K—page 42

Run for the Gecko 5K—page 44

Not One More Child Drowns 5K—page 47

Brevard County Series Championship Showdown 5K—page 49

Last Month's Races

Brevard Zoo's Raptor Run 3K—page 20

Sally's Friends 5K—page 23

Run For Your Life 5K—page 26

Berry Patch 5K—page 28

Re-Run 5K—page 31

Downtown Melbourne 5K—page 36

Game Day 5K—page 40

Corporate 5K—page 45

Resources

SCR Membership Application—page 15

ChiRunning—OurSoleIntent—page 19

Connect with SCR—page 19

Running Zone—page 30

Bikram Yoga SpaceCoast—page 35

Investing For The Long Run—page 35

Christina Engel—Tropical Realty—page 43

Space Coast Walkers—page 43

Discounts for SCR members—page 50



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, April 16th at Health-First's Pro-Health & Fitness in Merritt Island.**

VOLUNTEER OFFICERS AND STAFF

PRESIDENT:

Carol Ball, cball1@cfl.rr.com

VICE PRESIDENT:

Mary Ramba, mramba@aol.com

SECRETARY:

Cyndi Bergs, mcbergs@att.net

TREASURER:

Ty Bowen, typbowen@gmail.com

MEMBERSHIP/ROY CHAIR:

Loran Serwin, Lserwin@cfl.rr.com

NEWSLETTER:

Editor: Bob Rall, bob@rallcapital.com

Proof Reader: Carol Ball,
cball1@cfl.rr.com

WEB (www.spacecoastrunners.org):

Editor: Loran Serwin, Lserwin@cfl.rr.com

Results/Calendar: Matt Mahoney,
Matmahoney@yahoo.com

FACEBOOK:

Bob Maggio, bmaggio.bm@gmail.com

Dave Hernandez,
daveisarunner@yahoo.com

VOLUNTEER BOARD OF DIRECTORS

CHAIRMAN: Mary Ramba

DIRECTORS:

Jessica Crate, jessica.l.crate@gmail.com

Nick Flint, nickruns@bellsouth.net

Tammy Foster, tefoster@cfl.rr.com

Dave Hernandez, daveisarunner@yahoo.com

Morris Johnson, johnsonmr@acm.org

Loran Serwin, Lserwin@cfl.rr.com

Ed Springer, springer993@gmail.com

Charlie Van Etten,
Charlie.fla@mindspring.com

Tristan Webbe, twebbe@cfl.rr.com

Dick White, dickwhite@cfl.rr.com

Marlene White, marlenewhite@cfl.rr.com

Marty Winkel, runsalot@cfl.rr.com

Christy Zieres, zieresc@bellsouth.net

Bernie Sher, baboou@cfl.rr.com

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](#)



**THE 2012-2013 SPACE COAST RUNNERS
RUNNER OF THE YEAR RACE SERIES**

Running on Island Time 5K Sat, Aug 18, 2012

Turtle Krawl 5K Sat, Sept 15, 2012

Chain of Lakes 5K Sat, Oct 13, 2012

Fall into Winter 5K Sat, Oct 20, 2012

Space Coast Classic 15K Sat, Nov 10, 2012

Space Coast Marathon & Half Marathon Sun, Nov 25, 2012

Reindeer Run 5K Sat, Dec 8, 2012

Tiger Dash 5K Sat, Jan 26, 2013

Tooth Trot 5K Sat, Feb 9, 2013

Eye of the Dragon 10K Sat, Feb 23, 2013

Downtown Melbourne 5K Sat, March 30, 2013

Space Walk of Fame 8K Sat, April 13, 2013

3 DROPS, 6 TO QUALIFY

Carol's Corner

Contributed by Carol Ball, SCR President

I would like to thank Marlene White for again successfully directing the Eye of the Dragon 10K on February 25th, resulting in a nice profit for Space Coast Runners! We were able to finance the SCR Annual Scholarships (\$2,000), and also send \$500 to "Kids Run the Nation" – an RRCA fund that helps out Youth Running Groups throughout the nation – encouraging a fit lifestyle for our youth! I would also like to thank Marlene's great sponsors this year!

Rall Capital Management, Avatar Technologies, Rapid Automation/Design, Running Zone, Melbourne & Beaches Music Marathon, Dick White Sports Therapist, Melbourne Beach Rotary, Paula Steere Sports Massage, Visalus, Gatorade, Publix, FuelBelt



As we near the end of the Space Coast Runners Runner of the Year Series, we will soon be having our ROY Awards and SCR Annual Meeting.

Mark your calendars! This year, the Runner of the Year Awards will be presented at the Brevard County Series Championship Showdown at the Eau Gallie Civic Center. This will be a fun evening on Saturday, June 9th, honoring area runners and walkers. If you are an award winner in any of the 3 Brevard County race series (Titusville Race Series, SCR Race Series, or Running Zone Foundation Series), you may run in the Championship Race for FREE! Anyone else can run in the Open Race for just \$20 (preregistered)! There will be food, drink, and festivities! See the flyer in this newsletter and sign up NOW!

We will be presenting the SCR Hall of Fame and Golden Shoe awards at our Summer Social/Membership Drive in July. Details will be coming soon!

The SCR Annual Business Meeting will be held Monday, May 18th, at the Merritt Island ProHealth at 7pm. All members are invited. We will have the results of our annual board election, the annual treasurer's report, and president's report. The election will be online at the beginning of May, so watch your mailbox for your ballot.

Continued on next page....

"The only reason I would take up jogging is so that I could hear heavy breathing again."
- Erma Bombeck

We need your help!!

If you would like to get involved, Space Coast Runners has the following additional positions available:

Youth Series Director – coordinate 6 youth runs and awards in conjunction with SCR race series

Newsletter Editor – produce the monthly electronic newsletter.

Volunteer Coordinator – we would like to set up a reward system for SCR volunteerism, and need someone to recruit and track hours.

Website Assistant Manager – someone to add content and help keep the website up to date.

Race Committee Members – volunteers to handle key assignments for our 2012-2013 SCR races (Space Coast Classic, Space Coast Marathon, Eye of the Dragon, and Space Walk of Fame) such as: registration, finish line, course monitors, water stations, etc.

I would appreciate anyone interested to please contact me at cball1@cfl.rr.com

"You have to forget your last marathon before you try another. Your mind can't know what's coming." — Frank Shorter



Volunteers Needed! The Wild Sebastian 100 Ultra Trail Run is happening April 14-15. They are in need of a few more volunteers to make this first-time event a success. If you can help, please contact Kristen Beck at kayaksetc@msn.com.

**This is a Space Coast
Runner of the Year &
Titusville Racing
Series Event!**



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



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



APRIL 14, 2012

**Space View Park
Titusville**

Space Coast Runners
P.O. Box 2
Titusville, FL 32781

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 \$1 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

RESTRICTIONS

For safety reasons, rollerblades, rollerskates, skateboards, bicycles, baby strollers, baby joggers, radio headsets and animals are PROHIBITED.

DOOR PRIZES

All 8K and 2 mile participants and race volunteers are eligible for door prize drawings. You MUST be present to win. Door prizes will be drawn during the Awards ceremony. Main prize will be a Space Walk of Fame brick certificate



KIDS 1/4, 1/2, and 1 Mile RIBBON RUN

A free competitive event for children 10 years and younger. All finishers will receive ribbons. SCR Kids Run Series Event.

AWARDS CEREMONY

The Awards ceremony will be held following the Kiddie Run.

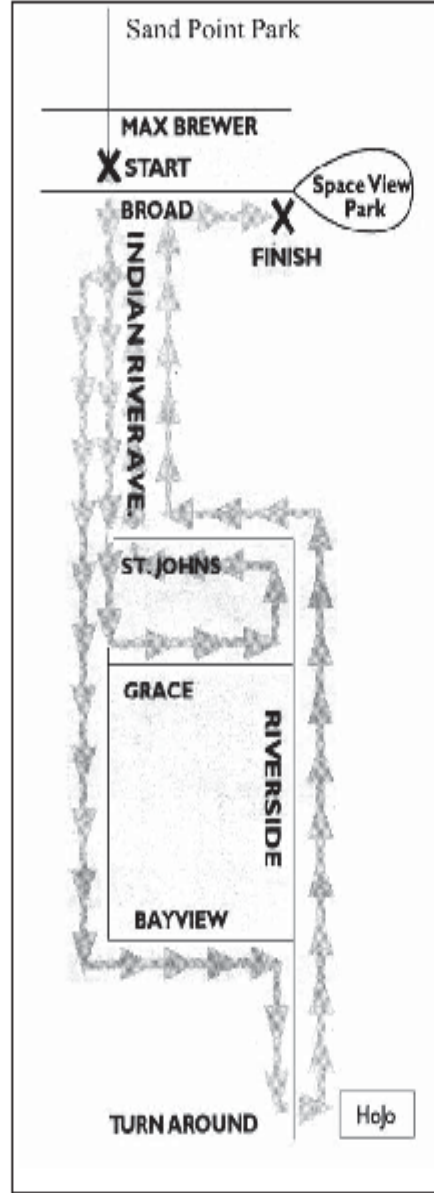
OUR SPONSORS



For additional information, contact:
Marty Winkel (321) 537-3526

DIRECTIONS TO RACE SITE

- I-95 to Exit 220. Go east until you get to Indian River Avenue
- From US 1, go east at Garden Street or Max Brewer; turn right on Indian River Avenue



SPACE WALK OF FAME 8K & 2 MILE RUN • SATURDAY, APRIL 14, 2012 • REGISTRATION FORM

Last Name

First Name

Address

City

State

Zip Code

Male

Female

T-shirt

SCR

Amt. Enclosed

Check One

8K Run

8K Walk

2M Run

2M Walk

Date-of-Birth

Age/Day of Race

Fillies Clydesdale

Telephone (Area Code + Number)

Adult Shirt Size

XS

S

M

L

XL

2X

Email



Make checks payable to:
"Space Coast Runners Club"
Mail to: Space Coast Runners
P.O. Box 2
Titusville, FL 32781

I hereby release Space Coast Runners Club, Space Walk of Fame Foundation and other sponsors and officials involved in any and all damages or injuries arising out of participation in this run and further state that I am in proper physical health and condition to compete in said run.

Signature (Parent, if under 18)



Space Coast Runners Annual Election

If you are interested in being a part of a hard working group of individuals involved in promoting running, walking, and a healthy lifestyle, here is your chance!

Space Coast Runners is accepting nominations now for **2012-2013 Board Members**. Please let us know by **April 30th** in order to get your name on the ballot!
Cball1@cfl.rr.com

Space Coast Runners Hall of Fame and Golden Shoe Award Nominations

We are currently looking for **2012** nominations for the **SCR Hall of Fame**.

Written nominations may be made by any active SCR member and submitted by **April 30th** to the Hall of Fame nominating committee.

From the SCR Guidelines:

The nomination must include the candidate's name, number of years he or she has been a member, the year or years the candidate is being recognized, and the candidate's accomplishments. The nomination must include justification on why the candidate is being nominated and contain sufficient detail to allow the committee to make an objective decision. If available, a photo would be appreciated.

Past recipients: Doug Butler, Henry Campbell, Bill Dillard, Don Dore, Terry Hayden, Jack Kenworthy, Bob Lawton, Rebecca Sparks, Harold Tucker, Marty Winkel, Tom Hoffman, Mary Ramba, Gary Castner, Marlene White, Bernie Sher, and Susie Koontz.

Also, we are accepting nominations for the annual **Golden Shoe Award**.

The recipient does not have to be a member of SCR. The only requirement to be selected as the recipient of the Golden Shoe Award is that the individual has a positive influence on the sport of running based on his/her contributions to the community. Final choice is that of the current SCR President.

Past recipients: Gary Harbison, Harold Tucker, Rhonda Butler, Marty Winkel, Bill Dillard, George Revels, Henry Campbell, Terry Hayden, Dave Farrall, Ken Winn, John Chioma, Linda Thompson, Barry Jones, Marlene White, Ross Clarico, Patti Sponsler, Loran Serwin, Barbara Linton, Carol Ball, Dave Hernandez, and Linda Cowart.

Please reply by **April 30, 2012**. Email: mramba@aol.com, or snail mail to: **Mary Ramba 3052 Skyline Drive, Cocoa, FL 32922**

KEEPING TABS

A huge **THANKS** to all those who helped with this month's newsletter including, Carol Ball, Loran Serwin, Ken Horton of icunphotos.com, Marisa Cartier, Roz Cobb, Dana and Kelly McArthur of CartierPhotography.smugmug.com, Ryan Seeloff of [Destination Brevard](http://DestinationBrevard), Frank Webbe, Sarah Guttery, Susie Burke, Running Zone. Steve Colella of YourPhotosNow.com, Barry Jones of TriHokie Images and SmoothRunning, LLC

HAPPY BIRTHDAY TO: 4/1—Bernadette Beck; Bernie Sher; Jared Gannon; 4/2—Anne Doerflein; Tammy Foster; Karen Furton-Sparks; Cyndi Bergs; 4/3—Doug Nichols; 4/4—Madden Lorraine; Susan Then; 4/5—Matthew Ferrisi; 4/6—Charlotte McClure; 4/7—Dick White; 4/8—Tony Tagye; 4/9—Steven Raymond; Joshua Farner; 4/10—Bailey Castner; Elizabeth Dore; 4/11—Sharon Smethurst; Kim Bissonnette; 4/12—Mitch Varnes; Kristen Strout; Kayla Campbell; 4/14—Patrick Canfield; Nick Flint; 4/15—Roger Rowan; Devra Fain; 4/16—Elwyn Brown; Ron Osler; Katie Smith; Eric Bissonnette; 4/17—Carole McCoy; Joan Meadows; Lisa Farrall; Danielle Slomins; 4/18—Connor McCoy; Hanah Estes; 4/19—Jenni Crook; 4/21—Alan Smith; Lynnda Floyd; Celia Mahler; Zachary Unrue; Taegen Burns; John Jacobs; 4/23—Christina Martin; 4/25—Jessica Smith; Cody Bissonnette; 4/26—Kati Craig; 4/29—Benjamin Bloch; Lana Jobes; Matthew McDougal; Beverly Green;

NEW MEMBERS: Saylor Kelly; Margaret Lazarus; John Jacobs; Ron Bailey; Micah Vanatta; Micah Nance; Christina Mitsakos; Ken Frey; George Then; Susan Then;
WELCOME!!

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!

CORRECTION: In last month's issue, photos from the Florida Today 8K and 5K were incorrectly credited. They were provided courtesy of Steve Colella of YourPhotosNow.com.

ADVERTISING:

The on-line newsletter is published 11 months a year and ad rates are \$50/page; \$25/half-page & \$10 for a business card. Buy 10 months and the 11th is FREE! Deadline is on the 28th of the month prior to publication and we accept text in Publisher or pdf and photos in .jpg or .psd. Material in this newsletter may not be reprinted or used on a non-SCR website without permission from Space Coast Runners. Contact Bob Rall at bob@rallcapital.com for more information.

KEEPING TABS

LOCAL FUN RUNS

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

DAY	LOCATION	TIME	ORGANIZER
SUNDAY	COCOA, RIVERFRONT PARK	6:30AM	SPACE COAST RUNNERS
SUNDAY	OARS AND PADDLES, IHB	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:

Croom 50-Miler April 7 Brooksville, FL		
<i>Matt Mahoney</i>	<i>Jim Schroeder</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>
<i>Mitch Varnes</i>	<i>Kathryn VanArsdall-Varnes</i>	<i>Jim Schroeder</i>
London Marathon April 22 London		
	<i>Cindy Bishop</i>	
Country Music Marathon April 28 Nashville, TN		
	<i>Luis Mendez</i>	
Big Sur Marathon April 29 Monterey, CA		
<i>Jim Schroeder</i>		
Safari Park Half-Marathon May 6 San Diego		
<i>Mitch Varnes</i>	<i>Kathryn VanArsdall-Varnes</i>	
Keys 100 May 19-20 Keys, FL		
<i>Steve Colella</i>	<i>Chuck Hannold</i>	<i>Jim Schroeder</i>
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>
<i>Jim Schroeder</i>		

Continued on next page....

KEEPING TABS

EVENT CALENDAR Continued

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

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>		
Adelaide 24 Hour Run July 14 Adelaide, South Australia		
<i>Jim Schroeder</i>		
San Francisco Marathon July 29 San Francisco, CA		
<i>Jim Schroeder</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>Cindy Bishop</i>	<i>Mike Acosta</i>	
Marine Corps Marathon Oct 28 Arlington, VA		
<i>Karen Suarez</i>	<i>Gina and Bob Rall</i>	<i>Kayla Manning</i>
New York City Marathon Nov 4 New York, NY		
<i>Suzie Enlow</i>	<i>Sandra Gannon</i>	



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.*

Run a Mile With...Frank Webbe

Name: Frank Webbe

Family: Wife Ellen; Son Tristan; Daughter Elizabeth

Ages: Me: 64. The others: less than 64.

Originally from: Sebastian, FL

Grew up where? Miami, FL

Occupation: University Professor. I have been a professor of psychology at Florida Institute of Technology for more than 30 years.

Dream profession: University Professor.

Number of Years Running: 23

Began Running Because/To: I began running to get in shape for a backpacking trip in the Rocky Mountains.

I Knew I Was Hooked When: I kept running afterwards when I was still in shape.

Race PRs (Personal Records): 5K – 22:25; 10K – 46:26; Half Marathon – 1:45
Marathon – 4:15

Most Satisfying Race Performance(s): 10K PR at the Run for the Light. I went to bed the previous night knowing that I was going to PR. When the race started I hooked up with Brian Myers who was kind enough to run with me at a constant pace throughout. I was never tired though I also could not have run faster. And, I got a trophy which has not happened too often in 10K races, but was a perfect reward for a maximum effort.



Continued on next page....

*"I don't think jogging is healthy, especially morning jogging. If morning joggers knew how tempting they looked to morning motorists, they would stay home and do sit-ups."
- Rita Rudner*

Favorite Race(s): Why? New York City Marathon. I have never experienced at another event the electricity or excitement that is present in New York during the Marathon. Coming off 59th Street bridge onto 1st Avenue in Manhattan after running 15 miles, you suddenly come face-to-face with a million people lining the sidewalks for miles and cheering for you. I have never had a running experience to equal this.

Downtown Melbourne 5K. I have directed or co-directed the Downtown Melbourne 5K for the past 16 years. This is an event where I derive enjoyment from watching others run. Coming near the end of the racing season, runners are in their best condition and often have PR performances. It is incredibly gratifying to share their sense of satisfaction in the accomplishment.

Favorite Race Distance: Why? If I have been able to train properly, I enjoy the half marathon distance most. I can have the luxury of starting slowly over the first three miles and building speed progressively. By the final three miles when I am moving my fastest, most others are slowing down. Flying by people at the end provides a great mental boost which simply adds to the enjoyment and satisfaction.

Favorite Place(s) to Run: South Tropical Trail.

Running Goals: My main goal now is simply to keep running so I stay healthy, and stay healthy so I can keep running.

Running Partner(s): I have been doing long runs with Mary Ramba every Sunday on Tropical Trail for 14 years. We never let a runner, walker, or cyclist go by without saying good morning and wishing them well. My daily running partner is Murphy, our yellow Lab who has been running with me for 10 years and who insures that I am up every morning.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: I have run alongside Jeff Galloway, Bill Rodgers, Frank Shorter, and Keith Brantly in fun runs and races and that was exciting. But running with my son in his first races when he began running again as an adult was more personally satisfying.

Funniest or Oddest Thing I've Seen While Running: At my first Disney Marathon in 1995 (the 2nd Disney held, and before commercial greed took over), we were confined in corrals for over an hour before the start. Once we were "released" to move toward the starting line, thousands of people headed to the grassy sides of the road to relieve their body of its hydration burden. In the pre-dawn darkness, all one could see to distinguish genders, were "standers" and "squatters." To have this occurring on Disney property was incredibly amusing.

Training Philosophies: Have a coach. Over the years, I have been fortunate to work with Rebecca Sparks, Doug Butler, and now Elizabeth Ring and Karen Hughes. They have the knowledge to provide a systematic approach to training that meets individual needs. Currently, with the Up and Running Fitness group, Elizabeth and Karen insure that we have strength work and yoga to accompany our running. As I have gotten older, strength training and flexibility have become even more important.

One Piece of Advice That I Would Give to a New Runner: Always start gradually, whether it is a workout or a new training approach. If something hurts, monitor it for a few minutes to see if it really is serious. Little hurts come and go. Big hurts are different and demand attention.

Other Sports& Interests: Backpacking and reading.

Favorite Reads: Catch-22; Once a Runner; A Beautiful Mind; The Prince of Tides

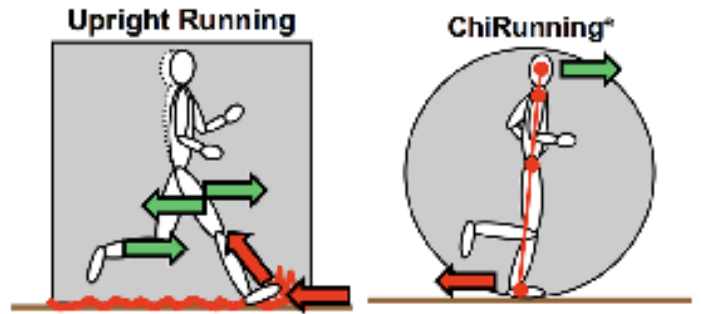
Favorite Movies: Casablanca; Lawrence of Arabia; Slap Shot; Eye of the Needle; 2001: A Space Odyssey; 12 Angry Men; M*A*S*H

When Nobody is Looking I Like to: Nap.

Why did you join SCR? To network with other runners. When I began running I thought it was a sole endeavor. Gradually, I understood that the social connections were critical for reinforcing participation and increasing enjoyment. SCR facilitated my involvement in racing which now is part of my training and a major source of satisfaction.



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



Nikki Blanton
407.340.8263



Zak McCormack
407 448 9837

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



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!

Brevard Zoo's Raptor Run 3K

March 3, 2012

Apparently, there is quite a draw of being able to run in the wild with the animals, especially when some of those animals include some dinosaurs. Over 1200 participants came out to do so at the Raptor Run 3K, which is the 5th race in the Running Zone Race Series.



The numbers were big and the competition was strong. It was quite a battle for the Overall Male Champion award. In the end, Michael Fisher edged Peter Clusener by less than one second to take the top spot. Michael covered the 3K course in 9:36; Peter crossed the line in 9:37. Dillon McGee place third with a time of 10:09. Shane Streufert, who just recently moved into the Masters age group, took the Male Masters Champion award, coming in less than 4 seconds later, in 10:13.

A pair of Jessica's led the way for the ladies. Jessica Crate took the Overall Female Champion award in 10:47. Jessica Wiedenbauer finished second in 11:43 and Emily Chapman took third, coming in with a time of 11:48. Jackie Clifton was the Female Masters Champion, crossing the finish line in 11:51.

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



More pictures of the Raptor Run on the next page...

Brevard Zoo's Raptor Run 3K

March 3, 2012



Thanks to Ken Horton of icunphotos.com for the pictures!

Photo by Ken Horton-icunphotos.com

03/03/2012 07:44

Sally's Friends 5K

March 10, 2012

Runners raced for prizes, joggers ran for personal goals, walkers strolled for exercise and kids exploded with enthusiasm..... and each one of the 250 participants in the Sally's Friends 5K at Gleason Park on March 10th made a difference for Sally's House! When you change the life of a mother, you change the future for her children and that ripple effect will last for generations.

SALLY'S
Friends 

5K Fun Run

The day dawned bright with enthusiasm! Through the support of our sponsors and participants we were able to raise \$8000! Harris Corporation jumped in through a monetary sponsorship plus added support through their Wellness Coordinator and Athletic Club. The CFO threw down a challenge by making an additional donation to any Harris employee who beat his time, which definitely added to the fervor!

The course meandered through the beachside neighborhood with cheers from homeowners along the way. The runners entered the backside of Gleason Park and finished through the park and around the pond! The "Kiddie Run" was a big hit --- with medals for ALL!

Mark your calendars – Sally's Friends 5K, Gleason Park, Saturday, March 9, 2013

Sally's House is a long term residential recovery home for women and their children. At Sally's House, mothers can keep their children with them as they work to redirect their lives. Since 1993 more than 1000 women and children have benefitted from the extensive programs and care provided while residing at Sally's House. As a result, 71 drug free babies have been born; saving lives and countless tax payer dollars.

—submitted by Susie Burke, Race Co-Director

Pete Vaughn, who covered the course in 18:35 was the Overall Male Champion. Jonathan Howse was second in 19:52 and Kevin Smith placed third in 19:57. Matt Mahoney was the Male Masters Champion with a time of 20:08.

Katarina Jernberg, age 13, was the Overall Female Champion, finishing in 23:32. Rene Dunne placed second in 23:51 and Nancy Hayes was third in 23:57. Marie Bloch was the Female Masters Champion, finishing in 23:56.

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

Pictures from Sally's Friends 5K are on the following page.

Sally's Friends 5K

March 10, 2012



Photos by Marisa Cartier, Roz Cobb, Dana and Kelly McArthur of CartierPhotography.smugmug.com

BENEFITING LIFE PROJECT SCHOOLS IN IMPOVERISHED AFRICA



FIT FOR LIFE

RUNNING SO THEY DON'T HAVE TO WALK

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



HAND-CARVED MEDALS FOR AGE GROUP PRIZES
~
TOP PRIZES AFRICAN CARVINGS
~
CORPORATE CHALLENGE

LIVE ENTERTAINMENT
~
REFRESHMENTS
~
DOOR PRIZES
~
TAKE THE BAREFOOT CHALLENGE!

BROUGHT TO YOU BY:

LIFEPROJECT
CARE, EDUCATE, SUSTAIN

A DIVISION OF:

 **OVERLAND
MISSIONS**

Run for Your Life 5K

March 17, 2012

The 9th Annual Run For Your Life 5K, part of the Titusville Racing Series, brought out 150 runners and walkers. The race is a fundraiser for the IRC Methodist Church Youth Group and all proceeds are dedicated to their service to others through mission trips both locally and abroad.



Jacob Langgle, an alumni of the PACA Running Team, and a current runner for Astronaut High School (and the son of Race Director, Sarah Guttery) was the Overall Male Champion, covering the 5K course in 17:15. Joe Hultgren finished second in 17:55 and Wesley Garrett took the third place award, coming in with a time of 17:59. Chris Loines was the Male Masters Champion in 18:27.

The award for Overall Female Champion went to Alexa Diana Gemma, who crossed the finish line in 19:56. Kara Kyramarios was second in 20:13 and Sandra Gannon finished third in 21:28. Sue Strout was the Female Masters Champion with a time of 21:30.

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



“The best part of a run? The birds chirping, the awesome air, and the fact that a lot of people are still sleeping. The worst? The first couple of steps. Just getting the creaks out.”—Summer Sanders, Olympic gold medalist in swimming and TV commentator

Another *Smooth Running* production

Also featuring:



TRIATHLON COCOA BEACH APRIL 22 • 2012

- SWIM .25 mile • BIKE 12.5 miles • RUN 3.1 miles
• Tech shirts • Championship timing • USAT Sanctioned
• Live music • Post race party & refreshments!

Event is capped at 500 entrants

REGISTER NOW!

CocoaBeachTriathlon.com



Partially benefiting:



Berry Patch 5K

March 18, 2012

The second annual 5K to benefit the Habitat for Humanity of Brevard County was held at the BCC/Wickham Park Pavilion on March 18th. More than 200 runners and walkers participated.



Ron Abel was the Overall Male Champion, crossing the line first with a time of 17:47. Andy Dutra was second in 19:18 and Christopher Eastwood placed third in 19:21. Brian Lail was the Male Masters Champion, finishing in 19:29.

Tracy Simso was the Overall Female Champion in 19:32. Robin Hernandez place second in 21:16 and Danielle Pecorella was third in 21:43. Mary Hofmeister was the Female Masters Champion with a time of 22:02.

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



"We all know that if you run, you are pretty much choosing a life of success because of it."—Deena Kastor

*"If you start to feel good during an ultra, don't worry, you will get over it."
—Gene Thibeault*



**FINISH LINE MGMT
PROVIDED BY:**



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.

Voted One of the Top 50 Running Stores in America

RUNNING ZONE



All Your Favorite Brands

Shoes • Apparel • Accessories

Runners • Walkers • Triathletes

Free gait analysis for proper shoe fit.

321-751-8890

www.running-zone.com

We want you to feel good when you exercise!

**10% DISCOUNT
TO ALL SPACE COAST RUNNER MEMBERS**

Store Hours: Monday - Friday 10:00am-6:30pm
Saturday 10:00am - 5:00pm • Sunday 12:00pm - 4:00pm

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

Re-Run 5K

March 24, 2012

The Junior League of South Brevard, Inc and Diaz Center for Plastic Surgery presented the 3rd Annual Re-Run 5K on March 24th. All proceeds go to the Junior League, which is an organization of women committed to promoting volunteerism and developing the potential of women and improving the community through action.

The 80's-themed race brought out nearly 300 runners and walkers, many dressed in their best (?) 80's outfits.

Colby Mack crossed the finish line first and took the award for Overall Male Champion with a time of 18:24. 15-year old Morgan Levine was second in 18:56 and Chris Loines placed third in 19:16. Neal Levine, who is older than 15, took the Male Masters Champion award, coming in at 21:37.

Trish Facciobene was the Overall Female Champion, covering the 5K course in 22:22. Tricia Rydson placed second in 22:36 and Nanda Riggs was third in 23:28. Betsy Butler took the award for Female Masters Champion with a time of 24:17.

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



More pictures of the Re-Run 5K are on the next page...

Re-Run 5K

March 24, 2012



Photos compliments of [Destination Brevard](#).



2nd Annual Blueberry 5k

Run (or Walk) through scenic, paved country road, wooded path, Rails to Trails and **finish** the race through a **Blueberry field!**

Each participant will be able to pick a **free pint of blueberries!**

Place: The Holland Farm,
PARKING 4400 Bouganvilla Dr. Mims, FL
(Take US1, 6 miles North of Chain of Lakes,
then turn West on Burkholm, and follow signs.)

Date: Saturday, May 5th, 2011

Time: 7:00 AM registration, 7-8 AM packet pick-up, 8:00 AM
Race Recognition prizes and gift drawings following race



Proceeds benefit: The Eli Project and the Malone Family

The Malone Family has chosen to live their lives serving the Lord **in orphan care** ministry and as missionaries in **Ukraine** with their large special needs family.

See their blog <http://themalonefamily.us/>

Or <http://www.eliproject.org/>

Online Registration: <http://blueberryrun.blogspot.com> Or mail check and form (on back)

Fees: \$ 25 adult (includes t-shirt), \$ 20 student (includes t-shirt)

T shirts will be in race packets on race day if ordered before April 22.

Registration Form:

Please mail check and form to address below.

Print Name _____ **Amt. Enclosed** _____

Address _____

City _____ State _____ Zip code _____

Date of birth ___ - ___ - _____ Age _____ Telephone _____ - _____ - _____

Circle Shirt size: Youth Med, Youth Large, Adult Small, Adult Med, Adult Large, Adult X-Large

I release Holland Family Farm and any sponsors and officials involved, in any and all damages or injury arising out of participation in this run and further state that I am in proper physical health and condition to compete in this run.

Signature (parent if under 18) _____

Mail check and form to: April Holland
4258 Arlington Ave.
Mims, FL 32754

Recognition ceremony:

Immediately following run/walk

One male and one female runner will be recognized in each of the categories below:

Top 3 Overall

Top Master (over 40)

Top 3 Finishers per Age Group

(0-8, 9-11, 12-14, 15-19, then every 5 year age division thru 80+)

Sponsored by:

Holland Family Farm

Active Spine Center, LLC

Dr. Steven Smith & Dr. Joanie Kriz

A Day Away Kayak Tours

Timing and stats by Marty Wikel



HOT YOGA SPECIAL

30 Days for \$39

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

Build a Better Runners Body:

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

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

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

We are located at 4509 S. Hopkins Ave, Titusville, FL 32780 (two blocks North of Cheney)



Investing for the Long Run ...

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

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)

Downtown Melbourne 5K

March 31, 2012

A mild spring morning augured well for the running of the 30th anniversary of the Downtown Melbourne 5K. The separate races for men and women combined with the two-loop course through Historic Downtown Melbourne frequently brings out the best in



A run for the children

runners as they peak during the spring season. To allay any concern over the official distance of the course following the many improvements made to the downtown area by the City of Melbourne, Don Piercy re-measured the route and confirmed an exact 5K distance.

In this year's women's event, Indian Harbour Beach's Melissa Taylor improved upon her second place result of last year and took home the gold in a time of 18:48. The competition for second was fierce with Palm Bay's Jessica Wiedenbauer's 19:27 eclipsing 3-time winner Tracy Simso by only 2 seconds. Matching that excitement was the race to the tape for the women's master's title. In a battle of Anns, Annie Caza bested Anne Dockery by only 7 tenths of a second, finishing in 21:10.0. Fittingly, Both Annie and Anne established new age-group records for the course, Annie in the women's 50-54 and Anne in the women's 60-64. Not to be outdone, Robin Moran also broke the women's 55-59 course record with her new standard of 21:40.

The men did not disappoint with drama in their race. Palm Bay's David Kilgore traveled home from University of Colorado and, despite recovering from a stress fracture suffered earlier in the year, streaked to a winning time of 15:57. David hopes to return next year and aim for Said Diri's course record 15:11 from 1999. Eric Blosser of Vero Beach took eleven seconds off his winning time from last year in finishing 2nd in 16:01, only four seconds behind Kilgore. In finishing 3rd, only two seconds behind Blosser, West Melbourne's Michael Fisher established a new 15-19 course record (16:03). Running the race as a master for the first time, Shane Streufert captured the men's master's award in a new personal best of 17:15. The men's 30-34 winner, John Davis, also set a personal best for the second year in a row, finishing in 16:47. Finally, our most senior runner in the race, Jack Lightle, set a new course standard in the 80-84 age group with his time of 29:43.

In addition to the many young people who took part in the 5K events, more than 30 little ones also participated in the Space Coast Runners children's series, held immediately following the men's 5K. The children's series continues the Space Coast Runners' efforts at introducing children to the fun and satisfaction of running and the social networking associated with it.

Continued on next page...

Downtown Melbourne 5K

March 31, 2012

The Downtown Melbourne 5K supports the programs of The Haven, a temporary shelter for children who no longer are able to stay in their homes through no fault of their own. All costs of the race are absorbed through the generosity of the sponsors, leaving the registration fees of runners to provide direct support for The Haven programs, including food and clothing for the children. Thus, all race registrants can take satisfaction in knowing that they have contributed to the support of the children.

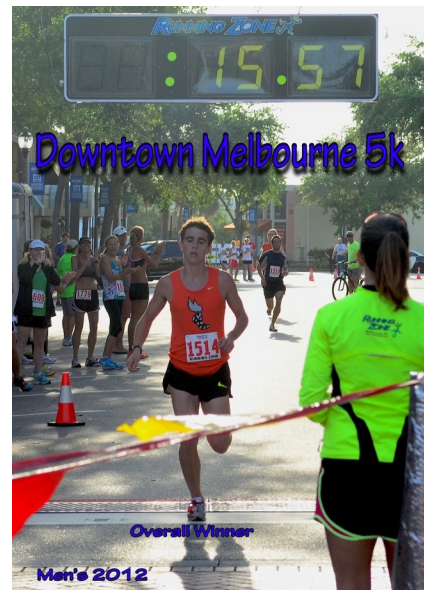
We thank our sponsors: Community Bank of the South, Brevard County Sheriff's Department, Browning's Pharmacy, Sorenson's Allied Moving and Storage, Florida Eye Associates, Island Lincoln Jaguar Rover, Corporate Property Group, Inc., Sun Plumbing Inc., Space Coast Health Institute, Ocean Potions, RPJ Reliable Poly Johns, BWD – Barbara Widerman Designs, Coca Cola, Harvey's Groves, Bagel World, Optimize Business Solutions, Tropical Design.

The post-race refreshments once again were plentiful and tasty, thanks to The Haven Guild and other wonderful volunteers who support The Haven. No runner should have gone home hungry- or sore for that matter, since the massage therapists from Space Coast Massage were on hand to ease those aches and pains.

Finally, we are thrilled by the transparent support for the race provided by The Running Zone. Denise and Don Piercy and their colleagues from the Zone insure that all aspects of race management are accomplished professionally and efficiently.

——Contributed by Frank Webbe, Race Director
Thanks Frank!—BR

For complete results of this Space Coast Runners' Racing Series race, [CLICK HERE](#)



More pictures from the Downtown Melbourne 5k on the next page...

Downtown Melbourne 5K

March 31, 2012



Cocoa Beach Jr/Sr High

Project Graduation 5K



2012



A Cocoa Beach road race for runners and walkers through residential Cocoa Isles. Same course as the Space Coast Art Festival Turkey Trot.

May 5, 2012

Race benefits the **Cocoa Beach Jr/Sr High School Project Graduation**

Location & Schedule

Race starts and ends at the Baliwick Mall, located just north of Minuteman Causeway on Brevard Avenue. Registration at **Eagles Nest**.

6:30 - 7:15 am	Registration
7:30 am	5k Run / Walk
8:30 am	Awards Ceremony

Registration

Register on-line at www.Active.com, by mail, or at packet pickup.

\$20	Entries postmarked before April 18
\$25	Entries postmarked after April 18

Make checks payable to:
Cocoa Beach Project Graduation



Mail completed entry to:
220 Jamaica Dr.
Cocoa Beach, FL 32931
(Race fees are non-refundable)



Awards

- Top 10 Overall Male & Female Finishers
- Masters Male & Female
- Finisher closest to the Middle of the Pack

Amenities

- Race t-shirt to first 100+ registrations. Register early to guarantee shirt size!
- Post-race refreshments
- Door prizes

Packet Pickup

Thursday, May 3 from 5:00 - 7:30 pm at **Eagles Nest**, 20 N. Brevard Ave, Cocoa Beach

Race day morning at **Eagles Nest** from 6:30 to 7:15 am

Race hotline: 321-783-6899

Email: CBProjectGraduation@gmail.com

Cocoa Beach High School Project Graduation 5k Run/Walk

Name _____ Address _____ Male Female

City _____ State _____ Zip _____ Phone _____ Age _____

Email _____ Race Shirt (included with entry) YM S M L XL XXL

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

Signature _____ (Parent if under 18)

Date _____

Game Day 5K

March 31, 2012

“Take me out to the ballgame...” That’s what over 200 participants in the 2nd Annual Game Day 5K might have been thinking as the course brought them to the center-field wall of Space Coast Stadium, around the warning track and down the third base line to the finish line at home plate. Sliding was optional.



Peter Kaus, of Tallahassee, was the Overall Male Champion with a time of 17:49. David Basford, of Melbourne, was the Male Masters Champion, crossing the line in 20:20.

Sarah Hammond, of Merritt Island, was the Female Overall Champion, touching home plate in 20:45 and Cape Canaveral’s Julie Cloney was the Female Master’s Champion, posting a time of 24:31.

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



More pictures from the Game Day 5k on the next page...

Game Day 5K

March 31, 2012



Photos courtesy of CoolRunning, LLC

Viera Pizza presents the 1st annual

Eat My Crust 5K Run/Walk



7:30 am Sunday, May 6, 2012

Viera Pizza - 5450 Stadium Pkwy
Race benefits the Viera High School Athletic Dept.
Register online at VieraPizza.com/EMC.htm



Available in Support Of Viera High School Athletics

05.06.12

RACE INFO:

- Free T-shirt with paid pre-registration
- Free Lil' Peppermi Run for kids (8 & under)
- Pre-register by 4/23/12 and save \$5
- Students save \$2 when you pre-register
- Finish line management by Running Zone
- Rain or shine event, no refunds issued
- Post-race Pizza & Breakfast Buffet
- WIN an iPad2 & lots of other **FREE** giveaways

AWARDS

- Top 3 Overall Male & Female
- Top Masters (40+) Male & Female
- Top High School Finisher Male & Female
- Top 3 Each Age Group

AGE GROUPS

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

SCHEDULE:

Friday, May 4th - 10am to 6:30 pm
Saturday, May 5th - 10am to 5pm
Packet pickup & registration at: Running Zone

Sunday, May 6th - RACE DAY
6:30 am Packet Pickup & Race Day registration
7:15 am Late registration ends
7:30 am Eat My Crust 5K Starts!
8:45 am Lil' Peppermi Run for Kids - FREE!

FOR MORE INFORMATION:

www.vierapizza.com/emc.htm
Contact Brittany Streufert at 321.412.1330

REGISTRATION:

First Name: _____

Last Name: _____

Address: _____

City: _____ ST: _____ Zip: _____

Phone: _____

Email: _____

Sex (circle): M F Date of Birth: _____ Age on Race Day: _____

Shirt Sizes (circle): XS S M L XL XXL

FEES:

5K \$20 \$18 (student) After 4/23 \$25 SORRY NO REFUNDS

Checks should be made payable to: Viera Pizza

Mail completed entry form to:
3595 Fodder Drive, Viera, FL 32955

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 Eat My Crust 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 understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

Signature: _____ Date: _____
(Parent or guardian if under 18)





Cristina Engel, SFR

Short Sale & Foreclosure Resource Certified

Tropical Realty & Investments of Brevard, Inc.

407-466-1596 Direct text friendly :)

321-453-0624 Fax

Cristina.Engel@TropRealty.com

“I go the extra mile....your Running Realtor”



Click Below:

Search for a home in Brevard County:

<http://CristinaEngel.com>

Orange or Seminole County:

<http://CristinaEngel.mfr.mlxchange.com>

<http://twitter.com/RunningRealtor1>

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



Last race of the series!



inspiring healthy moments.

SATURDAY, MAY 12, 2012 AT 7:30 AM

Wickham Park/BCC Pavilion * Melbourne, FL

Register Online at Register.runningzone.com

FREE – Run for the Gecko Kid’s Run With “Zippy” our Gecko Mascot

TIMETABLE:

Tuesday, May 8TH -Friday, May 11th 10:00 am – 6:30 pm
Packet Pickup & Registration at Running Zone
across from Wickham BCC Pavilion

Saturday, May 12th – Wickham Park Pavilion
(South side of BCC Melbourne Campus off Wickham Rd.)

6:00 am Packet Pickup & Registration
7:15 am Late Registration for 5k ends
7:30 am 5k Start!!!
8:45 am Run for the Gecko Kid’s Run - FREE!
*Awards Ceremony immediately following all races

AMENITIES:

- Hawaiian Luau Party
- Festive Leis for all Finishers
- Awesome Technical Tees
- Great Breakfast by Pizza Gallery
- Fun Race Packets
- Great Gecko Awards
- **Random Giveaway of a Surfboard!**

AWARDS:

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

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 - 79 80+

RUN FOR THE GECKO 5K OFFICIAL ENTRY FORM

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

Kid’s Registration:† **\$15.00** **Any child 12 years old will receive a cotton shirt. You may upgrade to a tech shirt by electing individual or team registration. Youth Medium Adult Small

	Until 5/11	Race Day
5K Run/Walk	\$28.00	\$31.00
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 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 _____

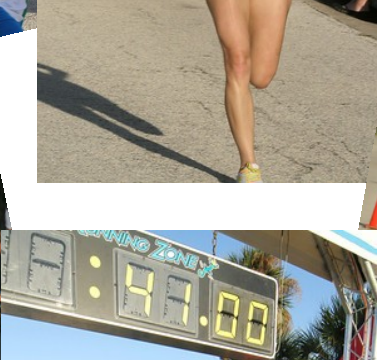
Corporate 5K

March 17, 2012

More than 600 runners and walkers participated in the second annual Corporate 5K put on by the Running Zone Foundation. The event was put together last year as a way to encourage companies to promote employee fitness.

Michael Fisher was the Overall Male Champion, covering the Satellite Beach course in 16:46. Angela Cobb was the Overall Female Champion, crossing the finish line in 17:26.

Mike Acosta of Team Viera Pizza was the Overall Male CEO Champion with a time of 21:38 and Angela Coram of Pepper Tree Runners took the award for Overall Female CEO Champion in 22:59. There were lots of different team categories and awards, so for complete race results, [CLICK HERE](#).



More pictures on next page...

Corporate 5K

March 17, 2012



Photos courtesy of Barry Jones of [Trihokie Images](#).

**INCOMPLETE OR UNSIGNED ENTRY
FORMS WILL NOT BE ACCEPTED
NO REFUNDS FOR ANY REASON**

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 Split Second Timing, WildSide Online Inc., Infant Swimming Resource, its employees, sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assign 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 "Not One More Child Down's" 5K Run/Walk and Water Safety Day 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 also give full permission for such first aid as deemed necessary to be provided to me or my child on the premises or prior to transport to a hospital for further treatment. 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 _____

DATE ____/____/2012

If under 18, signatures of legal guardian and participant are required.

Signature _____

(Guardian if Under 18)



Sadly in our state drowning is the number one cause of accidental death in children under the age of four.

Drowning is a preventable tragedy in our community. Your ISR Instructors feel strongly that all families should learn about drowning prevention, and that all parents who want their children to take survival swimming lessons have access to them. It is the goal of all ISR Instructors to save the lives of children in our country, one child at a time.

Join us for a 5K Run/Walk and stay for Water Safety Day. Enjoy fun family activities, food, water safety information exhibits and raffle prizes!

Proceeds will benefit Swim Safe Forever Brevard to educate and provide ISR lessons to families in need in Brevard county.

Contact your local
Brevard County Instructor
For information
www.SwimSafeNow.com

**3RD ANNUAL
"NOT ONE MORE CHILD DROWNS"
5K RUN &
WATER SAFETY DAY**



**SATURDAY
MAY 26TH, 2012
7:30AM**

**WICKHAM PARK
AMPHITHEATER
2500 PARKWAY DRIVE
MELBOURNE, FL. 32935**

**RUNNERS & WALKERS
WELCOME**

ALL PROCEEDS TO BENEFIT

SWIM SAFE FOREVER BREVARD

RACE DETAILS

DATE: SATURDAY, MAY 26TH, 2012
6:00 -7:15AM REGISTRATION/CHECK IN
7:30AM 5K RUN BEGINS
9:00AM-12:00PM WATER SAFETY DAY
9:15AM AWARDS CEREMONY

REGISTER

ONLINE BY GOING TO:
WWW.WILDSIDEONLINE.NET
OR MAIL COMPLETED ENTRY FORM WITH FEE TO:
SWIM SAFE FOREVER BREVARD INC.
ATTN: BRIANA CRAYCROFT
201 PLANTATION CLUB DR. #1514
MELBOURNE, FL 32940

PACKET PICK-UP

YOU WILL BE NOTIFIED BY EMAIL AS TO
THE DATE AND TIME OF PACKET PICK-UP
* TO GUARANTEE A CORRECT T-SHIRT
SIZE, REGISTRATION FORMS MUST BE
RECEIVED BY MAY 10TH, 2012.

AWARDS

MALE/FEMALE: TOP 3 OVERALL, TOP
MASTERS AGE GROUPS: MALE/FEMALE
TOP 3 IN EACH AGE GROUP STARTING
AT 5 & UNDER, 6-10, 11-12, 13-14, 15-19,
20-24, 25-29, 30-34, 35-39, 40-44, 45-49,
50-54, 55-59, 60-64, 65-69, 70-74, 75 &
OVER.

ENTRY FEES

\$25.00 5K BEFORE 5/25
\$30.00 5K RACE DAY

RAFFLE

1 TICKET FOR \$5 OR 5 TICKETS FOR \$20
GRAND PRIZE TICKETS -\$10 PER TICKET
GRAND PRIZE IS 6 WEEKS OF ISR LESSONS

Thanks To Our Race Partners!



Split Second Timing
and Chronotrack of Florida



EST. 1948

FOR MORE INFORMATION:
CONTACT: BRIANA CRAYCROFT
B.CRAYCROFT@INFANTSWIM.COM

THE 3RD ANNUAL "NOT ONE MORE CHILD DROWNS"
5K RUN AND WATER SAFETY DAY 7:30AM, MAY 26TH, 2012

MAKE PAYABLE TO:
SWIM SAFE FOREVER BREVARD INC

MAIL TO:
SWIM SAFE FOREVER BREVARD INC.
ATTN: BRIANA CRAYCROFT
201 PLANTATION CLUB DR #1514
MELBOURNE, FL 32940

LAST NAME

FIRST NAME

MALE/FEMALE

AGE

Mailing Address (Include Apt No. And or C/O)

City _____ State _____ Zip Code _____
Event _____ 5K Run

Entry Fees:

SPONSOR A SWIMMER
Full New Swimmer: \$40.00
6 Weeks of lessons for a child
Child Swimmer: \$28.00
4 Weeks of lessons for a child
5th or 6th ringer: \$14.00
2 Weeks of lessons for a child
Sponsor Other Amount: \$ _____

Pre - Registration (Before May 25th).....\$25.00
Race day Registration (After 5pm).....\$30.00
Limo' Box Lunch.....\$5.00

Raffle Tickets:
1 Raffle Ticket for.....\$5.00
Grand Prize Raffle Ticket.....\$10.00
5 Raffle Tickets.....\$20.00

EMAIL ADDRESS

Shirt Size:
___ XS
___ S
___ M
___ L
___ XL

TOTAL Amount Enclosed \$ _____

Register online: www.wildsideonline.net



Join Space Coast Runners, Running Zone Foundation and Titusville Running Series for a Championship event!

6:00pm Start

Championship Race

How to qualify:

- ⊕ If you win ANY SERIES award in any of the three county series (Overall or age group or age graded)
- ⊕ Qualifiers receive FREE entry into the Championship Race and receive special shirts!
- ⊕ Special Awards to anyone winning an award in all three series in 2011-2012 season!

Open Race

Anyone who wants to come out and enjoy a 5k and also watch the CHAMPIONSHIP RACE COMPETITION!

Medals to all finishers! (No awards given)

Awards Ceremony & Party!

Afterwards stay and enjoy the party while we have the award presentation for all three series!



See reverse side for event schedule and entry form.

SCR MEMBER DISCOUNTS



SCR members receive a
10% discount!

602-B Brevard Ave., Cocoa,
321.806.3935



SCR members receive a **10% discount!**
241 5th Avenue, Indialantic
321-984-2111



MELBOURNE

**10% Discount to all
SCR members!**

SPORTS MASSAGE by Paula Steere

Licensed Massage Therapist MA59912

Achilles Tendinosis or Tendinitis?

Are you getting the right treatment?

321-917-3236 or steerepj2@aol.com

10% discount to SCR members

Active Lifestyles Sports Massage MM23172, 721 Pinetree Dr, Indian Harbour Beach
Owned and operated by Wendy Arteaga LMT MA55852

YOUR BUSINESS HERE??

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

SCR MEMBER DISCOUNTS



10% off to all SCR members!
www.runningzone.com



10% off annual membership!
www.brevardzoo.org



Robin's Hair Illusions
1420 Palm Bay Rd; 728-0040
10% off to all SCR members!



Your image is our business.
321-698-1550
AllMediaGraphicsLLC.com

10% Discount to all
SCR members!



WHOLESALE NUTRITION PRODUCTS
40-70% OFF retail everyday
PLUS an EXTRA 15% off for
SPACE COAST RUNNERS

200 S. Miramar Ave. Indialantic
(across from Wendy's)
321.727.1170

GU, Cliff, Hammer, Endurox, First Endurance & more!

GET MOVING!

Group Fitness & Personal Training

10% off an 18-class package!

www.getmovingfitness.weebly.com