

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

May 2012



FIT FOR LIFE



The racing season is drawing to a close as the weather gets hotter, but there were still several great races last month.

On a sad note, Space Coast Runners lost a dear friend recently.

Details inside...

RRCA
ROAD RUNNERS CLUB OF AMERICA



STARTING LINE

Features

In Memoriam—Ron Hoar 1938-2010—page 16
Run A Mile With—Susie Meltzer—page 20
Running in Memphis—RRCA Convention Report—page 28

Monthly

Who We Are—page 3
Runner of the Year (ROY) Series—2011-2012—page 4
ROY Series—2012-2013—page 5
Carol's Corner—page 6
Keeping Tabs—page 9

Upcoming Races

Brevard County Series Championship Showdown—page 8
5K in Viera Wetlands—page 15

Last Month's Races

Cowbell 5K—page 14
Pirate Plunder 2-Miler—page 17
Space Walk of Fame 8K & 2-Miler—page 25
Fit for Life 5K—page 35
Melbourne Art Festival 5K—page 38

Resources

SCR Annual Business Meeting Info—page 7
SCR Membership Application—page 13
ChiRunning—OurSoleIntent—page 19
Investing for the Long Run—page 19
Set Goals Not Limits Running Camp—page 24
Yoga for Athletes—page 27
Running Zone—page 31
Daddy UltraRuns—page 34
Christina Engel—Tropical Realty—page 37
Connect with SCR—page 37
Discounts for SCR members—page 40



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, May 21st at Health-First's Pro-Health & Fitness in Viera.**

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:

Patti Sponsler, psponsler@cfl.rr.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 1, 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



OK, Listen Up Pardners!

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 on the following list of **SCR ROY Award Winners**, you may run in the Championship Race for **FREE** (must still register as an SCR Winner)! Everyone else needs to register in the **Open Race** for just \$20 (preregistered)! There will be awesome BBQ compliments of **Smoky Bones Bar & Fire Grill**, drinks, and Series Awards for all 3 Brevard Race Series! See the flyer in this newsletter and sign up **NOW!**

Mike Acosta
Ray Brown
Janet Canfield
Annie Caza
Les Dunne
Ken Fortmayer
Julie Hannah
Mary Hofmeister
Joan Joesting
Susie Koontz
Ragan Krupp
Joan Meadows
Bob Pecor
Mary Ramba
Michelle Smurl
Darwin Tangen
Marlene White

Art Anderson
Ben Buchanan
Gary Castner
John Davis
Andy Dutra
Sandra Gannon
Patti Hatcher
Nyssa Holmquist
Morris Johnson
Keith Kowalske
Jack Lightle
Robin Moran
Karon Pittman
Ron Roff
Brittany Streufert
Marie Thomas
Rachel White

Thaddeus Austin
Aeddon Burns
Joe Castner
Anne Dockery
David Farrall
Daryl Gilbert
Steve Hedgespeth
Deborah Horst
Dodie Johnson
Braden Krupp
Matt Mahoney
Doug Nichols
Angie Preston
Loran Serwin
Shane Streufert
Bud Timmons

Benjamin Bloch
Graeme Burns
LeAnn Castner
Rene Dunne
Lisa Farrall
David Grant
Dave Hernandez
Joe Hultgren
Christine Kennedy
James Krupp
Matthew McDougal
Roberta Osterling
Harry Prosser
Tracy Simso
Sue Strout
Tom Ward



Space Coast Runners Annual Business Meeting

Monday, May 21st, 7pm

Viera ProHealth Facility

8705 N Wickham Rd

All members are invited.

**We will have the results of our Annual Election
Annual Treasurer's Report & President's Report.**

Vote online by May 17th

<http://www.zoomerang.com/Survey/WEB22FLWEG9QBV/>



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.

KEEPING TABS

A huge **THANKS** to all those who helped with this month's newsletter including, Carol Ball, Ty Bowen, Loran Serwin, Susie Meltzer, Mike and Kristen Beck, Steve Colella of YourPhotosNow.com, Barry Jones of TriHokie Images, and Rebeca Chupka of Flashback Portrait & Sports Photography.

HAPPY BIRTHDAY TO: If you see any of these SCR members on the road, make sure to wish them a Happy Birthday! 5/1—Tom Ward; 5/2—Keith Kowalske; 5/3—Steve Hedgespeth, Greg Apotsos, Donna Davis, Scott Julian; 5/4—Molly Kirk, Angela Wells, Sean Black; 5/5—Wolfgang Jensen, Sisi Packard, Jill Davies; 5/6—Mike Duncan, Nimish Shah, Charles Hannold; 5/8—Wally Dal Santo, Skip McCoy, Emily Maltby; 5/9—Aubrey Fortmayer; 5/10—Jim Werring; 5/11—Anne Dockery; 5/12—Amanda Crook, Mandy Karl; 5/13—Ritch Workman; 5/14—Patricia Kiesselbach; 5/15—Tim Unrue, John Lucas, Graeme Burns, Carina Jacobs; 5/16—Jerilyn Bird; 5/17—Karen Stokes; 5/18—Krysti Cooper; 5/20—Amy Farner, Kira Furton-Sparks; 5/21—James Chiravalle, Devon Engel; 5/22—Tommy Enlow, Wendy Orona; 5/23—Debbie Rescott, Maurisa Orona, Stephen Curtis; 5/24—Ken Smith; 5/25—John Holmquist, Shannon Boyd; 5/26—Tristan Webbe, Ed Springer, Nancy Wingo; 5/27—Robert Hasto; 5/28—Chris Zeuli; 5/29—Tyler Piercy; 5/30—Pat Mister; 5/31—Rick Foresteire, Carol Scott, Drew Campbell;

NEW MEMBERS: WELCOME to our new SCR members! Marielise Jacobs, Carina Jacobs, Lorelei Jacobs, Lacy White, Andrea Bastien, Dalys Dunn.

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!

USA TRACK & FIELD AWARDS 3-YEAR EXTENSION TO MELBOURNE MUSIC HALF-MARATHON. The governing body for track and field announced it has given the local race a 3-year extension as host of its annual Masters National Championship Half-Marathon.

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
MONDAY	PIZZA GALLERY AT THE AVENUES	6:00PM	RUNNING ZONE
MON-WED-FRI	FAY LAKE WILDERNESS PK, PSJ	5:30AM	CHRISTY TAGYE
TUESDAY	TITUSVILLE YMCA	6:30PM	PEDRO TOLEDO
TUESDAY	ISLAND MULTISPORT, IHB	6:00PM	JESSE HALL
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

KEEPING TABS

EVENT CALENDAR

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. Below is a list of some SCR members and their upcoming events. Are you doing any of the same events? If you would like add your upcoming events to the list, send an email to Bob Rall at Bob@RallCapital.com.

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>
Diva Half-Marathon May 20 Myrtle Beach, SC		
<i>Jodi Campbell</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>		
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>		

Continued on next page....

KEEPING TABS

EVENT CALENDAR Continued

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>
Fox Valley Marathon Sept 16 St. Charles, IL		
<i>Patti Hatcher</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>	
Stinson Beach 50K Nov 12 Stinson Beach, CA		
<i>Jim Schroeder</i>		
Philadelphia Marathon Nov 18 Philadelphia, PA		
<i>Mark O'Donnell</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.*

Cowbell 5K

April 1, 2012

The Town of Malabar celebrated its 50th Anniversary by holding the 1st Annual Springfest Cowbell 5K Run/Walk. But, the older folks amongst us, and history buffs, will know that the Town of Malabar got its first official Post Office on December 24, 1883, when R.A. Ward was named Postmaster by President Chester A. Arthur. Two times a week, the boat that traveled down the Intracoastal Waterway from Jacksonville would deliver the mail to the palmetto shack post office along the riverbank at Malabar. The mail was then dumped on the counter for the population of 25 to sort through. When the railroad came along in 1893, the mail boat was no longer needed.



To celebrate the 50th Anniversary, more than 100 participants came out to run/walk the 5K course. Emanuel Mullenneaux covered the distance in 16:46, easily taking home the Overall Male Champion award. Pete Vaughn finished second in 18:33 and Joshua Fiallo placed third in 20:16. Dave Hernandez took the award for Male Masters Champion with a time of 22:28.

Robin Hernandez took the Overall Female Champion award in 21:17. In a photo-finish, Mandy Meyer took second place in 22:05.4, barely besting Trish Facciobene, who's official time read 22:05.8...less than a half-second difference! Mary Hofmeister was the Female Masters Champion, crossing the line in 22:25.

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

***"It's unnatural for people to run around the city streets unless they are thieves or victims. It makes people nervous to see someone running. I know that when I see someone running on my street, my instincts tell me to let the dog go after him."—
Mike Royko***





East Coast Christian Center presents...

The First Annual

2012 5K IN VIERA WETLANDS VIERA Run/Walk

Saturday, May 19th @ 7:30 am

East Coast Christian Center, Merritt Island | www.eccc.us/5k



all proceeds benefit
TNT YOUTH SUMMER CAMP

Timetable:

FRIDAY, MAY 18TH

10 am - 6 pm

Packet pickup & registration at
East Coast Christian Center,
Merritt Island

SATURDAY, MAY 19TH @ WETLANDS, VIERA

6:30 am

Packet pickup & registration

7:15 am

Registration ends

7:30 am

5K start

**Award ceremony immediately following the race*

Awards:

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

Age Groups: Top 3, Male & Female

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

Fees:

Pre-Registration (postmarked by May 12th) **\$20.00**
Registration (May 13th - day of) **\$25.00**

Amenities:

T-shirts (not guaranteed unless pre-registered)
Door prizes (must be present to win)
Race Packets
Food & Drinks

The First Annual 5K IN VIERA Registration Form

OFFICIAL ENTRY FORM

Send completed entry form with fee to: East Coast Christian Center, 680 N. Courtenay Pkwy, Merritt Island, FL 32953
Make checks payable to: "East Coast Christian Center"

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____

PHONE: _____

EMAIL: _____

ZIP: _____

DATE OF BIRTH: month/day/year / /

AGE ON RACE DAY: _____

GENDER: Male Female

SHIRT SIZE: Small Medium Large XL XXL XXXL

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

I intend to be legally bound and do hereby for myself, my heirs, and executor, waive all rights and claims for damage which may occur to me against East Coast Christian Center, Running Zone and other named sponsors of this event, or any subsidiary or political division thereof, its officers, agents, successors, representatives, assigns from all claims and liabilities of any kind that may arise from 5K in Viera though that liability may arise out of negligence or carelessness on behalf of the persons on this waiver. If I should suffer injury or illness, I authorize officials of the race to use their discretion to have me transported to a medical facility. 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 of Participant

Signature of Guardian (participants under 18)

Date

These materials are advertisements from parent, student, club and non-profit community organizations. You are not required to read or respond to these advertisements, rather they are being provided as a public service and a matter of law to you as a member of our school community. None of these materials are sponsored by nor endorsed by the District, its agents, or its employees. The views and the information contained in these materials are not an expression of the opinion, belief, or policy of the Board, the District, and/or this school.

Space Coast Runner

Ron Hoar 1938-2012



Several Space Coast Runner members, friends, and family attended a memorial at the Windover Farms pavilion on Sunday for our dear friend Ron Hoar, a local champion of running who passed away early last week. Ron was out on a Tuesday afternoon run near his home in Windover Farms and collapsed. Although a neighbor saw him and administered CPR, Ron could not be revived. He had planned to run the Melbourne Art Festival 5K that Saturday.

Ron had been a long time SCR Member and fierce competitor in local races. Ron contributed many human interest columns to our club newsletters. He also founded the Space Coast Running Report on Windover Farms

Radio, interviewing and highlighting local runners.

Ron will be remembered for his calm demeanor and positive outlook. Those who spoke at the memorial commented on how he was a great listener and friend, always with an open door policy.

According to Ron's wishes, his body will be cremated and distributed in the lake near his Maine home. Anyone wishing to send condolences to the family, visit this link: [Ron Hoar Beach Funeral Home](#)

Ron's wife, Pam, has designated Space Coast Runners as recipient of donations in Ron's memory. We believe this is a first in the clubs' history and we are humbled by this gesture. The Board will be considering how to honor Ron through these donations.

From John Davis

Unfortunately Donna & I will be out of town on May 6th, but I wanted to say that I will really miss Ron. I always loved hearing about his past races and running experiences. And he was a guy that would always take the time to ask about how your training was going, upcoming races, recent PRs, etc.. What a great guy. He will truly be missed by me and I'm sure by the whole running community.

From Dave Hernandez

Ron was such a wonderful gentleman & truly a huge help with club, especially with his radio show. He was always so upbeat & so positive- truly a pleasure to be around! Let's keep his family in our prayers & to Ron... we'll see ya' on the other side & God bless!

From Art Anderson

I had the pleasure of getting to know Ron over the past few years. He was a great athlete and a really nice guy, with a sharp sense of humor. I enjoyed his articles in the SCR Newsletter. He will be missed.

Rest in Peace, Ron.

Pirate Plunder 2 Miler

April 7, 2012

Ahoy, Matey! The next to last race for this season's Running Zone Race Series was held on Saturday, April 7th on the Brevard Community College Palm Bay Campus.

The Pirate Plunder Adventure Run 2-Miler brought out nearly 500 participants and featured a very competitive sprint to the finish line for top honors. In the end, it was Michael Fisher crossing the line first and taking the Overall Male Champion award with a time of 10:40. Peter Clusener and John Davis took second and third place respectively, with less than a half second difference between them. Peter's official finishing time was 10:45.3. John's was 10:45.7. Shane Streufert was the Male Masters Champion, finishing in 10:49.



Angela Cobb took the award for Overall Female Champion, crossing the line in 11:02, 8 seconds ahead of second place finisher Jessica Crate, who posted a time of 11:10. Jessica Wiedenbauer placed third in 12:28. Cathy Friedel was the Female Masters Champion in 13:08.

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



More photos from the Pirate Plunder on the following page...

Pirate Plunder 2 Miler

April 7, 2012





presents a FREE



ChiRunning clinic

When: Thursday, May 17, 2012

Time: 6pm

Where: Daddy Ultra Runs

602 Brevard Ave.

Cocoa, FL 32922

RSVP: 321-806-3935

Cost: FREE



Run without injury.
Run with less effort.
Run faster.
Come & learn about the
revolutionary approach to
better running form.



Nikki Blanton
407.340.8253



Zak McCormack
407.448.9837

www.chirunning.com
www.oursoleintent.com

The world's leader in teaching safe & efficient running is now in Central Florida. Two local runners have teamed up to become certified & are teaching the ChiRunning natural technique to beginning runners, injured runners, marathoners, triathletes.



www.rallcapital.com

Robert J. Rall, CFP®

A financial industry veteran for nearly two decades, Bob founded Rall Capital Management to offer investors his prudent Asset Class Management process within a fee-only environment.

Bob is a proud member of Space Coast Runners and the 50 States Marathon Club.



Investing for the
Long Run ...

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

 **Rall Capital**
Management

4730 Seminole Trail

Merritt Island, FL 32953

info@rallcapital.com | www.rallcapital.com

321-452-1251 (ph) | 888-452-8851 (fax)

Run a Mile With...Susie Meltzer

Name: Susie Meltzer

Family: Husband, **George Ricardo**, two female Labradoodles, **Oaklee and Kiss**

Ages: Oaklee will be 4 in June and Kiss will be 7 in June. Kiss is actually Oaklee's mother! *(Notice how she conveniently forgot to add her and George's ages—BR)*

Originally from: Tulsa, OK.

Grew up where?: Tulsa, OK – went to OU “Go Sooners!”

Occupation: Graphic artist / web designer

Dream profession: Good question. Possibly working at [Camp Marafiki!](#)

Number of Years Running: Two years, this time around. Took an eighteen year hiatus from running.

Began Running Because/To: In the beginning, I had been a competitive swimmer throughout my teens. Our coach had us run between long and short-course seasons and I always enjoyed these workouts. At the end of my swimming years, I naturally began running on a daily basis. This time around, I began running again because I missed the fellowship of other runners and realized that it was one of the things missing in my life.

I Knew I Was Hooked When: I always looked forward to seeing friends if running in a group. The fellowship is truly the best!

Race PRs (Personal Records): This time around, 1:47 for a half. My goal was to break a 1:45 so that I could qualify for the NYC marathon with a half time. Unfortunately, I was unable to do that before the qualifying times were significantly lowered. My goal is still to qualify for that marathon, but the necessary time is much faster. Long ago, *(and in a galaxy far, far away—BR)* I had a similar situation with the marathon. My goal at that time was to break a 2:45 and although I ran a few sub 2:50 races, I was never able to break that elusive 2:45.



Continued on next page...

Most Satisfying Race Performance(s): This time around, probably the Savannah, GA, Rock N Roll half in November of 2011. I was injured before that race and wasn't sure how the whole thing would go. This wasn't my best half marathon of the year but it was the most fun! My husband drove several Team Black Sheep runners to/from the race and we had a nice race weekend.

Favorite Race(s): Why? Boston. Because, well... it's Boston!

Favorite Race Distance: Why? The 15k. My favorite training run is and always was the basic 9 mi tempo run. The half marathon would fall in second place behind the 15k.

Favorite Place(s) to Run: Viera.

Running Goals: I would still like to qualify for the NYC marathon. This is a marathon that I didn't do in the past and I would still like to qualify for it.

Running Partner(s): This new running journey has been filled with many great things, the best of which has been meeting the positive people of Team Black Sheep. This is truly a nice group of people and I always look forward to our runs.

Most recently, Mike Acosta, also of Team Black Sheep, completed a twelve week training cycle with me for the St. Pete half in February. I am grateful for his friendship and positive attitude on the many difficult workouts that led up to that race. Another TBS friend, Brittany Streufert, has made a few guest appearances for the Thursday speed workouts that Mike Acosta and I have recently started again.

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

Funniest or Oddest Thing I've Seen While Running: About 20'ish years ago, my past training partner and I were on one of our morning runs. Toward the end of the run, we saw a small white dog that had been dyed green. For a short time after that run, my friend would not admit that he, too, saw a green dog. Those years were filled with tons of laughter and harmless jokes – this being one of those. *Sidebar:* the local high school's colors are green/white and I was assuming the dog had been colored for graduation.



Continued on next page...

Run a Mile With...Susie Meltzer *Continued*

Number two funniest thing: During a run with the ladies of TBS one morning in 2011, I was commenting on how happy I was with my new contact lens prescription and that my vision had improved drastically. While these words were coming out of my mouth, I saw an adult and a child walking together on the Viera Blvd bridge about 1/10 of a mile ahead of us. As it turned out, the smaller of the couple was a giant Labradoodle and not a smallish person. It was only funny because I had just been commenting on my newly enhanced vision!

Training Philosophies: Too much is never enough!

One Piece of Advice That I Would Give to a New Runner: Try to look at running as a gift – a golden opportunity to meet like-minded friends and share in the joys and pain of running.

Other Sports& Interests: I would like to see bike riding with your dog added as an Olympic event! (*I LIKE it!—BR*)

Favorite Reads: Anything by Nelson Demille



Continued on next page...

Run a Mile With...Susie Meltzer *Continued*

Favorite Movies: Hood to Coast

When Nobody is Looking I Like to: Sleep

Favorite Meal: Spaghetti

Dream Vacation: Camp Marafiki in Santa Fe, NM

Why did you join SCR? I always felt guilty about drinking the water on River Road. What nice people to set all of that up!! Thank you!

I Think That SCR Could Do A Better Job: No comment.



Thanks Susie!!

Space Walk of Fame 8K and 2-Miler

April 14, 2012

Over 200 runners and walkers came out for the last race of the season for both the Titusville Racing Series and the Space Coast Runners Runner of the Year (ROY) series.

An overcast day with some stiff winds helped keep participants cool while on the course which was essentially a double-loop course which started and ended at Space View Park and traveled through some of old Titusville.



In the 8K, John Davis cruised to the Overall Male Champion award, covering the course in 28:02. Steve Hedgespeth finished second in 29:04 and Vincent Harh placed third in 29:30. Joe Castner took the award for Male Masters Champion with a time of 31:15. Roger Travis was the Male Grand Master Champion, crossing the line in 32:56. And Bud Timmons was the Male Senior Grand Master Champion in 39:14.

For the ladies, Caryn Treder was the Female Overall Champion, with a finishing time of 34:41. Annie Caza took second place in 34:52 and Katie Craig was third in 35:22. Robin Moran was the Female Masters Champion in 35:25. Anne Dockery, who posted a 35:27 was the Female Grand Masters Champion, and Mary Ramba was the Female Senior Grand Masters Champion, finishing in 46:01.

In the 8K Walk, Carol Ball took first place for the ladies in 59:08. Erin McMullen was second in 1:01:44 and Betsy French finished third in 1:04:53. For the men, Michael Petrillo took first place in 56:38. Maurice Amozig was second in 58:58 and Ty Bowen placed third in 59:08.

In the 2-Mile race, Jacob Carter was the first male to cross the finish line, posting a time of 13:12. Mason Jones was second in 14:27 and Braden Krupp took third in 15:43. For the ladies, Caroline McShea placed first in 16:52. Jessica Ray took second place in 17:37 and Kim Payzant finished third in 17:50.

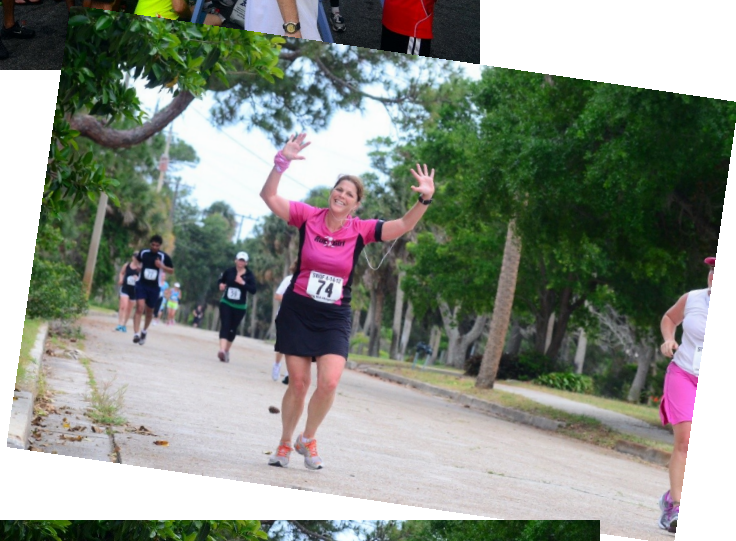
For complete race results, [CLICK HERE](#).



More pictures from the Space Walk of Fame on next page...

Space Walk of Fame 8K and 2-Miler

April 14, 2012



Yoga for Athletes

Why Athletes Should Practice Yoga

- ❖ By focusing on elements of yoga with dynamic flexibility training, core stabilization, strengthening and balance postures, yoga can help you:
 - recover faster after workouts
 - open tight areas that reduce performance
 - improve range of motion
 - develop mental focus and concentration.
- ❖ Prevent Injuries: common overuse injuries among athletes include those involving the IT Band, knee, hamstrings, hip flexors and shoulders.
- ❖ Yoga helps alleviate the tightness, builds a stronger center and aligns the spine.

Up & Running Fitness offers classes Wed. evenings, 5:30 pm at:

No Worries Natural Medicine

IHB Professional Plaza 2020 N. Highway A1A, Suite 110

Indian Harbour Beach, FL 32937

www.uprunningfitness.com

www.noworriesnaturalmedicine.com

321-544-6385



No Worries
natural medicine

Running in Memphis

RRCA 2012 National Convention

Report

By Carol Ball and Ty Bowen



The 54th Annual Road Runners Club of America's National Convention was hosted by the Memphis Runners Track Club from March 15-18, 2012. MRTC is one of the largest

RRCA member clubs, with over 3,300 members in 2,100 households! They have a Road Race Series consisting of two races each of 5K, 5Miles, 10K, 10 Miles, and two half marathons. In addition, they provide the finish lines at over 95 events per year. They also sponsor a four event Winter Cross Country Series, with profits going to a scholarship fund at the University of Memphis. They support other programs that we will mention later in this report.

We arrived on Wednesday, and immediately took a taxi to Graceland to tour Elvis Presley's home and property. It was very interesting, and not at all what we had envisioned. It is not huge and grand, but very unique. Everyone should go once! Next, we got settled in at the host hotel, the Memphis Hilton (which discounted rooms to \$99 for convention guests).

Thursday we picked up our convention registration materials and attended the Welcome Reception. This gave us a chance to get reacquainted with conventioners we have met in the past.

Friday morning was a group run around the area of the hotel, accompanied by some ominous skies. Luckily, the storm held off until everyone was safely inside. A continental breakfast was sponsored by K&K and Star Insurance, the agency that holds the policies for our club insurance. The convention kickoff was held in the main ballroom, with a presentation by Terry Diller on Insurance and Risk Management for Clubs & Events. After a break, we went to our respective Regional Meetings, ours with Lena Hollmann, the Southern Region Director. Southern Region Awards were presented in such categories as Club Newsletter, Website, President, etc.

Following our regional meeting, we dropped off our Silent Auction items. The Silent Auction is a fundraiser for the RRCA State Representatives fund, to help defer costs for volunteer State Reps expenses. Member clubs are encouraged to donate items, such as race entries, apparel, gift packages, and travel packages representative of their state. This year, we brought two Space Coast Marathon Packages, including race entries into the 2012 Full or Half Space Coast Marathon, and a towel, shirt, and Participant Guide from last year's event.

Continued on next page...

Running in Memphis—continued

The Friday Luncheon guest speaker was David Wottle, the 1972 Olympic 800 Meter Gold Medalist, whose world record stands to this day.

For the afternoon educational sessions, Cyndi attended 'Charity Races'; Carol went to 'New Revenue Sources for Clubs', and Ty attended 'USATF Certification of Race Courses'. Carol's session included notable advice such as selling club logo merchandise, and utilizing event photography for additional club income. Another idea was offering lifetime club memberships at \$500, to include a gift such as a jacket or polo shirt with club insignia. The course certification session covered the many aspects one must consider when certifying a new course. Many techniques for achieving an accurate, safe course measurement were shared, along with advice for addressing different traffic patterns and course layouts.

Friday's last function was the RRCA Annual Membership meeting, voting in the slate of new National Board Members, and approving the Annual Financial Report. Exiting President, Brent Ayer, was recognized for his many years of strong leadership.

That evening, shuttle buses were provided to transport attendees to the 'Meal on Beale', which was hosted at the famous Rendevous Restaurant. Their specialty is dry rubbed ribs, which were very good! Pitchers of beer were provided with the meal. Afterwards, we walked off dinner around Beale Street, taking in the sights and sounds of many local musicians.

Saturday morning included another group run, with morning breakout sessions beginning at 8:30. The first set of three sessions included 'Bringing the Community into the Club: Beginning Runners Programs' (Carol), 'The Adolescent Athlete' (Ty), and 'Conflict Resolution' (Cyndi). Convention organizers and MRTC program directors DJ Watson and Terri Clark presented their Clubs' Beginning Runners Programs. One is "Women Run/Walk" – a 10 week startup group for women only in the summer. It started off small a few years ago, with last summers' group having 1,500, with a 50% completion rate. They also host two 4 week Children's Programs in the Spring and Fall. All programs culminate with a 5K race. It would be awesome to implement one or both of these type programs into SCR!

Richard Pearl Erali, DPM, an Orthopedic Specialist from Auburn Community Hospital presented some very interesting data for adolescent sports participants, parents, and coaches. Over training and participation of 9-15 year olds, can lead to irreversible sesamoid bone damage. These bones are located in the knees and the big toe, and help generate mechanical advantage in those joints. Other topics discussed included Severe's Disease, and Anterior Compartment issues.

Continued on next page...

Running in Memphis—continued

The second morning sessions included 'Purchasing Electronic Timing Systems' (N/A), 'Nutrition and How it Affects the Body as You Age' (Carol and Cyndi) and 'Senior Running: Running through your 60's, 70's and 80's' (Ty). The nutrition session was presented by Ashley Hofeditz, a Memphis dietician. She defined sarcopenia as the age related decrease of lean body mass, and how to reduce it with a good diet and exercise. The Senior Running session was presented by Glenn Munson, 61, Jane Cox, 74, and Gerald Holbrook, 80. They shared advice based on their experiences of running at their age, and what your expectations should realistically be. They each have accomplished much more than you might imagine, proving that you can always find ways to keep running in your life. As a side note, Gerald went to high school with Elvis! Saturday Luncheon's featured speaker was Christopher McDougall, author of 2009 bestselling book 'Born to Run', highlighting the reclusive Tarahumara Indian tribe in the Mexican Copper Canyons. His presentation was very informative, entertaining, and inspiring.

The afternoon breakout sessions included 'Preventing and Overcoming Running Injuries' (Carol and Ty), 'Social Media: Communicating Effectively with your Members' (Cyndi), and 'Rethink Recovery with Chocolate Low-fat Milk' (N/A). The injury session highlighted warm ups and cool downs, proper form, and barefoot running.

The Evening Cocktail Reception and Live Auction began at 6:15. Lively bidding ensued on such items as: 2 tickets to the upcoming Olympic Trials, autographed items from Bill Rodgers, Alberto Salazar, and Dick Beardsley, Boston apparel, running shoes, and media advertising packages, which made for a very exciting event for all. At 7:00 PM, the Silent Auction ended with hectic last second bidding wars. Cyndi won a large carved mermaid wall ornament designed by a Florida Keys artist. Carol and Ty left with a Jan 2013 Mississippi Blues Half Marathon Package, which included two entries, two nights at a local Bed and Breakfast, and Elite race goodies! We were happy that the SCM Packages we brought received numerous bids, topping out at \$65 each.

The Annual Awards Banquet was held in the main ballroom, with presentation of National Running Club Awards. The inductees to the RRCA Distance Running Hall of Fame were presented. Other awards included Outstanding Club President of the Year, Outstanding State Representative, Outstanding Club Volunteer, Outstanding Youth Program Director, and Excellence in Journalism.

Sunday morning was the 14th Annual Germantown Half Marathon and Mayor's Cup 5K. The weather was unseasonably warm, being close to conditions we had left behind in Florida. Carol and Cyndi PR'd in the Half Marathon, with Ty nearly equaling his best. The race after the race was getting on the shuttle back to the hotel, cleaning up, checking out, and hopping onto the airport shuttle in time to make the afternoon flights. Next year's convention will be held May 2-5, 2013, in Albuquerque, New Mexico!

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**

Wild Sebastian 100 Mile

April 14, 2012

Michele Graglia of Miami Beach led from the start only to drop from a 100 mile runner down to 25 mile finisher in 4:02, "I have never camped before a race until this one and it was a mistake. The rain Friday night kept me awake and I got no sleep." Local runner Joe Ninke from Sebastian took 1st place for the 100 mile with a time of 22:52.



The fastest female in the 100, Liz Bauer from Plainville, GA is attempting to finish 30 100 Mile Ultra Runs in 52 weeks- the Wild Sebastian 100 was her 10th finish. Her time was 25:02:10. Terri Hayes ran the 50 mile to celebrate her 69th birthday; she finished in a time of 14:29:05 and stayed up sharing her joy with us all. First time ultra runner Cindy Schnell finished 25 miles in 7:12:23 and then helped out with timing until the early morning.

46 runners tested themselves in the sand and ruts of the St Sebastian River Preserve State Park during the inaugural run of Wild Sebastian 100 Ultra Trail Run. Most of the 100 mile finishers were all first time ultra runners. Some experienced the wildlife of the Park seeing snakes, wild pigs, armadillos, deer and a variety of bird life, Race Director, Kristen Beck wanted to educate the runners about the importance of the preserve and pointed out wildlife throughout the event. Race details and results can be found at www.wildsebastian100.com next race is tentatively scheduled for November 10 -, 2012

Female:

100 Mile	1st Place	Liz Bauer	Plainville, GA	25:02:10
50 Mile	1st Place	Molly Wolfgram	Gainesville, GA	10:00:52
25 Mile	1st Place	Loraine Williams	Bradenton, FL	5:24:32

Male:

100 Mile	1st Place	Joe Ninke	Sebastian, FL	22:52:00
75 Mile	1st Place	Keith Kromach	Rockledge, FL	19:13:26
50 Mile	1st Place	Timothy Atkinson	Palm Bay, FL	9:22:04
25 Mile	1st Place	Michel Graglia	Miami Beach, FL	4:02:09


Fastest 25 Mile Lap	Sam Hong	Alpharetta, GA	4:02:02
Most Consistent Laps	Jeremiah Hower	Coral Gables, FL	
Most Perseverance	Robert Schnell of Parkland, FL finished his first 100 Mile run in 31:26:45 with his son running him to the finish.		

Contributed by Mike and Kristen Beck. Photos from the event on the next page...

Wild Sebastian 100 Mile

April 14, 2012





DADDY ULTRARUNS[®]
Active lifestyle stuff

Store Hours
Monday-Friday 10:30 AM-6:30 PM
Saturday 10:00 AM-5:00 PM
Sunday 12:00 PM-5:00 PM
(starting June 3rd)

Sports Apparel and Footwear © www.daddyultraruns.com

We offer a number of products for the active lifestyle, including footwear from Brooks, Newton, Saucony, Vibram Five Fingers, New Balance, Peal Izumi, Inov-8 and Altra!

Stop by for all your Running needs or join us at our weekly runs on Wednesdays at 6 PM!

Also, are you interested in running in new and exciting places? Are you intrigued about what it takes to run ultras? Join us the last Saturday of the month at 5 PM for some interesting seminars on the subject!

Space Coast Runners
10% Discount from
Regularly Prices Items

We are located in Cocoa Village, across the street from Murdock's



Sports Apparel and Footwear www.daddyultraruns.com

● 602 Brevard Avenue, Cocoa, FL 32922 ● Phone: (321) 806-3935 ● Fax: (321) 234-9293 ● e-mail: info@daddyultraruns.com

Fit for Life 5K

April 22, 2012

In Zambia, a large number of children in rural villages have little to no access to education. The lucky ones, typically children between the ages of 8 and 9, will eventually attend a school that is hours away by FOOT. These long distances, together with their late start in school, contribute to the large number of dropouts in the education system.

The second annual Fit for Life 5K, a fundraiser aimed to bring education directly to the Zambia villages, was held on Sunday evening, April 22nd in Cocoa Village. 230 runners and walkers came out to participate.

Alec Reesh covered the 5K course in 18:27 to take the Overall Male Champion. Morgan Levine was second in 18:44. Bret Halliday placed third, crossing the line in 18:49. Chris Reesh made it two of the top four awards for the men by taking the Male Masters Champion award with a time of 20:13.

11-year old Jordan Michaels crossed first for the ladies, taking the Overall Female Champion Award in 21:33. Alli Penovich placed second in 22:15 and Felicity Cunningham was third in 22:25. Karon Pittman was the Female Masters Champion with a time of 24:19.

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



More pictures from the Fit for Life 5K on the next page...

Fit for Life 5K

April 22, 2012





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>



Connect with Space Coast Runners



“We can’t all be heroes...because someone has to sit on the curb and clap as they go by.”—Will Rogers

You know you’re a runner when...you smirk when non-runners ask you, “So, how long is *this* marathon?”

You know you’re a runner when...you know where your iliotibial band is located.

Melbourne Art Festival 5K

April 28, 2012

The 25th Melbourne Art Festival 5K Flamingo Run was another success. Over 1600 runners and walkers came out to participate and race organizers report that over \$20,000 was raised to support art education in Brevard county.

Both the male and female course records were broken this year, both trimming records that had been in place for several years.

David Kilgore was the Overall Male Champion with a time of 15:43. Chris Rego took second place in 16:00 and Michael Fisher placed third in 16:34. Randy Carmean was the Male Masters Champion, crossing the line in 18:05.

Angela Cobb took the Overall Female Champion award, with a course-record time of 17:45. Jessica Wiedenbauer was second in 20:26 and Lisa Petrillo placed third in 20:51. Robin Hernandez won the Female Masters Champion award, covering the 5k in 21:12.

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



Melbourne Art Festival 5K

April 28, 2012



SCR MEMBER DISCOUNTS



SCR members receive a
10% discount!
602-B Brevard Ave., Cocoa,
321.806.3935

GET MOVING!

Group Fitness & Personal Training

10% off an 18-class package!

www.getmovingfitness.weebly.com



BREVARD ZOO

10% off annual membership!

www.brevardzoo.org



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



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



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



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!