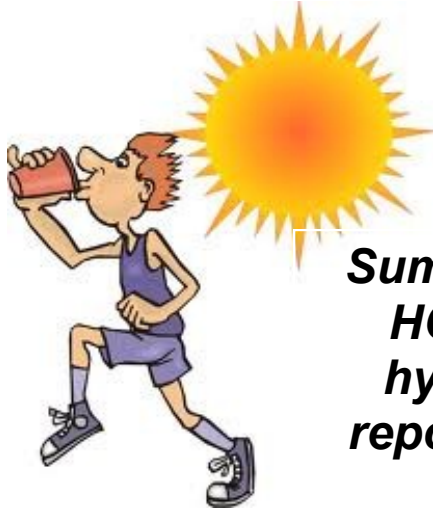




SPACE COAST RUNNERS NEWSLETTER

*Promoting Running and Fitness
in Brevard County, FL*

August 2012



***Summertime in Florida means that it is
HOT! Make sure you stay safe and
hydrate properly. Only one race to
report on in July, but it was a BIG one!
The Firecracker 5K had new
participation and speed records. The new
racing season has begun! Details, and a
lot more, inside...***



STARTING LINE

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A very special THANK YOU to everyone who helped with this month's newsletter including: Carol Ball, Loran Serwin, Patti Sponsler, Matt Mahoney, Ragan Krupp, Running Zone, Barry Jones, Christy Tagye, and Chuck Mathews.



FROM THE EDITOR



You should notice a few more changes, and hopefully some more improvements this month as we continue to try to make our newsletter better. But there is the key...it's OUR club, and it's OUR newsletter. That means us, and that means YOU. We need your input. What would you like to see and read about? Are you participating in an event that you can share with the rest of us? Group runs? See something funny, interesting, or just plain crazy on a recent run or walk? Let us know. Take pictures. Send them to us. Communicate with us on Facebook. Check out the SCR LinkedIn group.

We are lucky to have such a vibrant and active fitness community in our area. But, together we can make it even better...by communicating, by sharing, by posting. So, we'll continue to do our best to bring you information on what is happening with Space Coast Runners and our members. But you are the best eyes and ears we have. Let us hear from you. In the meantime, see you on the roads and at the races!

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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 SpaceCoastRunners.org. 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 SCR Board Meeting will be held on Monday, August 20th at the Health First Pro-Health and Fitness in Viera



CONNECT WITH SPACE COAST RUNNERS

Are you into Social Media?

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!

WEBSITE: www.spacecoastrunners.org

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

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

Meet your 2012-2013 SCR Board of Directors



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Meet your 2012-2013 SCR Board of Directors



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Carol's Corner

Contributed by Carol Ball, SCR President

Welcome to the 30th Season of the Space Coast Runner of the Year Series! This season's opener is the Running on Island Time at Divine Mercy in Merritt Island on August 18th. Again offering Walker awards, this family friendly race is a favorite for all ages and abilities. They offer homemade goodies, and unique awards. Sign up today at [Island Time](#).



Because of past requests, SCR is offering NEW this year a registration for 11 ROY races for \$222! (With the exception of the Space Coast Marathon & Half Marathon) Take advantage of this opportunity to register and not have to worry about it again for the season! Send in your registration form by August 12! ([ROY SERIES](#))

The SCR Summer Social was hot-hot-hot! Despite the heat, we had fun at Fishlips on July 21st, with lots of good food, prizes, and bargains. SCR welcomed 10 new members – **Yvette Nelson, Ron and Cheryl Ritter, Brenda Nelson, Sal Farino, Robert Pike, Kira Juranek, Chuck Mathews, Karen Rodriques, Jonathon Howse, and Jennifer Ogburn**. Please make these folks welcome! We also had 43 membership renewals, 3 ROY Series Entries, 42 Half Marathon entries, and 4 Marathon entries! We will soon be planning our winter social – so stay tuned!

Volunteers for the SCR Adopt-A-Road project on Rockledge Drive continue to grow. Thank you for helping to show the residents that we do care. Be sure to wear your SCR singlets and hats to our next clean up, scheduled for Sept 29th!

Has everyone noticed our NEW Facebook page? Be sure to search for it and hit "Like". It will be continuously updated with info on upcoming events. If you have questions or concerns, post them! This also a great place to network with other runners and walkers!

Looking forward to seeing everyone out this season!
Carol

"Winning has nothing to do with racing. Most days don't have races anyway. Winning is about struggle and effort and optimism, and never, ever, ever, giving up."
—Amby Burfoot, "The Runner's Guide to the Meaning of Life"

SCR News and Notes



Disney Weekend—January 12-13, 2013

If you are participating in the half-marathon, the marathon, or the GOOFY in 2013, this SOCIAL is for you! We are planning an event that will allow us to meet others participating in the “Magical” weekend. The idea is to share information on group runs, training sessions, accommodation information and to share past experiences so everyone can be better prepared. The SOCIAL will be held on Sunday, September 16th at Murdock’s in Cocoa Village, 3-4pm on the back porch. This date is approximately 16 weeks before the event to help in planning and connecting with others who want to have some company on those long weekend runs. To be added to the email list, please contact **Linda Cowart** at landclearing@bellsouth.net.

Brainstorming for a Marathon Social.

We are planning a SOCIAL for those who have participated in a marathon from September of this year through Disney Weekend 2013. The idea is to share specific marathon information and tips on subjects such as travel to the host city, hotel accommodations and distance to the start/finish lines, race day travel, restaurants, event highlights, suggestions, training advice, etc. If you have an event on your calendar, wouldn’t it be great to get details from someone who has done it? Date and location to be announced, but we’re considering sometime in January. We could use your help in coming up with ideas. If you would like to help, contact bob@rallcapital.com.

Discounts!!

SmoothRunning, LLC is offering all SCR members a 15% discount to any race in the Melbourne Marathon Weekend. If you are participating in the 5K, 8K, Half-Marathon or Full, visit their website at www.themelbournemarathon.com and enter the code: GOSCR when you register. The same discount applies to the 10K or Half-Marathon at the Beach Running World Championships on October 21. Go to the website: www.runonthebeach.com and use the GOSCR code.

SCR News and Notes



24 Hours on the Other Side of the World

Some people will do anything to see their name in print. Brevard County's own, **Jim and Sarah Schroeder** set the bar pretty high recently by participating in the Adelaide 24-Hour Run in July. For those of us who are geographically challenged, Adelaide is located in southern Australia. So, they traveled halfway around the world to run for 24 hours? Get the details and see some pictures at SpaceCoast Multisport.com.



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.



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... 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)



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.*



Full Speed Ahead Into the NEW SCR Season

2012-2013 Race Series

Featured SCR Race of the Month



2012 TURTLE KRAWL 5k Run/Walk

In its 11th running, the Turtle Krawl 5K makes its debut as part of the 2012-2013 SCR Runner of the Year Series. New this year will be awards for Grand Masters and a Competitive Walker division. "Middle of the Nest" award to the person who finishes exactly in the middle of the field gets a free pair of New Balance shoes.

WHERE ► Nance Park, Indiatlantic
WHEN ► 7:30 am runners, 7:35 walkers
 Saturday, Sept. 15

WHAT TO EXPECT ► Raffle chances, lots of food at the after party. Bring your camera and pose next to the Sea Turtle Preservation Society statue.

LAST CHANCE
 SCR All-in-One Registration for \$222 must be received by August 12th

Running On Island Time 5K	Sat, Aug 18, 2012
Turtle Krawl 5K <i>NEW!</i>	Sat, Sep 15, 2012
Chain of Lakes 5K	Sat, Oct 13, 2012
Fall Into Winter 5K <i>NEW!</i>	Sat, Oct 20, 2012
Space Coast Classic 15K	Sat, Nov 10, 2012
Space Coast Half Marathon & 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, Mar 13, 2013
Space Walk of Fame 8K	Sat, Apr 13, 2013



For Complete 2012-2013 ROY Rules [Click Here](#)



2012 – 2013 SPACE COAST RUNNERS RUNNER OF THE YEAR RACE SERIES

11 Events, must register for SC Marathon/Half separately



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

Select Event: 5K RUN 5K WALK
Select Shirt Size: YM YL S M L XL XXL

Turtle Krawl 5K Sat, Sept 15, 2012

Select Event: 5K RUN 5K WALK
Select Shirt Size: YM XS WXS S WS M WM L WL XL XXL

Chain of Lakes 5K Sat, Oct 13, 2012

Select Event: 5K
Select Shirt Size: YL S M L XL

Fall into Winter 5K Sat, Oct 20, 2012

Select Event: 5K
Select Shirt Size: S M L XL

Space Coast Classic 15K Sat, Nov 10, 2012

Select Event: 15K RUN 2M RUN 2M WALK
Select Shirt Size: XS S M L XL XXL

Reindeer Run 5K Sat, Dec 1, 2012

Select Event: 5K
Select Shirt Size: XS S M L XL XXL

Tiger Dash 5K Sat, Jan 26, 2013

Select Event: 5K 1M
Select Shirt Size: YM S M L XL XXL

Tooth Trot 5K Sat, Feb 9, 2013

Select Event: 5K RUN 5K WALK
Select Shirt Size: YM YL S M L XL XXL

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

Select Event: 10K RUN 10K WALK 2M RUN 2M WALK
Select Shirt Size: YM YL S M L XL XXL

Downtown Melbourne 5K Sat, March 30, 2013

Select Event: 5K
Select Shirt Size: S M L XL

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

Select Event: 8K RUN 8K WALK 2M RUN 2M WALK
Select Shirt Size: XS S M L XL XXL

SCR ROY Series Entry: \$222 checks payable to SCR

Mail to: Space Coast Runners

516 S Plumosa St #15, Merritt Island, FL 32952

Must be received by Sun, Aug 12, 2012

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____ Email _____

Male _____ Female _____ Date of Birth ____/____/____ Age at Series Start (8/18) _____

The Space Coast Runner of the Year Series, hereinafter referred to as "SCROY Series", is comprised of the following "Events": Running on Island Time 5K, Turtle Krawl 5K, Chain of Lakes 5K, Fall into Winter 5K, Space Coast Classic 15K/2M, Reindeer Run 5K/1M, Tiger Dash 5K, Tooth Trot 5K, Eye of the Dragon 10K/2M, Downtown Melbourne 5K, and Space Walk of Fame 8K/2M.

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED.

ALL SCROY SERIES ("EVENT") PARTICIPANTS ARE REQUIRED TO, AND HEREBY DO ASSUME ALL RISK OF PARTICIPATION IN ANY AND ALL OF THE EVENTS BY SIGNING THIS GENERAL WAIVER: In consideration of my entry into the SCROY Series ("event") being accepted, I intend to be legally bound, and do hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, presenters, officials, volunteers and supporters of each SCROY Series ("event") 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 SCROY Series ("event"). If I should suffer injury or illness, I authorize the officials of the SCROY Series ("event") 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 the SCROY Series ("event"). I acknowledge that the entry fee paid is non-refundable and non-transferable and agree that SCROY Series ("event") organizers, in their sole discretion, may delay or cancel the SCROY Series ("event") if they believe the conditions on event day are unsafe. In the event the SCROY Series ("event") is delayed or cancelled for any reason, including but not limited to acts of God or the elements or any other cause beyond the control of SCROY Series ("event") organizers, there shall be no refund of entry fee or any other costs incurred in connection with the SCROY Series ("event"). I hereby grant full permission to any and all of the foregoing to use any photographs, videos, or any other record or transmission of this event for any purpose of the SCROY Series ("event") whatsoever.

I HAVE READ AND UNDERSTAND THE ABOVE WAIVER AND UNDERSTAND THAT MY PARTICIPATION IN THE SCR ROY SERIES ("EVENT") PRESENTS A RISK OF PHYSICAL INJURY; KNOWINGTHIS, I AM ENTERING THE SCR ROY SERIES ("EVENT") AT MY OWN RISK.

SIGNATURE (Signature of Parent or Guardian is required if participant is under 18 years of age)

DATE

2012-2013 Space Coast Runners

Youth Series



Photo: Steve Colella, YourPhotosNow.com

7 FUN RUNS • FREE! PICK THE DISTANCE

For ages 12 & under –
1/4, 1/2 or 1 mile distances.

Participation awards for ALL!



Run for Fun!

For more information visit
www.spacecoastrunners.org

Space Coast Runners

Youth Series

The Space Coast Runners Youth Series consists of 7 non-competitive FUN runs for ages 12 and under. The series purpose is to include youth in organized runs and encourage participation and an interest in running and fitness.

There will be no charge for these runs, but parents will be required to sign a waiver before the runs for their children to participate.

Choice of distances are 1/4 mile, 1/2 mile and 1 mile. (Children should run distances commensurate with their ability).

There will be participation awards at each race. All children who complete 4 of the 7 series runs will be recognized and receive an award at the SCR ROY Awards in May 2013.

Contact: Ragan Krupp
Email: raganlr@hotmail.com



Run for Fun!



Space Coast Runners is a non-profit organization whose purpose is to promote running as a means of healthful exercise at the community level.

2012-2013

Youth Series

RUN DATES

Chain of Lakes

Saturday, October 13, 2012

Titusville, Approx. 8:45 am

Fall into Winter,

Saturday, October 20, 2012

Coconuts, Cocoa Beach,
Approx. 8:45 am

Space Coast Classic

Saturday, November 10, 2012

Ryckman Park, Melbourne Beach
Approx. 9:00 am

Reindeer Run

Saturday, December 1, 2012

Cherie Down Park,
Cape Canaveral,
Approx. 8:45 am

Eye of the Dragon

Saturday, February 23, 2013

Eau Gallie Civic Center,
Melbourne,
Approx. 9:15 am

Downtown Melbourne

Saturday, March 30, 2013

New Haven Ave, Melbourne,
Approx. 9:00 am

Space Walk of Fame

Saturday, April 13, 2013

Space View Park, Titusville,
Approx. 9:15 am

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

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



Local Fun Runs & Walks

It's always better to run and walk with friends. Our fitness community offers several opportunities to find a group to train with. Below are the details on the groups currently meeting on a regular basis. If you know of others, let us know and we'll list them here. If you are the Organizer of a group event, please check to make sure we have the details correctly listed.

Day	Location	Time	Organizer
Sunday	COCOA,RIVERFRONT PARK Heading North	6:30AM	SPACECOAST RUNNERS
SUNDAY	OARS AND PADDLES, IHB	7:00AM	UP & RUNNING FITNESS
MONDAY	PIZZA GALLERY AT THE AVENUES	6:00PM	RUNNING ZONE
MONDAY	LONGDOGGERS, INDIALANTIC	6:00PM	JESSICA CRATE
MON-WED- FRI	FAY LAKE WILDERNESS PK, Port St. John	5:30AM	CHRISTY TAGYE
TUESDAY	TITUSVILLE YMCA	5:30PM	PEDRO TOLEDO
TUESDAY	ISLAND MULTISPORT, IHB	6:00PM	JESSE HALL
TUESDAY	PALM BAY RECREATION CTR	6:00AM	DAVE HERNANDEZ
WEDNESDAY	DADDY ULTRA RUNS	6:00PM	HERNAN GARCIA
WEDNESDAY	EAU GALLIE CIVIC CTR	6:00PM	RUNNING ZONE
THURSDAY	SATELLITE BEACH LIBRARY	6:00PM	UP & RUNNING FITNESS
THURSDAY	RUNNING ZONE	6:00PM	RUNNING ZONE
SATURDAY	SPACEVIEW PARK, TITUSVILLE	7:30AM	PEDRO TOLEDO



Fun Run Spotlight

Port St. John Runners and Walkers



Entry to Fay Lake Wilderness Park, PSJ

We are lucky to have a very active running and walking community here in Brevard County. As we all know, it's almost always better to workout with a friend, or even better, a group of friends. The previous page lists all of the different groups and fun runs/walks that we know about. In order to let more people know about them, we would like to highlight a different fun/group event each month. If you are the organizer of one of the group events, let's hear from you. Why should someone come to workout with your group?

Lately, we've been hearing a lot of good things coming from the running and walking group from Port St. John. Organized by **Christy Tagye** and **Kathy Camick**, the group meets Monday, Wednesday and Friday mornings at 5:30 am at Fay Lake Wilderness Park, which is located at the west end of Fay Boulevard in Port St. John. As Christy says, "It's more about a healthy community than hard core running." Runners of all abilities are welcome and they would really like to see more walkers join them.

Here's what some of the group members have to say:

Mark O'Donnell started running seriously over 30 years ago with lots of 10k's and a few marathons. After training alone for several years, he started to run with a friend in Pennsylvania and realized that running is great, but "running with other runners is a whole lot better." He moved to Florida in 1990 and became a lonely runner again. Lacking motivation, he became a self-professed "slacker" and gained about 20 pounds over the next 10 years. About 4 years ago, he saw an ad about the PSJ Runners Group, ran to meet with them one morning and introduced himself by saying that he had heard about a group of crazy people meeting in the dark at the park. They knew he would fit right in. Concerned that he wasn't in condition to go more than 3 miles, he learned that the group's motto was: "We leave no runners behind." The group is "friendly, supportive and enthusiastic." Now, Mark is training for the Philadelphia Marathon in November...his first marathon in 30 years! Many in the group are training for different events...from 5K to marathon to Goofy distances.

New member, **Ragan Krupp** knew that one of the best things you can do is to join a running group, but she felt intimidated. After emailing Christy and being assured of the "leave no runner behind" policy, she now sets her alarm for 4:30am to join the group. "Everyone has been amazing," she said. They provide motivation, accountability and have allowed Ragan to take her running to the next level.

Continued on next page...

Fun Run Spotlight

Port St. John Runners and Walkers

Christy Tagye, co-founder of the group, says that “the group was created to reduce the boredom of running alone, allowing for safer exercise during the still dark hours of the morning and to promote healthy options for our community.” Christy says that they are more than a running group, they are friends who have shared stories, laughter and helping hands to each other. “Come out and join us for a run. Bring a blinky, a headlight or reflective gear. And don’t mind us if we’re a bit giddy about you showing up! Happy Running!”

From **Jon Rauschenberg**: “This group is the epitome of the running family. I am an active duty service member and they took me in as family. PSJ Runners were the sole reason I accomplished my goal of running a marathon. I LOVE them all and can't wait to catch up when finished with sea duty. Run Strong, Go Navy!!”

Co-founder **Kathy Camick**: “PSJ runners are a group of committed individuals whose love for running outweighs their need for sleep. All are welcome...it’s a group where runners can meet and share their passion for running.”

Kim Badgett credits the group with helping her to recover from a serious injury that left her unable to run for several months. “It’s the most supporting group, not only for runners, but walkers too!

Cathy Norris was on the road when she was given an invitation to join the group. “Everyone was friendly and made me feel welcome.” Cathy is looking for more walkers to join the group, so come on walkers!



Members of the PSJ Running Group help Christy celebrate a birthday.



Peak When It Counts One Mile at a Time

Two Program Levels

Three Important Principles

▶ Running ▶ Cross Training ▶ Yoga

Train with certified coaches Elizabeth Ring, Karen Hughes & Rebecca Sparks and experience what everyone is talking about!

Get in racing shape with fun group workouts!

12-week program begins August 28, 2012

NEW! Up & Running Fitness is now offering a camp in the Cocoa Beach/Rockledge area. We welcome back Coach Rebecca Sparks to coach at that location.

Both camp locations will be held on Tuesday evenings at 6:00 p.m. based on the principles outlined below.

One Mile at a Time: If you're new to running or coming back after an extensive layoff then the ONE MILE AT A TIME program is for you.

Peak When It Counts: For those of you that have the miles under your belt and are looking to get in MORE miles, FASTER than before, added strength and flexibility, then join our PEAK WHEN IT COUNTS program.

Both programs include:

- 12-week schedules based on your personal goals
- Weekly group workouts to help push and motivate you!
- Cross training to strengthen your body while developing your running skills
- Yoga targeted specifically to athletes to increase strength and flexibility
- Technical tee shirt for all participants who finish the 12-week program

Fee: \$130

Alumni: \$100

Contact us at: info@up-running-inc.com

Register online at uprunningfitness.com

Work hard, be strong! What are YOU prepared to do?

Long Distance Relationships

WHAT SCR RUNNERS SAID ABOUT THEIR RECENT OUT OF TOWN RACES

Contributed by Carol Ball



At the end of June, several SCR members headed Northwest for the Anchorage 39th Annual Mayor's Marathon & Half Marathon AND a 7 day Princess cruise of the Alaskan Inside Passage. Those members were: **Carol Ball** and **Ty Bowen**, Lani (travel agent) and **Jay Ragan**, **Susie** and **RC Koontz**, **Nell** and **Jack Lightle**, **Jeff**, **Chris**, and **Alicia Gleacher**, and **Beth** and **Bud Timmons**.

Because it was the Summer Solstice, it was daylight for about 22 hours! We spent Friday checking out Downtown Anchorage and picking up our race packets at the expo. A trolley tour gave us a nice overview of the city. Ty and I then visited the Anchorage Zoo, with bear, moose, and other wildlife up close and personal (photo). Finally, we purchased our two bottles of wine you are allowed to take on the ship.

We all managed to acclimate and make it to the race start on Sat, June 23rd. It turned out to be quite an unseasonably warm day, with temps about 60F at the start and around 80F at the finish. In the marathon, Jeff finished with a time of 3:55, and Susie placed 2nd in her age group with a 5:32! The rest of us did the half with the following times: Bud 1:47 (1st age group), Carol and Ty 2:06, Lani 2:31, Jack 2:49 (1st age group), and, RC 3:06. There was an abundance of food at the post race party – the best being the fresh, thick, hand sliced whole grain bread with real butter! At the bus pickup to hotels after the race, we ran into another Brevard couple – Jim and Andrea Shaffer (2:38) – and found out they were on the same cruise!



After returning to our hotel for a quick shower, we were whisked off to Whittier and our ship! Lani had arranged for a transport, but we were all surprised when an SUV limousine with a trailer for our luggage showed up! The driver was kind enough to make 2 stops on the way to point out scenic views and take our photographs.

Continued on next page...

Long Distance Relationships

WHAT SCR RUNNERS SAID ABOUT THEIR RECENT OUT OF TOWN RACES

The cruise ship departed heading south that evening. Ty and I were happy to have an inside cabin so that it was completely dark and we slept like babies! The first day was at sea in the Yakutat Bay. Our group met up for drinks at the Skywalker Lounge and a formal dinner later that evening.

The following morning we arrived in Glacier Bay to view the Margerie Glacier. We witnessed many glacier carvings at the water's edge. The weather had cooled off to mid-50's and was very comfortable.

First port stop – Skagway. Here we did the Klondike Summit to Sea Bicycle Tour – essentially riding the brakes downhill from the 3,292 foot summit back into town. Lani and Joy Ragan joined us (photo) Highlight of this excursion was a bear on the edge of the road as we glided by! We passed within 3 feet of it, and wished we had cameras ready. We spent the rest of the day exploring the town.

Our next port stop was Juneau. We chose to do the Mendenhall Glacier Guides Choice Trail Hike through the rain forest. This was a 2.5 hour hike through really beautiful wilderness with an amazing amount of moss covering the forest floor. We learned the forest grew from the glacial carved earth in four steps. Moss grows first, followed by Alder trees, then the Sitka Spruce trees, and finally the Hemlock trees. The hike finished at the Mendenhall Glacier visitors center where we could view the half mile wide glacier where it met Mendenhall Lake. After the hike, we had lunch at Tracy's Crab Shack. This was a little outside restaurant at the port that specialized in Alaskan Crab Legs, and served local brewery beers.



Continued on next page...

Long Distance Relationships

WHAT SCR RUNNERS SAID ABOUT THEIR RECENT OUT OF TOWN RACES

The final port stop was in Ketchikan. The shore excursion for this stop was the Eagles Island Kayak tour with Susie and RC Koontz (photo). Although it was an overcast and rainy day, the scenery was beautiful, and we observed numerous bald eagle and some juveniles. Along the rocky shorelines, we also saw many starfish and jellyfish. After we returned to town, we visited the Totem Heritage Center. They had many original Western Red Cedar poles from the early 19th century on display. Some of them were nearly 3 feet wide and over 30 feet tall!



The final day was spent at sea as we made our way to Vancouver, British Columbia. We participated in the On-Deck For The Cure 5K Walk for the Susan G. Komen Fund. (We ran it!) To date, Princess Cruises has helped generate over \$1.5 Million for this cause.

While on board between shore excursions, we attended the nightly entertainment in the Princess Theatre which included ventriloquist, comedy, singing, and dance shows. We also participated in multiple trivia contests and game shows. The amount of food available was overwhelming, but avoiding the elevators and taking the stairs certainly helped.

The trip seemed like it would never end, and then felt so short once we had arrived in Vancouver. We had a three hour bus ride to Seattle, where we visited Carol's daughter and soon to be son-in-law. (A return trip to Seattle is planned for the nuptials on September 9th).

A future trip to Alaska is on our bucket list, as we want to visit Denali, observe the Northern Lights, and see more of this extremely beautiful state. We also hope to plan more travel excursions for adventurous Space Coast Runners in the future.



Thanks Carol!—BR

◆ 2nd Annual ◆



Sunday, October 21, 2012
Cocoa Beach, FL
Half Marathon 7:15am ◆ 10K 7:30am
www.RunOnTheBeach.com



(Actual race course)

- ◆ Medals to all finishers
- ◆ Shoes are optional - Barefoot division
- ◆ Low-tide, out and back runs
- ◆ Post-race party on the beach



Where In The World

ARE SPACE COAST RUNNERS RUNNING?

AUGUST 2012



Leadville 100
Aug 18-19 Leadville, CO
Chuck Hannold



USA Triathlon Age Group Nationals
8/18—
Burlington, VT
Megan Campbell,
Jessica Crate,
Cathy Freidel,
Robin Moran,
Emily Nelson



Chicago Triathlon
8/26—Chicago, IL
Mitch Varnes

SEPTEMBER 2012



Oregon Wine Country Half-Marathon
9/2—Williamette Valley, OR
Carol Ball, Ty Bowen,
Lani Ragan



Ironman 70.3 World Championships
9/9— Las Vegas, NV
Jessica Crate, Ed Donner,
BJ Graham



Fox Valley Marathon
9/16— St. Charles, IL
Patti Hatcher



Half Moon Bay Marathon
9/23—Half Moon Bay, CA
Jim Schroeder



Escape to Miami Triathlon
9/23—Miami, FL
Joan Crawford-Meadows,
Jessica McCaskill



Augusta Ironman 70.3
9/30 — Augusta, GA
Mitch Varnes

OCTOBER 2012



Chicago Marathon
October 7—Chicago, IL
Mike Acosta, Cindy Bishop



John Holmes 50K Trail Run
October 13—Croom, FL
Jim Schroeder

Good Luck to all of our August athletes!



OCTOBER 2012



Vero Beachside Half-Marathon
10/13—Vero Beach, FL
Joan Meadows



Atlantic Coast Triathlon
10/14—Fernandina Beach, FL
Robin Moran



Lighthouse Loop Half-Marathon
10/28—Port Orange, FL
Tena Hochard,
Joan Meadows



Ridge to Bridge Marathon
10/27—Jonas Ridge, NC
Charlotte McClure
Marie Thomas



Marine Corps Marathon
10/28—Arlington, VA
Bob Rall, Gina Rall,
Kayla Manning,
Brittany Streufert,
Karen Suarez

NOVEMBER 2012



Savannah Rock 'n' Roll Marathon
11/3—Savannah, GA
Lisa Petrillo

NOVEMBER 2012



Lake Chabot 50K Trail Run
11/3—Castro Valley, CA
Jim Schroeder



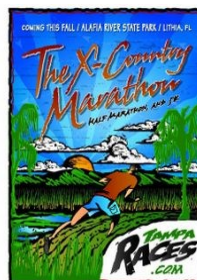
New York City Marathon
11/4—New York, NY
Danny Barrett, Tony Bils,
Jessica Crate, Jay Claybaugh,
John Davis, Suzie Enlow,
Sandra Gannon, Julie Hannah,
Christine Kennedy,
Barbara Krause, Scott Larson,
Theresa Miller, Doug Nichols,
Shane Streufert, Christy Tagye,



Athens Classic Marathon
11/11—Athens, Greece
Calla Hess



Philadelphia Marathon
11/8—Philadelphia, PA
Mark O'Donnell



The X-Country Marathon
November 22—Lithia, FL
Jim Schroeder



Where In The World (continued)

DECEMBER 2012

*“A Run
Through
the Jungle”*

Tallahassee 50K
12/ 8—Tallahassee, FL
Joan Meadows
Jessica McCaskill



Jack's 50K
12/12—Flagler
Beach, FL
Jim Schroeder

JANUARY 2013



**Walt Disney World
Marathon & Goofy
Challenge**
1/12-13—Lake
Buena Vista, FL
Jacquelyn Keller,
Charlotte McClure,
Marie Thomas
Christina Mitsakos



Ocala Half Marathon
1/20—Ocala, FL
Les Dunne, Rene Dunne



Marathon Bahamas
1/20—Nassau, The
Bahamas
Bob Rall, Gina Rall,
Brittany Streufert

FEBRUARY 2013



Iron Horse 50 Miler
2/13 Florahome, FL
Joan Meadows

MARCH 2013



Asheville Marathon
3/3—Asheville, NC
Daryl Gilbert, Kira Juranek
Bob Rall, Gina Rall



**Rock 'n' Roll USA Nation's
Capital Half Marathon**
3/17— Washington, DC
Les Dunne, Rene Dunne

Traveling to an event? Email
bob@RallCapital.com to let us
know.

LOTS OF SCR MEMBERS TRAVEL TO EXPERIENCE OUT-OF-TOWN EVENTS

Let us know where you are going and we'll list it here.

It's always more fun to travel with friends.



20 BANDS • POST RACE CONCERT • WALKERS WELCOME

1 - mile dog run
on Saturday
to benefit
Wagstrong.org!



Qualifier for the
Boston Marathon



5K & 8K SATURDAY, FEBRUARY 2, 2013 & 



MARATHON & 1/2 MARATHON SUNDAY, FEBRUARY 3, 2013

1/2 MARATHON RELAY

LIVE STREAMING WEBCAST OF THE FINISH LINE

2012 USATF MASTERS CHAMPIONSHIP 1/2 MARATHON

 A ZERO WASTE, GREEN EVENT 



WWW.THEMELBOURNEMARATHON.COM



Benefiting Honor America & Space Coast Therapy Dogs

Fourth of July festivities started early on a humid Wednesday morning as runners, walkers and spectators gathered at Honor America's Liberty Bell Memorial Museum for this patriotic event. More than 900 participated in the 5K but neither the crowd or summer temps slowed anyone down.

James Post, 21, was the Overall Male Champion, finishing a fast first with a time of 15:45. Daniel Moore followed second in 16:07 with the next three runners finishing in a stunning, rapid-fire succession. Tristan Kattenberg took third place in 16:23.4, next was Dillon McGee in 16:24.2 and John Davis crossed the finish line in 16:24.5. The Male Masters title went to Doug Butler, 49 with a time of 17:30.

Jessica Crate, 26 was the Overall Female Champion in 17:41. Beth Whalen and Allison Spiegel rounded out second and third place for the ladies finishing in 18:28 and 18:59 respectively.. Jackie Clifton, 50 scooped up the Female Masters win with a time of 20:24.



American Flag towels went to the top finishers in each of the age groups. Team Competition was fierce as awards were handed out to Harris in the Corporate Team Division and Diamond Edge Ultra Doggers in the Open Team Division.

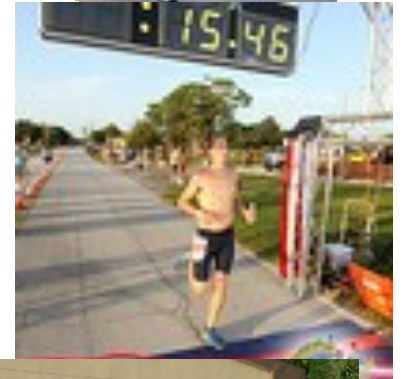
There were three Local Heroes categories—Military, Police & Firefighter to recognize the men and women who embody the American spirit. Matt Davis of Carlsbad, CA finished at the top of the Military Division and was the fastest of the three running a 19:21. Scott Mostert of Melbourne claimed the top Police title in a time of 26:20. And Francoise Aurtenechea of West Melbourne was the fastest Fireman with a 32:10 finish.

Runners and walkers were treated to smoothies, bagels and much, much more at the post-race party which also featured a contest for the most patriotic ensembles.

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

988 FINISHED THIS YEAR'S RACE

Firecracker 5K



Thanks to Barry Jones, of [TriHokie Images](#) and to [Running Zone](#) for the pictures.



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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!

SCR Adopt-A-Road Cleanup



SCR volunteers gathered on July 14, 2012 to get down and dirty! The occasion was the 2nd SCR Adopt-A-Road Cleanup along River Road in Cocoa Village, a popular running and biking route.

The day started out early with a brisk run by most of the group. After refreshments and fruit, it was time to get to work. The Springers were kind enough to offer their pickup truck to load up the group and drop them off at intervals along the route.

Armed with gloves and trash bags, the group gathered bags and bags of waste. It was a successful cleanup!

The next road cleanup will be on Saturday September 29th. Join other SCR volunteers for an early morning run (6:30 am) and then the cleanup at 8:00 am. Stick around after for food, drinks and prizes!! Wear your SCR apparel and meet at Riverfront Park in Cocoa Village!



Left to right: Kati Craig, Ragan Krupp, James Krupp, Rene Dunne, Chuck Mathews, Carol Ball, Ty Bowen, Lisa Hamelin, Les Dunne, Kara Springer, Laura Hanson, Pat Kiesselbach, Karen Rodriguez,

SCR Adopt-A-Road Cleanup



Thanks Ed and Kara for being designated drivers!!



This is what 9 people look like in the back of a truck.



Gloved and ready to roll!



Les getting his game face on!



Amazing what you 'll find...



All family members are invited!



It 's a good feeling, knowing you 're doing the right thing.



Let 's do this!

Walt Disney World[®] Marathon presented by Cigna[®] Florida's Finest Team search

Search of Florida residents to race Walt Disney World[®] Marathon presented by Cigna[®] as Florida's Finest Team

The Walt Disney World[®] Marathon Weekend presented by Cigna[®] takes place January 10-13, 2013.

The marathon race committee will select Florida residents to compete in the race as part of the Florida's Finest Team. Florida's Finest Team Members receive:

- Walt Disney World[®] Marathon presented by Cigna[®] entry
- Florida's Finest goody bag
- VIP bus transportation to start
- Seeded number
- A front starting position
- One-room hotel accommodations for two (2) nights
 - Two (2) one-day/one-park tickets for Magic Kingdom[®] Park, Epcot[®], Disney's Hollywood Studios[®], or Disney's Animal Kingdom[®] Theme Park
 - \$125 Gift Card
 - Invitation to the VIP Reception
 - Access to the Hospitality Suite
 - Access to the finish line VIP Tent

One to three guests of the Florida's Finest Team Member will receive:

- \$125 Gift Card
- Two (2) one-day/one-park tickets for Magic Kingdom[®] Park, Epcot[®], Disney's Hollywood Studios[®], or Disney's Animal Kingdom[®] Theme Park
 - Invitation to the VIP Reception
 - Access to the Hospitality Suite
 - Access to the finish line VIP Tent
- One guest of the Florida's Finest Team Member will receive entry into the Marathon, Half Marathon or Family Fun Run 5K (fee is not waived) during the Walt Disney World[®] Marathon Weekend presented by Cigna[®]. Guest race application must be submitted by November 15, 2012.

The race committee is currently in the process of selecting this year's Florida's Finest Team. Final selection will be made by October 15, 2012. The Team, with a brief biography on each, will be announced in the November/December 2012 edition of this magazine.

To be considered, athletes must be Florida residents and submit the following by September 30, 2012:

1. Running resume, which includes applicant's contacts: home address, work, cell and home phone numbers, and e-mail address;
2. Age on January 13, 2012, race day and birth date;
3. Running career highlights;
4. Marathon(s) completed 2007 thru 2012 (Include race name, date and finish time);
5. Lifetime PRs at various distances (include race name and date of each PR);
6. PRs from 2007 thru 2012 if different from lifetime PRs at various distances (include race name and date of each PR);
7. If applicable, master PRs (include race name and date of each PR);
8. If applicable, grandmaster / senior grandmasters PRs (include race name and date of each PR)

Please send application materials via email to: lorraineevans@cfl.rr.com or mail to:

Florida's Finest, Lorraine Evans, 8640 Tansy Drive, Orlando, FL 32819. This magical opportunity is open to all Florida residents. To participate in the 2013 Walt Disney World[®] Marathon as one of Florida's Finest, submit the information today. *fr&t*



Chuck Mathews



THE FACTS

Family: Single

Ages: 48

Originally from: Fairfax, VA

Grew up where? Stuart, FL

Occupation: Engineering Specialist at Harris Corp.

Dream profession: Winning the Lotto or Power Ball, then I would not have to work, just run...



“For those that need help with being photogenic while running, you need to get tips from Chuck, Mr. Photogenic!”

-Side Note from Lisa H., Assoc Editor

FOR THE RECORD

Number of Years Running: 1

Began Running Because/To: Lose weight and get off the couch. I went to see a friend of mine run the Eye of the Dragon in 2011. Afterwards I said I should do something to get some exercise and he suggested the Couch to 5K program and the rest is history.

I Knew I Was Hooked When: I completed my 1st Half Marathon “Disney 2012”

Race PRs (Personal Records):
5k-23:23, Half marathon 2:10



“Take your rest days and enjoy them”

-Chuck’s piece of advice

THE FAVORITES & MORE

Most Satisfying Race Performance(s): To date it would be the Firecracker 5K 2012; I set a PR of 23:23 and trimmed off 10 minutes from my 2011 time, which was my 1st 5K and the first time I ran outside.

Favorite Race(s) and Why? I really enjoyed the Eco Safari 10K Adventure Race and the Run Thru the Ranch 5K.

Favorite Race Distance and Why? Half Marathon, because I'm only half crazy.

Favorite Place(s) to Run: Right now it is Tropical Trail, but still looking.

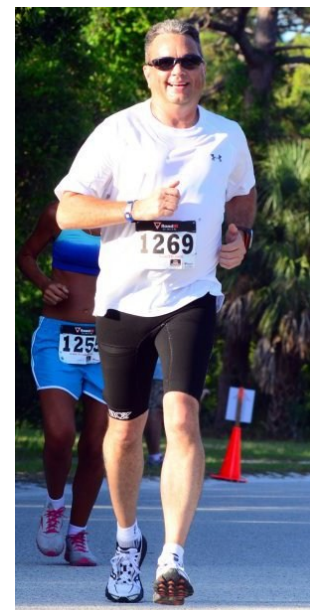
Running Goals: I would like to become faster.

Running Partner(s): My running wives, they know who they are...inside joke.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: Elvis because he needed to lose weight.

Funniest or Oddest Thing I've Seen While Running: I participated in a Nude 5K this past May. I did wear shorts, it was clothing optional.

Training Philosophies: I'm really new to running so I do not have any training philosophies, I just listen to Coach Karen and Coach Elizabeth (EB).



LAST BUT NOT LEAST

One Piece of Advice That I Would Give to a New Runner: Don't overtrain, take your rest days and enjoy them.

Other Sports & Interests: Mountain biking, scuba diving and photography.

Favorite Reads: The Drunk Diet by Luc Carl.

Favorite Movies: Any Zombie movies, I'm not really sure why.

When nobody is looking I like to: If I told you then everybody would know.

Favorite Meal: The John Coctostan quesadilla from Moe's. I usually eat it for dinner the night before a race.

Dream Vacation: Anywhere warm with clear water.

Why did you join SCR? To socialize with other runners.

I Think That SCR Could Do a Better Job: Nothing, I just became a member.



SCR MEMBER DISCOUNTS



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10% discount!
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GET MOVING!

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10% off an 18-class package!

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BREVARD ZOO

10% off annual membership!

www.brevardzoo.org



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There are two ways to advertise with Space Coast Runners. Give our members a discount and we'll give you a free small ad space. If that's not enough, we charge \$25 for a half page and \$50 for a full page. Our newsletter is sent to more than 600 members each month and then posted on our website which receives thousands of unique visitors each month. Contact Bob Rall, Bob@RallCapital.com

SCR MEMBER DISCOUNTS



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SCR members receive a 10% discount!
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Robin's Hair Illusions
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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

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. 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.