



SPACE COAST RUNNERS NEWSLETTER

Promoting Running and Fitness
in Brevard County, FL

September 2012



Racing season is heating up! (Pun intended) In August we had the first race of the season for both the **Space Coast Runners' Runner of the Year Series** and the **Titusville Racing Series**. And we had the second race of the **Running Zone Race Series**. Mix in a couple of runs through the hot, sandy, wooded trails of Wickham Park and you've got a good month of running. Details inside...

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A very special THANK YOU to everyone who helped with this month's newsletter including: Carol Ball, Loran Serwin, Matt Mahoney, Running Zone, Barry Jones, Tricia Lucas, Doug Carroll and Vernon Wennerstrom.



FROM THE EDITOR



We've been working hard on our new feature in the newsletter called "Where In The World." If you haven't seen it yet, make sure you take a look at page 30. It's a compilation of the events that our club members are doing around the country, and around the world. It's a pretty impressive list! Impressive, but not complete. We know there are lots of you doing other events that we would like to hear about. Let us know. You might find other locals doing the same event. If you like, you can share training plans, put together group runs, and even plan logistics.

And that leads to our other new feature, "Long Distance Relationships." See page 40 for the latest article. After you return from your out-of-town event, we'd love to hear, and share, your story. It can help us decide if we would like to maybe try that event some time in the future. You don't have to be a writer, just share the highlights with us, and a few pictures, and one of our very talented (and quite fast) Associate Editors will put it together. You get to share the experience and we'll do the work. So, click on any of the three email addresses below and let us know "Where In the World" you are running next!



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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, September 17th at the Health First Pro-Health and Fitness in Merritt Island



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

Facebook Manager: Rene Dunne, ReneDunne@aol.com



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.*

Meet your 2012-2013 SCR Board of Directors



Carol Ball
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Meet your 2012-2013 SCR Board of Directors



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Tristan Webbe

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Carol's Corner

Contributed by Carol Ball, SCR President

Congrats to all who ran in the 1st ROY Series race, Running on Island Time, on August 18th. It was a fast, fun course and event! Next up is the Turtle Krawl 5K, this Saturday, Sept 15th. This race is very full, so hopefully you have already registered!

<http://turtlekrawl.com/>

If you are participating in the Disney half-marathon, the marathon, or the GOOFY in 2013, we have a SOCIAL for you! 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.



Later in the month, we are hosting another Adopt-a-Road cleanup effort on Rockledge Drive. Come on out on **Sept 29th** and help us beautify the roadway before the Space Coast Marathon. Come early for a run at 6:30am, and stay for the cleanup at 8am. Bags, gloves, and refreshments will be provided. [Facebook page](#)

I am pleased to announce that so far this season we have had several generous sponsors step up to help the Club finance our three races, the Space Coast Classic in November, the Eye of the Dragon in February, and the Space Walk of Fame in April.

Thank You to sponsors: Living Well Chiropractic (Dayne Deeds), Rapid Automation Design (John Davis), Running Zone and New Balance Melbourne (Don and Denise Piercy), Aker Eye Clinic (Greg Aker), Melbourne Music Marathon Weekend (Mitch Varnes), Avatar Technologies (Barbara Linton), Cold Stone Creamery of Merritt Island (Cristina Engel), Viera Pizza (Mike Acosta), and Dick White Sports Massage.

If you see these folks, be sure to thank them for their support of running in our community! Because of their commitment, and the commitment of all the runners and walkers that enter our races, we are able to award two college scholarships each year, plus support the Brevard Special Olympics, Space Walk of Fame Museum, area fun runs, and the SCR Youth Series.

Ty and I just returned from the Oregon Wine Country Half Marathon (Sept 2nd), and also Seattle for my daughter Tracy's wedding. Look for a story and photos next month! —Carol

SCR News and Notes



Corrections

Ok, we're not perfect. Last month, in welcoming our new club members, we inexplicably misspelled a new member's name...quite the welcome to our club, huh? So, our most humble apologies go out to Karen Rodriguez. R-O-D-R-I-G-U-E-Z. Sorry, Karen, but WELCOME!

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.

Ultra-Writer

One of our own has been published! We're not sure how he found time to write with all the mileage he does, but Jim Schroeder has released "Zen Track Rambling" a new book about, what else(?)...running! Way to go Jim! We look forward to reading it. Check out Jim's book by [CLICKING HERE](#).

SCR News and Notes



VOLUNTEER TO HELP YOUR CLUB!

The **Space Coast Marathon and Half-Marathon** and the **Space Coast Classic 15K**, two of the club's biggest events, are looking for volunteers. The Race Directors need help in many different areas. For the Space Coast Marathon and Half-Marathon, please contact Denise Piercy at The Running Zone. For the Space Coast Classic, please contact Race Director [Barbara Linton](#).

FLRunners Cross Country Invitational is scheduled for September 28th and 29th at the Chain of Lakes in Titusville. They are expecting over 5000 student athletes from middle school through college. All types of volunteers are needed. If you can help, please contact [Marty Winkel](#) at 321-537-3526.

Pumpkins in the Park 5K, held on October 26th in Cocoa Village also needs volunteers. Please contact Race Director [Ragan Krupp](#).

USA, USA, USA...!!!

Congratulations to Space Coast Runner Robin Moran! She just qualified to represent Team USA in the International Triathlon Union World Championships in London! See page 33 for the details. Way to go Robin!!!

WELCOME TO OUR NEW CLUB MEMBERS!!

Make sure to say HELLO and extend a warm welcome to our newest club members: Rebecca Healey, Jeffrey Hizer, Joe Lento, Megan Paxton, Nan and Travis Pond, Lillian Robertson, Ok Sun Sharpe and Keith Wadsworth.



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



4730 Seminole Trail

Merritt Island, FL 32953

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Marty Winkel

321-537-3256

sceventmgt@gmail.com



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



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



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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



**One Race Has Crossed
the Finish Line...
the NEW SCR Season Has Begun**

**2012-2013
Race Series**

Featured SCR Race of the Month



Chain of Lakes 5K

This seventh annual cross-country course loops around the Chain of Lakes trails, one of the most scenic courses along the Space Coast.

WHERE ► Chain of Lakes Park
Titusville

WHEN ► 8:00 am
Saturday, October 13th

WHAT TO EXPECT ► As part of both the Titusville & SCR Racing Series, this 5K boasts a flat, fast course. Be prepared to run both on grass and pedestrian walkways. Weather for this event is typically very nice. The lovely man-made lakes are filled with wildlife including fish, ducks & alligators so no post-race swimming!



**Have you registered
for the Space Coast
Marathon &
Half Marathon yet?**
Price is \$90 (full) and
\$80 (half) thru 10/31.

Running On Island Time 5K	✓
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 30, 2013
Space Walk of Fame 8K	Sat, Apr 13, 2013



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

WORKMAN WARRIORS-5K

Supporting the Sentinels Of Freedom Space Coast



The 3rd annual Workman Warriors 5K was held on August 4th on the trails at Wickham Park. The funds raised from the event benefit the Sentinels of Freedom Space Coast, which provides funds for a local wounded veteran.

More than 140 runners and walkers came out on a hot and steamy August morning. State Representative, and Race Host, Ritch Workman said that they pick that day because, in the Army, "it's always HOT!"

Participants were treated to soft, sugar sand trails, narrow paths through the woods, roots and tree limbs along the course. Times were slower than a typical 5K because of the difficulty of the terrain.



Laura Golitko drives toward the finish on her way to taking the award for Overall Female Champion.

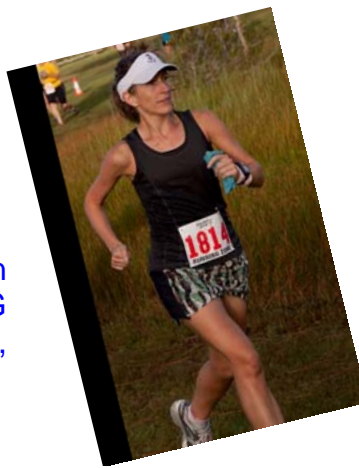
Shane Streufert covered the course in 18:59 to take the Overall Male Champion award, more than 2 minutes ahead of the second place finisher Sean Black, who finished in 21:02. Right behind Sean, Art Anderson continued his comeback from injury with a third place finish in 21:07. Chris Reesh was the Male Masters Champion, crossing the line in 22:11.



Shane Streufert crosses the line first to take the Overall Male Champion award.

Laura Golitko, from Cambridge, MA was the Overall Female Champion with a time of 25:08. Aprill Collins finished second in 25:42. Yahira Zeigler crossed third for the ladies in 26:36. Charlotte McClure was the Female Masters Champion in 26:55.

In the team competition, the 17-runner team from Rall Capital Management defended their first place finish from last year. For complete race results, [CLICK HERE](#).



Right—Female Masters Champion Charlotte McClure and Male 9-11 AG Winner, Braden Krupp. More photos, courtesy of Doug Carroll on next page.





SENTINELS OF FREEDOM
Space Coast
**WORKMAN
WARRIORS-5K**

Supporting the Sentinels Of Freedom Space Coast

July 23, 2011
Off-road at
Wickham Park
Melbourne, FL



Do you think that finger is loaded?

Thank you to Doug Carroll for the photos!



2012 Cocoa Beach Fall into Winter 5K run/walk



Saturday, Oct. 20th, 2012 - 7:30 am

5K Run/Walk

Saturday, Oct. 20th, 2012 - 7:30 am

Entry Fee

Cash or Check only accepted	
Through Oct. 5th	\$20
Oct. 6-15th	\$25
Race Day	\$30
Family of (2) thru Oct. 15th	\$30
Family of (2) Day-of-Race	\$50

Tee-Shirts: To all runners

Non participants \$10
(size of shirts not guaranteed to runners who register Day-of-Race)

Breakfast for non participants \$10

Awards

Top Male and Female Overall
Top Male and Female Age Groups
in the following age categories
14 and under, 15-18, 19-24, 25-29,
30-34, 35-39, 40-45, 46-49, 50-54,
55-59, 60-69, 70-74, 75-79, 80+

Special Race Divisions

Best Male & Female finishing in costumes
Top 2 family team finishers
Best carved pumpkin



Parking

West side of A1A

Packet Pick-up and late registration
Oct. 19th at Surfside Playhouse
between 5:15 and 8:00pm

Last Name _____ First Name _____ M _____

Address (street) _____

City _____ State _____ Zip Code _____

Day Phone _____

T-Shirt Size S M L XL XXL

Gender M F

Date of Birth _____

Age (on race day) _____

Amount Enclosed _____

In consideration of my entry being accepted, I intend to be legally bound, and do hereby, for myself, my heirs, executors, waive and release any and all rights and claims for damages which I may hereinafter accrue to me against the City of Cocoa Beach, and all other sponsors, contributors, or any subsidiary or political division thereof, its or their respective officers, representatives, successors and assigns for any and all damages or injuries which may be sustained and suffered by me in connection with my association with entry or participation in the "Fall into Winter 5K Run". 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 and I take full responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the competition in this event. I have read the above and understand that I am entering this event at my own risk.

Cash or Check only accepted

Make checks payable to
Cocoa Beach Parks & Rec
(CBRD)
P.O. Box 322430
Cocoa Beach, FL 32932-2430

Date _____

Signature _____

Parent or Guardian, if under 18 _____

Cocoa Beach Parks & Recreation Presents...



&

Fall into Winter Halloween 5K Beach Run / Walk Breakfast Run

Saturday, October 20th, 2012

Race Time 7:30 a.m.

Coconuts on the Beach



**BEST
COSTUME
CONTEST**



**Post Race:
Breakfast for All Runners**

**Awards for
TOP 3
MALE/FEMALE
in 12 AGE
CATEGORIES**



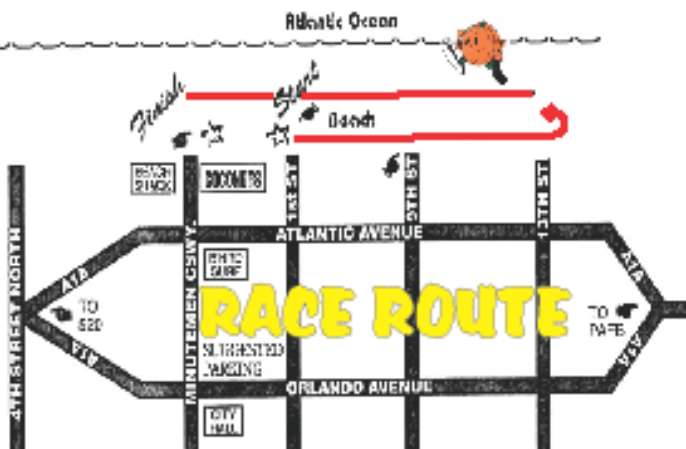
**CARVED
PUMPKIN
CONTEST**

1st - 2nd - 3rd Place Prizes!

Top Male and Female

Overall Winners

- 1st Place...Surfboard**
- 2nd Place...Skimboard**
- 3rd Place...Bodyboard**



Courtesy of...





I Run For Pizza Football Kickoff 5K August 11th Avenues in Viera

The second race of the Running Zone Foundation Race Series was the I Run for Pizza Football Kickoff 5K. It was a great way to start off the upcoming football season, especially with the cool, Florida weather on the heels of the runners (Florida joke!).



The course was a little bit different this year than in previous years—runners went around the back of the shopping center and out the chute towards Stadium Parkway rather than around the parking lot by the storefronts.

The post-race tailgate party was catered by Pizza Gallery & Grill. There was plenty of pizza to go around! The party also included a random giveaway of NFL Football tickets plus a hotel night stay for any Florida team.

The race benefits Suntree/Viera Youth Football and Cheerleading League in addition to WEGO Ministries.

Congratulations James Post
on your win

[Click Here for Full Race Results](#)

OVERALL RESULTS

Men 1st—James Post 15:39
Men 2nd— Owen Shott 15:50
Men 3rd— Tristan Kattenberg 15:56
Masters—Shane Streufert 16:55

Women 1st—Angela Cobb 17:18
Women 2nd—Jessica Crate 17:48
Women 3rd— Eleanor Baker 18:23
Masters— Cathy Friedel 20:19



And they're off...

I Run for Pizza Football Kickoff 5K, continued.



Special thanks to Trihokie Images for the complimentary race photos!



2ND
ANNUAL

Doughnuts for the Heart **CHALLENGE™**



DESIGN BY OPS 321-365-4477

Sunday, October 28, 2012
Race Time 7:30 am
Wickham Park
Melbourne, FL

ALL PROCEEDS SUPPORT AND BENEFIT

Cardiac
Research
Institute
MASONIC MEDICAL RESEARCH LABORATORY

FOR INFO CALL: 321-615-6525
www.DoughnutsForTheHeart.com



Florida Charity Registration Number: C186732. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800.435.7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.

Run a Mile with

Tricia Lucas



THE FACTS

Family: **No kids, 4 fur kids (cats)**

Originally from: **Melbourne, FL**

Grew up where?: **Melbourne, FL**

Occupation: **Production Control at Harris Corporation**

Dream profession: **Artist**



FOR THE RECORD

Number of Years Running: **4**

Began Running Because/To: **I really, really, really like dessert and wine. Just kidding, to lose weight.**

I Knew I Was Hooked When: **I ran my first 5K in 40 minutes, I was determined to be faster.**

Race PRs (Personal Records): **5K 29:19, Half 2:23:07, Full 5:30:28**

Most Satisfying Race Performance: **Finishing the Disney marathon**



"I'm not going to lie, I do them for the medals."

- Why Tricia's Favorite Race Distance is the Half Marathon

THE FAVORITES & MORE

Favorite Race(s): Why? **Jingle Bell 2-miler (bright green shirts), Turtle Krawl (helps sea turtles), and Ghostly Gecko (get to see all kinds of costumes)**

Favorite Place(s) to Run: **Wickham Park area and S. Tropical Trail**

Running Goals: **to complete the Goofy Challenge at Disney**

Running Partner(s): **Kelly Semenko**

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: **Will Ferrell (you never know what he will do)**



Funniest or Oddest Thing I've Seen While Running: **Manatees Mating.**

Training Philosophies: **slow and steady**

One Piece of Advice That I Would Give to a New Runner: **it will only get easier**

Other Sports & Interests: **Soccer and hanging out at Disney**

Favorite Reads: **Where the Sidewalk Ends**



Favorite Movies: **Any of the Pirates of the Caribbean movies**

When Nobody is Looking I Like to: **do back flips**

Favorite Meal: **Chicken Parmesan**

Dream Vacation: **An Alaskan Cruise**

Why did you join SCR? **Rene made me**



I Think That SCR Could Do A Better Job: **Nothing, they always do an outstanding job**





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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>

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!



Running on Island Time 5K · Aug 18, 2012

The first event in the SCR Runner of the Year Series was hosted by Divine Mercy Catholic Academy. Race directors, Deb Wells & Kara Springer shared their take on this great 5K race which saw a slight increase in attendance this year. The monies raised go directly to support classroom content such as physical education. Both women know the value of being active as a part of a healthy lifestyle and the race is one way of demonstrating it to the students and the surrounding community.

READY TO RUN: 314 participants signed up for the race

SURPRISE RACERS? The night before the 5k Ed & Kara Springer ran the course to make sure everything was in order. About a 1/2 mile into their run there was a HUGE black racer snake that didn't quite make it across the street alive. After thoughtful consideration Ed escorted it off the course so no one would have unnecessary heart rate spikes.



D-TERMINED: John Davis set a course and event PR at this year's race with his 16:22 finish — 1:08 faster than his time in 2011.

ACROSS THE GENERATIONS: Youngest finisher was Rachel Darwood, age 5 and the oldest finisher was Jack Lightle, age 80.

BEST POST RACE SNACK: The "Banana Peanut Butter Oreo" brought to us by race director Deb Well's mom, Cecile. She had heard about them from her dermatologist so she and her support staff made up of the Council of Catholic Women decided to give them a try. They were a hit!

EASY LISTENING: Alpheus Adams got everyone feeling relaxed and island-y on his steel drums.

WINNING NUMBERS: Over 42 prize were awarded to lucky ticket holders in the morning's raffle.



1st Place finisher John Davis



Yummy post-race treats

The NEW Walking Division had 28 participants.



Running on Island Time 5K continued

SCR MEMBER SPOTLIGHT SAL FARINO



I am relatively new to running. I started out chauffeuring, spectating, and volunteering, did a few walk/run 5Ks, followed by running a few 5Ks without training, which ultimately led to a desire to see what I was capable of. I joined SCR, signed-up for the SCR's half marathon, and set a few goals for myself. Breaking 25 minutes at Running on Island Time was first on the list.

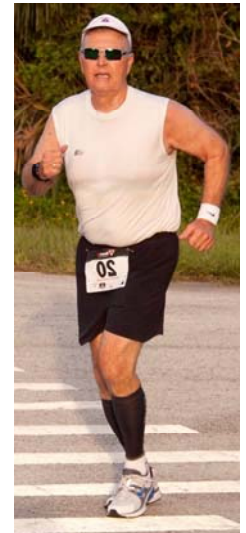
I was told that Barbara Krause was pacing some runners at a sub 25 min pace and unbeknownst to her, she was also pacing me. The first mile was faster than I would have done on my own, but it was exactly where I needed to be. After two miles and a conversation with myself on whether or not my knee was going to hold up, I picked up the pace a bit and finished in 24:41. Kudos to the organizers and to the many volunteers, from the turners, water station personnel, packet handlers, and food providers, your work does not go unnoticed and is much appreciated.

(Editor's Note: Welcome to SCR & congratulations Sal on your 3rd place AG award)

OVERALL WINNING TIMES

[CLICK HERE FOR COMPLETE RESULTS](#)

- | | |
|--|---|
| 1ST John Davis 16:22 | 1ST Sarah Hammond 20:16 |
| 2ND Steve Hedgespeth 17:30 | 2ND Lisa Petrillo 21:15 |
| 3RD Shane Streufert 17:35 | 3RD Katie Handfield 21:36 |
| Master's: Steve Chin 19:15 | Master's: Anne Dockery 21:38 |
| Grand Master's: Art Anderson 19:23 | Grand Master's: Annie Caza 21:40 |
| Senior Grand Master's: David Grant 22:07 | Senior Grand Master's: Mary Ramba 28:31 |



Special Thank You to Doug Carroll for the photos!

Entry Fees

	Postmarked by 11/4/12	After 11/4/12
<input type="checkbox"/> 15k or 2 Mile	\$25	\$30
<input type="checkbox"/> SCR or Gecko member	\$20	\$25
<input type="checkbox"/> No Shirt (must pre-register)	\$20	\$25
<input type="checkbox"/> Student through grade 12	\$20	\$20

Not a member? Join SCR and save \$5 on registration fee:

- Individual \$30
- Student \$15
- Family \$35

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ SCR Member _____

Email _____

Event (circle): 15k 2 Mile Run 2 Mile Walk

Age on 11/10/2012 _____ Male Female

Birthdate: _____

Shirt (Adult sizes): Register early to guarantee size!

[No Shirt] [XS] [S] [M] [L] [XL] [XXL]

I assume all risks associated with my participation as a participant in the 2012 Space Coast Classic including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled to act on my behalf, waive and release Space Coast Runners, Road Runners Club of America, and other sponsors and officials involved from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (parent or guardian if under 18) _____ Date _____

Sponsors



amelia woodbridge



Bring a can of food to help Daily Bread feed the hungry!

27th Annual

Space Coast Classic 15k & 2 Mile



November 10, 2012



Sponsored by:



amelia woodbridge

Race Information

The 27th Annual Space Coast Classic 15k and 2 mile race returns to beautiful Melbourne Beach for a blast from the past! Join us as we run through the streets of this quaint beachside community on the only 15K race course in Brevard County. Space Coast Runners is pleased to return to the original course that takes runners north and south of Ocean Avenue through historic Melbourne Beach. Enjoy a quick swim after the race, fun awards, fabulous food and classic race shirts. Proceeds benefit Daily Bread in celebration of the November spirit of thankfulness and giving. See you there!

Race Date Saturday, November 10, 2012

Race Time 7:30 am - 15k
7:35 am - 2 Mile
9:15 am - Kids' Runs

Location 2012 race is back to the original race location in Melbourne Beach Ryckman Park at 507 Ocean Avenue, Melbourne Beach

2 Mile Run

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

2 Mile Walk

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

Awards

	<u>15k</u>
<u>Overall</u>	1st, 2nd, 3rd Male and Female
<u>Master</u>	1st Male and Female, 40+
<u>Grand Master</u>	1st Male and Female, 50+
<u>Sr Grand Master</u>	1st Male and Female, 60+
<u>Age Group</u>	1st, 2nd, 3rd Male and Female in five year age groups from 10-14 through 80+

SCROY points for 15 & over only for 15k

2 Mile Run

Participants may run or walk this event

<u>Overall</u>	1st, 2nd, 3rd Male and Female
<u>Age Group</u>	1st, 2nd, 3rd Male and Female in age groups 9 & under, 10-14, 15-19 and ten year age groups starting at 20 through 80+

SCROY points for 14 & under only for 2 Mile Run

2 Mile Walk

Participants must walk the entire course

<u>Overall</u>	Top 10 Male and Female
----------------	------------------------



Race proceeds benefit Daily Bread
www.dailybreadinc.org

Entry Form

Mail check payable to *Space Coast Runners* to:
Space Coast Classic 15k
600 Jackson Court
Satellite Beach, FL 32937

On-Line at <http://www.Active.com>

Race Day from 6:30 to 7:15 am at pavilion

**Shirts guaranteed to first 400 entries*

Packet Pickup

For registrations received by November 4, packets will be available for pickup at Running Zone (3696 N. Wickham Road in Melbourne) during business hours on Thursday and Friday, November 8th and 9th. Packet pickup available race day morning from 6 am - 7:15 am at Ryckman Park.

More Information:

spacecoastclassic@outlook.com

(321) 223-8204

<http://spacecoastrunners.org/scc.htm>

Training for the Space Coast Half Marathon? The Space Coast Classic 15k is a perfect training run for this or another fall/winter half marathon!



Where In The World

ARE SPACE COAST RUNNERS RUNNING?

SEPTEMBER 2012



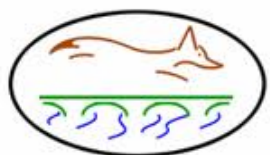
Oregon Wine Country Half-Marathon
9/2—Williamette Valley, OR

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



Dances with Dirt
9/22—Hell, MI

Steve Chin, Jessica Crate,
John Davis, Scott Larson,
Ron Roff, Shane Streufert



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

Jim Schroeder



Escape to Miami Triathlon
9/23—Miami, FL

Joan 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



Vero Beachside Half-Marathon

10/13—Vero Beach, FL

Joan Meadows

Good Luck to our all of our super September athletes!



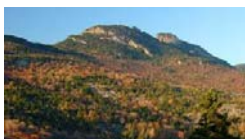
OCTOBER 2012



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



Amica Marathon
10/14—Newport, RI
Charis Gaines



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



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



**Marine Corps
Marathon**
10/28—Arlington, VA
Betsy Butler, Bob Rall,
Gina Rall, Kayla Manning,
Brittany Streufert

NOVEMBER 2012



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



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



Wildhorse Trail Run
11/4—Sydney, FL
Ron Roff



**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



Where In The World (continued)

NOVEMBER 2012



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



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

DECEMBER 2012



Enmark Savannah River Bridge Run
12/ 1—Savannah, GA
Betsy Butler, Chris Loines, Sharon Loines

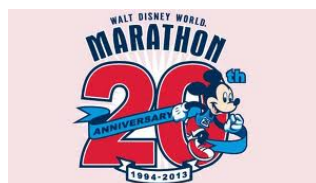
“A Run Through the Jungle”

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



MARATHON
Sharon Loines, Jackie Kellner,

GOOFLY
Betsy Butler, Chris Loines, Charlotte McClure, Ron Roff, Marie Thomas



Tinkerbell Half Marathon
1/20—Anaheim, CA
Harry Prosser, Kimberley Prosser



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



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

The Disney List looks a little short? Are you planning to run any of the Disney events in January 2013? If so, let us know.

Email Bob@RallCapital.com



FEBRUARY 2013



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



Gasparilla Distance Classic
2/23 Tampa Bay, FL
Ron Roff

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

LOTS OF SCR MEMBERS TRAVEL TO RACE IN 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. Email Bob@RallCapital.com

CONGRATULATIONS ROBIN MORAN!

SCR member, Robin Moran recently competed in the 2012 USA Triathlon Age Group National Championships in Burlington, VT where she placed 11th in the 55 to 59 age group in a time of 2:38:31. The Olympic distance event consists of a 1.5 kilometer swim, 40k bike ride and a 10k run course. Robin has now qualified to participate in the 2013 ITU World Championships as the top eighteen in each age group get to go.

When asked about her newest achievement, the 2011/2012 SCR Runner of the Year Female Masters Champion said, "It will be a privilege to compete on Team USA at the USAT World Championships in London in 2013. It's simply amazing what can be achieved through discipline, determination, and the desire to discover how deeply you can mentally and physically challenge yourself in the sport of triathlon."



Pineapple Man Triathlon ~ Photo by Doug Carroll

◆ 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

Jim, Matt & Rene's Birthday Runs: 65K, 57K & 32K

34 runners showed up at Wickham Park on August 19th to participate in what has become a traditional event for an eccentric few in our running community. The race formerly known as "Jim and Matt's Birthday Run" expanded this year to become "Jim, Matt and Rene's Birthday Run. They decided to run (or at least attempt to run) their ages in kilometer because, at Matt tells it, "We are too wimpy to run it in miles."

The race was on the same course as the Wickham Park marathon and the amenities were the same...poorly marked, sandy trails with paper plate signage and white flour arrows to direct the runners. Oh, and don't forget the heat index of 104 degrees. Sounds like fun, huh? These folks really know how to throw a party.

Of the 34 who lined up at the carefully thought out starting line (see picture on right), 3 finished Jim's 65K. 2 finished Matt's 57K and 9 finished Rene's 32K. Rene was not included in the group of finishers in any of the three, and for some reason, Jim decided to celebrate Matt's birthday instead of his own and was one of the two finishers of the 57K...of course Matt was the other. For complete race results, [CLICK HERE](#).



Junior League of Central & North Brevard Presents



Pumpkins in the Park 13th Annual 5K Run and Fitness Walk

**6:30 p.m. Friday, October 26, 2012
Cocoa's Taylor Park, Cocoa Village**

Proceeds from the race support the
Junior League of Central & North Brevard
and its community projects & outreach initiatives:
**Community Volunteerism
Kids in the Kitchen
Annual Scholarship**

Finish Line
Managed by



USATF Certified Course
(FL-07036DL)

REGISTRATION:

First Name: _____

Last Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: (____) _____

E-mail Address: _____

School Team Name: _____

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

T-SHIRT SIZE: S M L XL XXL

5K Run/Walk 13 and up ***\$27** _____

5K Run/Walk 14 and under ***\$17** _____

5K Run/Walk School Team Challenge Member ***\$17** _____

Free Children's "Lil Pumpkins" Run/Walk **FREE** _____

JLCNB Donation \$ _____

***Add \$3 for all entries postmarked after October 22nd** **\$3** _____

Total \$ _____

Checks must be postmarked by Oct. 22nd and payable to :
JLCNB

**348 Parrish St.
Merritt Island, FL 32953**

**Register online at <http://register.runningzone.com/>
and click on the Pumpkins in the Park 5K link.**

In an effort to support our sponsors and to provide the best possible race experience for all participants, we have established a policy regarding photography and video recording at this event. Any photography or video recording at this event must be for personal use only and may not be used for commercial purposes. The Junior League of Central & North Brevard, the Group of Friends of the Junior League, and all officials of the race have and all persons who will be participating in the race have agreed to this policy. I consent to this policy and agree to this policy and understand that I have no right of privacy or control over the use of any photographs or video recordings taken at this event. I hereby grant permission to any and all of the foregoing for any purpose whatsoever and I agree that I shall not sue or claim any damages against the Junior League of Central & North Brevard, the Group of Friends of the Junior League, or any other person or organization for the use of any photographs or video recordings taken at this event. I understand that I am releasing and waiving my right of privacy and all other rights of privacy in connection with this event.

Signature: _____

Printed Signature of Under 16 years of age: _____

EVENTS INCLUDE:

- 5K Run/Walk starts at 6:30 p.m. at church & Riverside Dr.
- Free "Lil Pumpkins" Kids Run/Walk
- Free T-shirt with paid pre-registration
- Finish line management by Running Zone
- Register by October 22nd and save \$3.00
- **Costume Contest at after party**

AWARDS FOR:

- Top 3 in Each Age Group
- Top Masters (90+)
- Top in Each Age Group
- School Team with the Most Participants

PACKET PICK-UP:

Pre-registration packet pick up at Running Zone on Thursday, Oct. 25 from 10am-6:30pm

AGE GROUPS:

D-9 10-14 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-79 80+

DIRECTIONS:

From Interstate 95 take exit 201 east onto State Road 520 for 4 miles. Turn right on Brevard Ave. Cocoa's Taylor Park address is: 430 Delaney Ave, Cocoa Village, FL 32922

*T-shirt sizes are not guaranteed

*Pumpkins in the Park is a rain or shine event, no refunds will be issued

FOR MORE INFORMATION CONTACT:

JLCNB.....(321) 453-5718

www.brevardjuniorleague.org



**JUNIOR LEAGUE OF
CENTRAL & NORTH BREVARD**
a 501(c)3 organization

Get Up & Go 5K/10K

The first race of this season's Titusville Racing Series was the Get Up & Go 5K /10K, held on August 25th. It was the fifth annual staging of the event which offered participants the choice of a 5K or a 10K, with both races offering points towards the series. Starting at the Sand Point Park Pavillion, both races went over the Max Brewer Bridge and back. The 10K then went south along the course used for the Space Walk of Fame. The races benefitted Hope for North Brevard, a faith-based non-profit serving the Titusville community.



In the 10K, which had more than 120 finishers, Kevin Sweeney was the Overall Male Champion, covering the distance in 39:41. Robert Pike crossed the line in 40:31, taking second place. And Art Anderson was third in 41:57. The Male Master Champion was Danny Barrett who posted a time of 43:25. Beth Sweeney was the Overall Female Champion in 46:12. Felicity Cunningham crossed in second place with a time of 47:40 and Christine Kennedy took third in 49:57. Karon Pittman was the Female Master Champion in 50:38.

The 5K race had more than 200 finishers, led by Xavier Walton, who took the Overall Male Champion award with a time of 17:37. Jacob Langgle crossed second in 18:07 and Hunter Bray was third, posting a 19:08. Juan Percira was the Male Master Champ in 19:43. For the ladies, Meagan Hopkins was the Overall Female Champion, covering the distance in 19:51. Kara Kyramarios was second in 20:21 and Caryn Treder was third in 21:59. The award for Female Master Champion went to Patti Spoerle, who finished in 23:39.

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





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 & *Special Thanks to Pace 100.5*



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

Long Distance Relationships

WHAT SCR RUNNERS SAID ABOUT THEIR RECENT OUT OF TOWN RACES



Pick & Choose

The 35th Annual University of Okoboji

Marathon • Half Marathon • 10K • Triathlon

Arnolds Park, Iowa • July 20 2012

Looking for a different kind of event where everyone in the family can participate in a different race? You might want to consider this unique event held on a Saturday in July in northwest Iowa.

The University of Okoboji Homecoming Weekend hosts four races that all begin on a Saturday morning. At 6am the Marathon kicks off bright and early at Arnolds Park Amusement Park followed by the UofO Triathlon at 7am on Lake Okoboji. The Half-Marathon commences down the road at Wahpeton City Park at 8am and at 9am the 10K begins from the Methodist Camp. All participants run to the same finish line ending at Arnolds Park.



Making it a mid-west family affair, Brittany Streufert ran the Half-Marathon while her husband, Shane and father-in-law, Jim raced the 10K. Shane picked up a first place finish in his age group/fifth overall in a PR time of 37:11.

Making the Grade



RACE EXPO— Not quite. Packet pick up is at The Three Sons. (pictured below) However you can shop their clothing selection while there. It's good.



COURSE—Each race at some point runs along the shaded, scenic Lakeshore Drive. Expect rolling hills. Longer distances runs on road and paved bike path.



POST RACE PARTY— Not too much to choose from here. Bananas and Vitamin Water were available. Lots of local vendors onsite selling food. To cool off you can jump right in the lake.



OVERALL— Small town race with a lot of charm with a semi-challenging course for Floridians. B+ Event



SPACE COAST ART FESTIVAL TURKEY TROT 5k

Road Race / Walk



Thanksgiving Day 7:30 am

A Cocoa Beach road race for runners and walkers through residential Cocoa Isles. Youth Runs of 1/4, 1/2, and 1 mile for the young gobblers. Get your Thanksgiving off to a healthy start and create a great holiday tradition with family and friends!

Race benefits the Cocoa Beach Jr/Sr High School Track and Cross-Country programs, and the Space Coast Art Festival

Location & Schedule

Race starts and ends at the Balivick Mall, located just north of Minuteman Causeway on Brevard Avenue

- 6:30 - 7:15 am Registration at Eagles Nest
- 7:30 am 5k Run / Walk
- 8:30 am Free Little Gobbler Runs
- 8:45 am Awards Ceremony

Registration

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

- \$20 Entries postmarked before Nov. 1
- \$25 Entries postmarked after Nov. 1
- \$80 Family/Friends of Four Turkey Team before Nov. 1
- \$100 Family/Friends of Four Turkey Team after Nov. 1

Turkey Team must carry a 12 lb. turkey over the course. Turkey must stay with the team and team must stay together throughout the 5k. Turkey may not be pushed or pulled in a wheeled vehicle. Team keeps the turkey. TEAMS MUST REGISTER BY TUESDAY, NOVEMBER 20!! No teams accepted after this date.

Make checks payable to: Space Coast Art Festival

Mail completed entry to:
30 Country Club Road
Cocoa Beach, FL 32931
(Race fees are non-refundable)



Race hotline: 321-783-6535

Email: TurkeyTrot5k@cfl.rr.com

Website: <http://spacecoastartfestival.com/turkey-trot-5k>

Awards

Unique Thanksgiving awards will be presented to:

- Top 10 Overall Male & Female Finishers
- Masters Male & Female
- Finisher closest to the Middle of the Pack
- Top Turkey Team
- Best costume - Adult Male & Female, Youth Male & Female, Turkey Team

Amenities

- Race t-shirt designed by local artist, Henry Lund. Register early to guarantee shirt size!
- Electronic timing
- Post-race refreshments
- Door prizes

Join us Thanksgiving weekend for the 49th Annual Space Coast Art Festival in downtown Cocoa Beach!!

Packet Pickup

Tuesday, Nov. 20 and Wednesday, Nov. 21 from 5:00 - 7:30 pm at Cocoa Beach Health & Fitness, 1355 N. Atlantic Ave, Cocoa Beach. Race day morning at Eagles Nest from 6:30 to 7:15 am.

Community Outreach

Share the spirit of Thanksgiving and donate a non-perishable food item at packet pickup or race day to help the needy in our community. Donations will be delivered to the food pantry at Lutheran Church of the Resurrection on Minuteman Causeway.



Space Coast Art Festival 2012 Turkey Trot 5k

Name _____ Address _____ Male Female Age _____

City _____ State _____ Zip _____ Phone _____ Birthdate _____

Team Entry? Yes Team Name _____ (each team member must submit a race entry)

CBHS Class of 1982? Yes Email _____ Race Shirt (included with entry) YM YL S M L XL XXL

I assume all risks associated with my participation as a participant in the Space Coast Art Festival Turkey Trot 5k including, but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled to act on my behalf, waive and release the directors and sponsors of this race from all claims or liabilities of any kind arising out of my participation in the event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (Parent if under 18) _____

Date _____

3 Holidays, 3 Classic Races



in the Beach Communities of
Cocoa Beach & Cape Canaveral



Run or walk all three races to earn the
Holiday Beach Classic medal!

Races benefit Cocoa Beach Recreation Department Youth Camps,
Brevard County Police Athletic League, Cocoa Beach High School
Cross-Country & Track Teams, and Space Coast Art Festival

FALL INTO WINTER 5k
October 20, 7:30 am
Cocoa Beach

TURKEY TROT 5k
November 22, 7:30 am
Cocoa Beach

REINDEER RUN 5k
December 1, 8:00 am
Cape Canaveral



Medals awarded at
the REINDEER RUN
for completing *all*
three races.

Registration details
available through
links on Space Coast
Runners on-line race
calendar.



For more information, visit the **Space Coast Runners Race Calendar**
to view or download individual race entry forms at:

<http://mattmahoney.net/scr/cal.html>

Find race entries in calendar by race date noted above



To contact race directors by email:

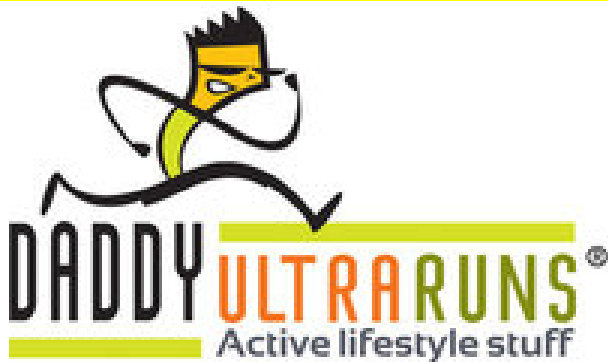
Fall Into Winter 5k: lmclean@cityofcocoa-beach.com

Turkey Trot 5k: turkeytrot5k@cfl.rr.com

Reindeer Run 5k: r.lefever@cityofcapecanaveral.org



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