



SPACE COAST RUNNERS NEWSLETTER

Promoting Running and Fitness
in Brevard County, FL

October 2012



It's Fall, and that means that, as the weather cools (really?) the racing season heats up. Lots of race entries for your consideration this month. Last month we had the Sisters 5k, the Turtle Krawl 5K and a Mid-Summer Marathon/Half-Marathon. Results, pictures and a whole lot more inside...

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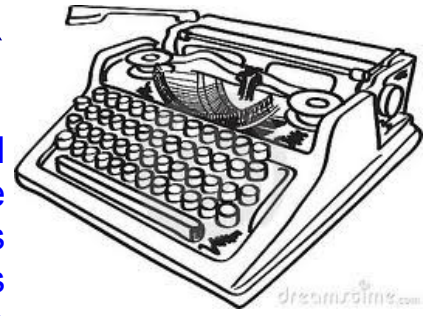
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FROM THE EDITOR



The days are getting a little shorter and the temperatures are getting a little cooler (a VERY little!). That means that it's Fall and that also means it's Racing Season. The number of events here on the Space Coast picks up dramatically. And the events that our members travel to around the county, and world, also increases. Don't forget, if you are traveling to an event, we'd love to hear about it. It's fun for other members to read about the experience of doing an event they may be considering. This month, we have two contributions. A special thanks goes out to Anne Dockery and Charis Gaines. Anne traveled to her home country to run her first ever race there and has contributed a story about her experience. And Charis traveled to Rhode Island for a marathon and tells us about her race. Thanks Ladies!

We've noticed an increase in the interest in trail running in Brevard County. Thanks to Hernan Garcia for contributing an article about the opportunities and joys (?) of running trails locally.

Remember, this is YOUR newsletter. If you have something to share about your running or walking experiences, we're happy to share the experience with you. Just let us know.

Finally, a thank you to all who contributed to this issue: Carol Ball, Loran Serwin, Running Zone, Doug Carroll, Steve Colella, Matt Mahoney, Karen Rodriguez and especially, Brittany Streufert and Lisa Hamelin!



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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: 7pm; Monday, October 15th 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
President

cball1@cfl.rr.com



Mary Ramba
Vice-President

mramba@aol.com



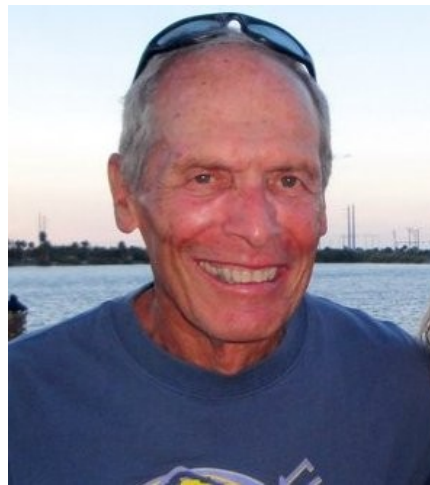
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Meet your 2012-2013 SCR Board of Directors



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Tristan Webbe

twebbe@cfl.rr.com

Carol's Corner

Contributed by Carol Ball, SCR President

Dear Space Coast Runners Friends,

As most of you know, I lost my Mother on Sept 20. She had accompanied us to my daughter's wedding in Seattle, and fell ill after we returned. She lasted one week in the hospital with a blood infection and double pneumonia. She was 79. I am overwhelmed by the outpouring of concern and thoughtfulness from all my running friends. Thank you for all the Facebook messages, cards, phone calls, and prayers. I am truly blessed and it is comforting to know I have all of you during this very difficult time.



Thought and prayers continue to head your way—your SCR Friends and Family



Space Coast Runners recently received the following from a concerned member:

Notice to Race Directors

I have read many race entry forms past and present and have noticed the statement: “no baby joggers or strollers.” I have also noticed that this requirement is not enforced at any races. Being a power walker, I tend to be at the back of the pack and I have been bumped by the front wheel of several baby joggers. I have also attempted to pass another runner/walker and been brushed by the wheel of a stroller. I cannot imagine the danger to a runner. My husband, a middle-of-the-pack runner, has been cut off many times by these baby jogger strollers.



© Ron Leishman * www.ClipartOf.com/1048638

I cannot imagine the danger to a runner. My husband, a middle-of-the-pack runner, has been cut off many times by these baby jogger strollers.

I know that the job of race director is difficult (I did it myself), but I think it is important to enforce what is stated on the race entry form. I love children and enjoy seeing them at races, but for the safety of all participants, baby joggers and strollers should truly be prohibited.

Lisa Farrall
SCR Member
Walker
National Anthem Singer

RRCA Guidelines On Baby Jogging Strollers in Races

The Road Runners Club of America voted at its annual business meeting on June 10, 1989, to recommend a guideline against the use of baby joggers or strollers in road races.

The Road Runners Club of America strongly recommends against the participation of baby strollers/joggers in road races and against race organizers creating baby stroller divisions. The reason for this recommendation is that the inclusion of strollers in races increases the potential for injury to race participants and children.

The RRCA has no objection to and does not discourage the safe and prudent use of strollers or baby joggers in individual training situations. If allowed in a race, stroller or baby joggers or similar devices should be started in the back of the runners and walkers.

Because most races are run on public roads, it is difficult to lawfully prohibit the use of baby joggers. Race directors could disqualify those participants, but at what cost? Space Coast Runners would like to hear your thoughts on this subject, and they will be posted, with permission, in the November newsletter. Please respond to cball1@cfl.rr.com

Join us for the next race in the 2012-2013
Running Zone Foundation Race Series:



October 20, 2012 • Melbourne, Florida

GHOSTLY GEOCKO 5K

Beneficiaries:



The J. Kyle Braid
Leadership
Foundation



Eau Gallie Civic Center • Race Start: 6:30pm

REGISTER TODAY



FLORIDA TODAY
COMMUNICATIONS

Visit our Series website for details
www.runningzone.com/series
or stop by Running Zone

3096 North Wickham Road • Melbourne, Florida 32835 • 321-751-8880

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RRCA Guidelines on Headphones in Events



The Road Runners Club of America does not usually dictate rules to our members; we offer guidelines on general safety that race directors and club leaders are encouraged to adopt as guidelines, rules or policies for their local events.



Since the mid 1980's the RRCA has maintained a long-standing guideline against the use of **headphones** in running events and group training runs. This is a safety precaution and a risk management responsibility for race directors and run leaders. As such, race directors and group run leaders are encouraged to ban or strongly discourage the use of headphones in races and group runs.

Advising participants to leave headphones and audio devices at home or in the car is part of the risk management responsibility of a race director. Many participants do not understand or respect the awesome responsibility a race director shoulders to ensure the safety of every single participant in an event. Respecting an event director's choice to prohibit headphones in an event or a group run is a shared responsibility of every participant to ensure the safety of all runners, the future success of the event, and the sport as a whole.

The RRCA understands that enforcement of a headphone ban or discouraging headphone use can be a challenge for race directors, especially for races that exceed several thousand runners. Because of this, the use of headphones in events and group runs are not excluded from the RRCA insurance policy. This means that if a race director promotes that headphones are not allowed or their use is discouraged in the event, but a participant shows up, runs the race in headphones, and has or creates an incident, the race director is still entitled to have the insurance company fund the defense or negotiate settlement in a legal case.

While the insurance policy does not exclude headphones, and the RRCA does not have an outright ban on their use during events, this does not mean that RRCA members taking advantage of the group insurance program can actively encourage runners to run while wearing headphones. That practice could jeopardize the integrity of the insurance program that benefits thousands of events and group runs every year.

On January 17, 2009, the RRCA Board of Directors met in open session to discuss the practice of active promotion of headphone friendly events. Under the advisement of the RRCA Insurance broker, and on behalf of the insurance underwriter, the RRCA Board of Directors unanimously passed a policy stating that RRCA members taking advantage of the group liability and Directors & Officers insurance program may not actively promote that headphones are welcome at RRCA insured events. Meaning RRCA members utilizing the insurance program should not engage in marketing campaigns that invite people to and run in events or group runs while wearing headphones.

We believe your race experience and those around you will be greatly enhanced by leaving the headphones at home or in the car. Running headphone-free allows opportunities to develop camaraderie with your fellow runners and to enjoy everything the race has to offer. Plus, volunteers and spectators will be on course cheering you on and providing directions to help get you to the finish line.

Runner safety has always been, and will continue to be, a top priority for our event. Please be mindful of the other participants and respect the race personnel to ensure a safe and enjoyable race for everyone.

Direct comments to: cball1@cfl.rr.com

SCR News and Notes



WELCOME TO OUR NEW CLUB MEMBERS!!

Make sure to say HELLO and extend a warm SCR welcome to our newest club members: Kimberly Prosser, Chris and Meredith Rea, Eric McKinley, Marco Carvalho, Walter and Mary Jane Catacutan and family, Garry Conrad, John, Elizabeth and Jeffery Gahres, Lynn Grande, Steve Hofmeister.

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.

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](#).

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

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



Two Down, Ten to Go...
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>	✓
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](#)

Sponsor Spotlight

Special Thanks to the Sponsors of the SCR Race Series!!



Monday Madness—Wear your favorite NFL or College football jersey between 7-10pm and receive 10% off your order.

Two-fer Tuesday—Buy one "To Go" container or "Grab n Go" item and receive the 2nd of equal or lesser value for 50% off.
ALL DAY!

Waffle Wednesday—Buy any "Love it" or "Gotta Have it" Creation or Signature Creation and Receive a **FREE** waffle cone/bowl. **ALL DAY!!**

Only Valid At: 777 East Merritt Island Causeway Merritt Island, FL 32952 (321) 452-3499



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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





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



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Marty Winkel

321-537-3256

sceventmgt@gmail.com



Fun Run Spotlight Up & Running Fitness



Oars and Paddles Park in Indian Harbour Beach is a busy place on Sunday mornings! It is usually chockfull of runners, walkers and cyclists. It is also site to a number of running group meet-ups. In addition to Team in Training with Barry and Michelle Birdwell, Running Zone, Space Coast Half Marathon Camp with Bernie Sher, the Birdwells and Rick Foresteire, there is also the Up & Running Fitness group there!

Up & Running encourages runners to join in on their long runs Sunday mornings at Oars & Paddles. The group runs over Mathers Bridge going north on South Tropical Trail. It is very shady with the river on the west side. If you are observant, from time to time you will see dolphins, manatees, birds of all varieties and a couple of peacocks that enjoy letting you know that they are there. From Oars & Paddles to the Pineda Causeway and back you can get a good 10 mile run in. A few groups actually meet there at varied times in the morning and U&R meets at 7:00 a.m. With a very diverse group you are sure to find someone to fall right into step with and usually keep you entertained! Don't be surprised if they finish with some yoga postures once in awhile to stretch their weary muscles before going home.

Up & Running provides water stops along the run, as well as Running Zone so there is always plenty of hydration!

Up & Running Fitness also welcomes runners to join in on its fun runs on Thursday evenings at 6:00 p.m. to work on their tempos or just to run with a fun group that will keep them moving! The locations change from time to time to change up the terrain. Locations include Eau Gallie Library, Satellite Beach Library, Melbourne Causeway and other locations in the Melbourne area that will keep the group running happy.

Fun Run Spotlight, cont. Up & Running Fitness



Some of the Up & Running Fitness runners, ready to start their Sunday long run!

Up & Running Fitness is owned and operated by **Elizabeth Ring** of Indian Harbour Beach conducting running and fitness camps with Coach **Karen Hughes** for folks who want to sharpen their running skills for competition or to begin a structured running program.

To keep informed of the Thursday fun run locations and Sunday long runs, “like” Up & Running Fitness on Facebook where a weekly update will keep you up-to-date in addition to its website at [Up & Running Fitness](#).

Come and join them for a run!

Frank Hosey: “I think one of the greatest things about the fun run is that you get to meet people from all walks of life and that share a common interest: Running/Jogging/Walking. You also have a variety of paces that you can run since you have various levels of experience; allows to run with people at any pace and allowing you to run with various people. The atmosphere is always happy go lucky, since all are there for a nice run. By going to the fun runs I have met some great people and become friends with a lot of them. “

Tena Hochard: “Where to start? What an incredibly supportive, fun-loving group. We are so diverse to say the least; from our backgrounds, to our ages, to our speed and ability levels. Many of us gather for breakfast after the Sunday LSD and have formed life-long friendships. Under ordinary circumstances, we may have never met, but U&R and running at O&P has brought us together. As for the U&R training camps, it has been and instrumental resource in the improvement in my running. Coach EB and Karen are the best and both bring so much to U&R.”

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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**



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

Entry Fee

Through Oct. 1st	\$20
Oct. 2-15th	\$25
Race Day	\$30
Family of (2) thru Oct. 15th	\$30
Family of (2) Day-of-Race	\$50

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

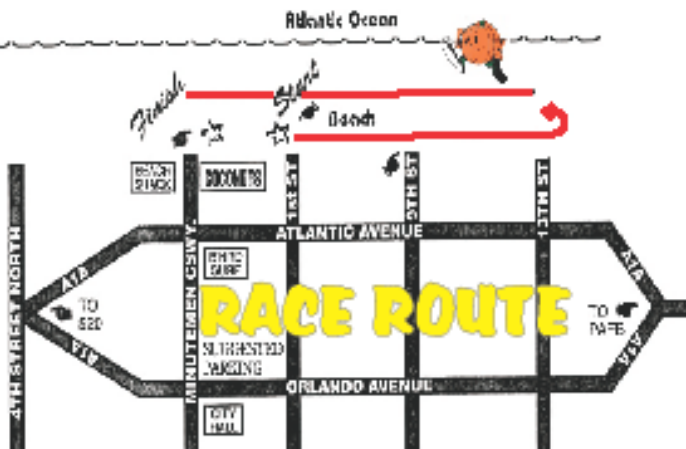
Overall Winners

1st Place...Surfboard

2nd Place...Skinboard

3rd Place...Bodyboard

Courtesy of...



Run a Mile with

Karen Rodriguez

THE FACTS



Family: Wonderfully funny husband, Mike Rodriguez and our two feline children, Sandi the tabby and Chuey the tonkinese.

Ages: I'm 37, Mike = 38, Sandi = 6, Chuey = 5

Originally from: Miami, FL

Grew up where?: Miami, FL



Occupation:

Speech-Language Pathologist for Brevard Public Schools. I also provide private therapy services to children birth to 3 yrs. of age. In my spare time, I am a photographer...check out my Facebook page, Karen Rodriguez Photography, & give me a "like"!

Dream profession: Researcher / biologist for either polar bears or sea turtles. I LOVE animals & I LOVE our Earth!

FOR THE RECORD

Number of Years Running: Thanksgiving weekend will make 3 years

Began Running Because/To: I began running because my sister wanted to register for the 2009 Turkey Trot. I really didn't want to run it. I couldn't even run for 5 minutes on the treadmill back then, but with lots of complaining (and I mean lots), I worked my way up to running 3 miles, & finished that first 5k in under 30 minutes! I've been hooked ever since!

I Knew I Was Hooked When: I ran my first 5K.

Race PRs (Personal Records): 2011 Max Brewer Bridge 5k 22:31; 2011 Space Coast half marathon 1:54:59 (who knew 1 second could mean SO much); I'll be running my first 26.2 this year, in the Space Coast Marathon, & am hoping to finish in 4 hours... if this foot injury doesn't keep my training to a minimum.



THE FAVORITES & MORE

Favorite Race(s): Why?): My favorite race, by far, has been the Space Coast Marathon / Half Marathon. I've found that I'm not a fan of the huge races, with fields of 15,000 – 25,000 people, though somehow, I still find myself running them. Space Coast is the perfect size for me. I love that I know the course like the back of my hand...maybe even better! I love that I get a chance to see many people I know on the course. I mean really...how fun is it to high five your friends as you pass each other in a race, on an out and back course?! And then there's the pancake and egg breakfast at the end! Seriously, what could be better??

Favorite Race Distance: the half marathon...I love the half marathon, because I can run it & feel great at the end.

Favorite Place(s) to Run: I only run along the river in Cocoa and Rockledge. There's just no other place like it in Brevard. In the winter, I do switch it up one day a week, and head up to Titusville for a 5 mile run, over & back on the A. Max Brewer bridge twice. That is a beautiful run!

Running Goals: run a sub 22:00 5k (and yes, I'll take it by 1 second); to run a half marathon in 1:50; to finish my first marathon in 4:00 (Space Coast 2012!)

Running Partner(s): Tammy Karr, Kara Springer, Cheryl Ritter, and whoever else wants to run with me... as long as I can keep up!

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: Wow, that's a tough one! I think I'd have a pretty eclectic group to include my husband, Mike (who is not a runner), Dr. Steven Amstrup (world renowned polar bear biologist with Polar Bears International), Kara Goucher (I think she's totally awesome), Jacques Cousteau (for his amazing stories of his sea adventures and conservation efforts), Whitney Houston (just to hear that beautiful voice), and Michael Jackson (no explanation needed...just because).



“K-Dog...you’ll see it on every race bib that allows a name

- Karen’s nickname since she was 21

Funniest or Oddest Thing I've Seen While Running:

Orange Man & Orange Girl at the ING Miami Marathon / Half Marathon (see the picture of me with Orange Girl). Orange man high fived me in the ING Fan Zone during the 2011 race. Later that day, I watched a video my sister shot of him as she waited for me to run by. I cannot even explain how funny he was...so funny, I registered for 2012 just so I could find him & take my picture with him! Well, I found Orange girl in 2012, & not only did I have my picture taken with her, but she then ran half a block with me! I laughed to entire time as we ran arm & arm!



Training Philosophies: Fake it 'till you make it!

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

Listen to your body, & go at your own pace.

Other Sports & Interests: I'm a cheerleader at heart...& yes, cheerleading is a sport! Cheered my entire life, & was the head coach of a high school cheerleading program in Osceola County. As a Miami native, you guessed it...I'm a Heat fan, Dolphin fan, & Canes fan! It can be tough to be a fan of Miami sports, but we get through each season by chanting our mantra..."sports will not ruin my life"! And as strange as it may seem, being a girl from Miami, I am an avid down-hill skier. I have been skiing since I was 4 years old, & have skied all over Colorado, Utah, California, Vermont, Switzerland, & Austria!

Favorite Reads: I find that most of my "reading" is focused around learning about the things I'm passionate about, I read a lot of photography books, running books, & wildlife/conservation publications. I'm a photographer, so as far as reading for pleasure goes, my favorites are more visual / photographic in nature. The Complete Cats in the Sun by Hans Silvester is one of my all-times favs. Pictures say a thousand words...

Favorite Movies: PeeWee Herman's Big Adventure

When Nobody is Looking I Like to: play the air drums to the Foo Fighters as I run...actually, I like to play them when cars drive by too.

Favorite Meal: That's a tough one, because I LOVE to eat, & will eat just about anything! I love breakfast, & could eat it any time of day. Pizza is another favorite that I can eat at any time...hot or cold

Dream Vacation: My dream vacation would be to travel with Polar Bears International to Churchill, Manitoba to view & photograph the polar bears

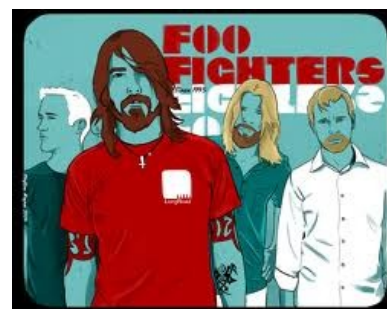


Why did you join SCR?

I joined SCR after making a bunch of new friends, who were members, during my Sunday morning runs from Cocoa Village. I'll never forget the day a pack of wild Space Coast Runners ran up behind me, scooped me up, & dragged me with them for the rest of their run. I had no clue who they were, but by the end of the run, I felt like I had known them forever. It was the first day I realized my potential! Thanks Barbara Krause, Kurt Holst, Kara Springer, Jay Claybaugh, Julie Hannah, Lisa Petrillo, Doug Nichols, Autumn Evans, & Joy Andrea!

I Think That SCR Could Do A Better Job:

So far, so good! Keep on rockin' it!



◆ 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

Long Distance Relationships

WHAT SCR RUNNERS SAID ABOUT THEIR RECENT OUT OF TOWN RACES



How One Runner Spent Her Summer Vacation

Estes Park, Colorado 2012
As told by Charis Gaines

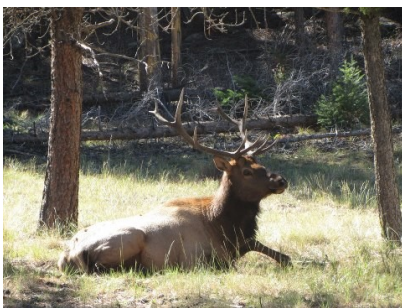


On a recent run with some of my Viera friends, we were paced by an armadillo. On my recent “summer vacation” in Colorado, we were treated to male Elk’s early morning bugling, zippy humming birds, amazing vistas, trail runs, hikes, rock climbing and the company of like-minded (amazing) women. I spent a week at a camp called Active at Altitude, where we were just that. Between trail running hiking in Rocky Mountain National Park, Essentrics, CrossFit, pool running and rock climbing, me and 9 other women came together as runners.

The residential camp in Estes Park, Colorado (elevation 8200 – yes that is feet) was designed by coach Terry Chiplin as an opportunity for women to get together, for a week of activities that are “creatively designed to challenge and inspire, primarily running on roads & trails in and around Estes Park.”

An internet search led me to the Active at Altitude website and in a burst of courage, I signed up for the September camp. I met 8 other women from around the country and we ran, hiked and learned from each other with the breathtaking Rocky Mountains as our training ground. It was definitely challenging – starting with breathing (!), and the trails.

All of the running we did was on trails. The ones that were steep and rocky were almost always followed by sanguine meadows which were sort of flat. We spent time with several coaches working on things like pool running, CrossFit and rock climbing. We got to know each other on the trails and through our other activities. Would I do it again? Absolutely!



ACTIVE AT ALTITUDE host training camps, corporate retreats, vacations, & various coaching options

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
**RUNNING
ZONE**
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 \$5 for all entries postmarked after October 22nd \$5 _____

Total \$ _____

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

348 Fernell 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 ensure the safety of all participants, the Junior League of Central & North Brevard reserves the right to refuse participation to anyone who is under the influence of alcohol or drugs, or who is unable to complete the race. The Junior League of Central & North Brevard is not responsible for any injuries or damages that may occur during the race. Participants are advised to wear appropriate athletic wear and footwear. The Junior League of Central & North Brevard is not responsible for any injuries or damages that may occur during the race. Participants are advised to wear appropriate athletic wear and footwear. The Junior League of Central & North Brevard is not responsible for any injuries or damages that may occur during the race. Participants are advised to wear appropriate athletic wear and footwear.

Signature: _____

Parent Signature if under 18 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 (40+)
- 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



Sister Run 5K September 1 Ryckman Park, Melbourne Beach

The 14th annual Sister Run took place at Ryckman park in Melbourne Beach on September 1st. It kicked off Ovarian/Gynecologic Cancer Awareness month. It included serious runners, walkers, babies in strollers, dogs on leashes, survivors, families and teams.

The Space Coast Ovarian/Gynecologic Cancer Alliance is dedicated to gynecologic cancer concerns and the organization donates money directly to cancer research.

The first Sister Run took place on November 27, 1999, organized by the Loveday Family, to honor their daughter/sister, Tricia, who had just lost her life at age 29 to ovarian cancer. Aptly named by the seven Loveday “sisters,” it became “The Sister Run” and the event continues that tradition as a “Sisterhood of Survivors.”

The Sister Run is dedicated to all Sister survivors and honors the memory of all that have lost their fight.

[Click Here for Full Race Results](#)

OVERALL RESULTS

Men 1st—Travis Pigon 18:30
Men 2nd— Alex Pfluger 18:41
Men 3rd— Felix Hottenstein 19:16
Masters— Art Anderson 19:34

Women 1st—Madison Eline 22:33
Women 2nd—Rene Dunne 24:27
Women 3rd— Lisa Saturday 24:51
Masters— Mandy Meyer 25:01



Top Finishers Travis Pigon and Madison Eline

Sister Run 5K, continued.



Special thanks to Doug Carroll for the complimentary race photos!



2ND
ANNUAL

Doughnuts for the Heart **CHALLENGE™**



DESIGN BY GPS 321-360-4477

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: CI 186722. 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.

Trail Running in Brevard County???

Contributed by Hernan Garcia

Trail running is gaining more fans every day. Curiosity amongst runners of all different backgrounds has taken many of them to venture into the unknown world of running with dirty and wet feet. Brevard County runners are not excluded from this adventurous group of trail runners!



One would think that trail running options in Brevard County are limited to a few short loops of sandy trails here and there. However, much to the surprise of many of us, Brevard has many shaded trail options for us to slowly incorporate trail running into our routines. The Environmentally Endangered Lands (EEL) Program has been expanding the trail network in the area for runners and hikers to enjoy! You can learn more about the EEL Program by following this link: <http://www.brevardcounty.us/EELProgram/Home>

Some of us are curious about running in muddy trails, but are afraid to do so. If you are thinking about adding some trail miles to your running life, here are some suggestions:

- Trails are different than roads. Take your time to adapt to the new surface and make sure you enjoy every step of the way!
- Ditch the watch! Miles are not important, pace is not important, and you will find no mile markers along the way! So relax, slow down, focus on your form, and enjoy nature! Besides, your GPS watch will probably not get a signal under the trees, so you might as well just chill and run by feel!
- Some trails around the area can be technical, with lots of roots and turns. You should be running these at any easy conversational pace. No huffing and puffing aloud! You will be working out your whole body so this is a great way of improving your core strength and most importantly, coordination! It requires a lot of practice and you will see the benefits when you hit the road!

So, if you are still curious about trail running, join us at one of our scheduled runs. There is a group of runners getting together at Enchanted Forest in Titusville every Saturday at 7 AM. This is a nice 3 mile loop which will challenge you every step of the way!

You can also find more information about available trail options by following this link:

<http://daddyultraruns.com/blog/2012/08/28/running-in-brevard-county-trails/>

We hope to see you out there and remember, we run to have fun!

Thanks Hernan!—BR





Cristina Engel, SFR

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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!

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

	15k
Overall	1st, 2nd, 3rd Male and Female
Master	1st Male and Female, 40+
Grand Master	1st Male and Female, 50+
Sr Grand Master	1st Male and Female, 60+
Age Group	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

Overall	1st, 2nd, 3rd Male and Female
Age Group	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

Overall	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!

Long Distance Relationships

WHAT SCR RUNNERS SAID ABOUT THEIR RECENT OUT OF TOWN RACES

Eccup 10

Yorkshire, UK—July 25, 2012

As told by Anne Dockery

It was only after I moved to the US in '04 that I took up running; thus, although a Brit, I had never raced in the U.K.--that is until Sunday, July 15th, 2012. While visiting my 92-year-old mum, I decided to run the Eccup (a local reservoir)10-mile race.



After weeks of unremitting rain that morning dawned bright and sunny, albeit cool by Florida standards. Since the course was just 20 minutes away and the start time was 9:30, my morning was relatively leisurely. Friends drove me along winding, tree-lined roads to an expansive field where we parked beneath an ancient oak. A five minute walk and we were at race headquarters, a local hall, with an inclemency-proof area for our race gear.

As I waited for my race number, I noticed there were several specific queues for the various running clubs -- the Valley Striders, Ilkley Harriers, Idle Trotters, Pudsey Pacers, Smiley Paces and Baildon Runners, to name a few. I was on the short "unaffiliated" line and soon had my bright red Eccup 10 shirt and my number (no chip-timing here). There were 641 runners. Set to go, I now had only to deal with the ubiquitous race event problem - long lines at the ladies' loo.

And so under ideal conditions (the low 60's with bright sunshine) I ran the long downhill opening stretch with a controlled, easy lope. I got in stride with a guy who was intent on maintaining an 8:00 pace and we chatted a little as we went.

We ran along tree-lined roads and onto a trail with woods on the right, and the gently-lapping waters of the Eccup Reservoir on the left. The Yorkshire countryside was lush, green and beautiful.



Continued on next page...

Long Distance Relationships

WHAT SCR RUNNERS SAID ABOUT THEIR RECENT OUT OF TOWN RACES

Eccup 10

Yorkshire, UK—July 25, 2012

As told by Anne Dockery

Continued...

After about eight miles I joined two talkative chaps who helped me pick up my closing pace.

The hilly terrain had taken its toll and now I faced running up what was the long, easily-negotiated downhill at the race's start. I kept motoring along and (with a brief recovery walk thrown in) I reached the finish line. Curiously enough, I was sorry to see my race at an end.



Back at the hall there was an assortment of delicious homemade food -- flapjacks, fruit-cake and gingerbread, to name a few. I was set to dig in when I realized the food was for sale along with cups of tea - a way to raise extra money for charity. My friends kindly treated me to some flapjacks -delicious indeed.

The awards ceremony was a lively affair, bringing together the fierce but friendly competitors from the various running clubs. They give considerably fewer awards than is usual after our Brevard races. There were six awards in the Male Open division which included runners under 40 (there were 154 runners in this group). The male winner finished in 55:42. The Women's Open division included runners under 35(60 entrants). The female winning time was 58:38. The prizes were 20 pound gift certificates from a local running store. No bobble heads or medals here. (Editors note: Those are some HEAVY awards!!)



And by the way, the two junior races, one mile and two mile, were very competitive and well supported.

I discovered that each club holds its own training meetings every week (They tend to be in towns and are not so geographically spread out as SCR). Speed work sessions, strength training, circuit training during the week, and long runs on Sundays as well as social events and a trip to the pub after the training. Many of the runners in Yorkshire are harriers and run the moors and hills.

One delight was meeting up with Dot Kesterton, 60,(a Smiley Pacer) after the race and swapping stories about our running. We are now firm friends and hope to run together again.



Thank you, Abbey Runners, for a wonderful morning I'll long remember.

Eagle Pride



5K & 1 Mile Run/Walk

SATURDAY, Nov. 10 at 8:00 am

CAPRON RIDGE * VIERA, FL
(North on US1, west on Viera Blvd.,
Capron Ridge entrance on left)

- "Eagle Pride" TECH shirts (kids cotton tees)
- Awesome Race Packets & Awards
- Refreshments (featuring Chilly Spoons Yogurt)
- ***FREE** – Kid's Run (*7yrs old & younger)



TIMETABLE

Friday, November 9: 10am – 5pm

Packet Pick-up & Registration at **Running Zone** across from
Brevard Community College on Wickham Rd.

Friday, November 9: 6pm – 9pm

Packet Pick-up & Registration at **Ascension Fall Festival** at
Ascension Catholic Church, 2950 N. Harbor City Blvd. Melbourne

Saturday, November 10: Capron Ridge, Viera

6:30 am Packet Pickup & Race Day Registration
7:45 am Late Registration ends
8:00 am 5K Start!!!
9:15 am 1 Mile Starts!!!
9:30 am Kid's Run (7yrs and under) - FREE!

Awards Ceremony immediately following all races

Presented by:

ADVANCED
AIR CONDITIONING SERVICES
of Brevard, Inc.



dedicated to you/health



Glenn Paternoster



AWARDS: 5K

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

Age Groups (Top 3 M&F)

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

AWARDS: 1 Mile

Top 3 M&F in age groups:

11 & under	12 – 19	20+
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FEES

5K Early Registration (by 11/5)	\$22
5K Reg. after 11/5 & Race Day	\$30
5K Kid's Reg. (16 yrs. & Under)	\$18
1 Mile Registration (T-Shirt included)	\$15
1 Mile Registration (NO T-Shirt incl.)	\$10

SORRY, NO REFUNDS

EAGLE PRIDE 5K & 1 Mile Run/Walk - OFFICIAL ENTRY FORM

Make Check Payable to: Ascension Catholic Church (memo: Eagle Pride 5K)

Mail Complete Form and Check to: Ascension Catholic School, c/o Eagle Pride 5K Race
2950 N. Harbor City Blvd., Melbourne, FL 32935

Name _____

5K 1 Mile

Address _____

Ascension Students only:
Grade & Teacher: _____

City _____ State _____ Zip _____

Phone (daytime) _____ Email address _____

Male Female

Date of Birth ____/____/____

Age on Race Day _____

Shirt Size (circle): (youth)M (youth)L (adult)S (adult)M (adult)L (adult)XL (adult)XXL

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

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

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE



Run for Love 5K RUN/WALK

SATURDAY, NOVEMBER 17, 2012 AT 7:30 AM
Church at Viera

TIMETABLE:

Friday, November 16th 10:00 am – 6:30 pm
Packet Pickup & Registration at **Running Zone** on Wickham Road
Just south of the King Center

Saturday, November 17th
(Church at Viera, 9005 North Wickham Road)
6:00 am Packet Pickup & Registration
7:15 am Late Registration for 5k ends
7:30 am 5k Start!!!*Awards Ceremony immediately following the race

AMENITIES:

- Free t-shirt for all registered runners
- Great food and refreshment
- Fun Race Packets
- Vendor tables
- Prizes and giveaways

AWARDS:

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

Age Groups (Top 3 M-F)

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

FEES:

	Until 11/16	Race Day
5K Run/Walk	\$25.00	\$30.00
Students	\$22.00	

SORRY, NO REFUNDS

Run for Love 5K OFFICIAL ENTRY FORM

Send completed entry form with fee to:

Brevard Family Partnership

Attn: Run for Love

2301 W. Eau Gallie Blvd, Suite 104, Melbourne, FL 32935

Make check payable to: Brevard Family Partnership

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____

Email address _____

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

Team Name _____ (min. of 5 team members with one person of opposite sex)

Please check shirt size: Sizes: XS S M L XL XXL

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Run for Love 5K event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

SIGNATURE

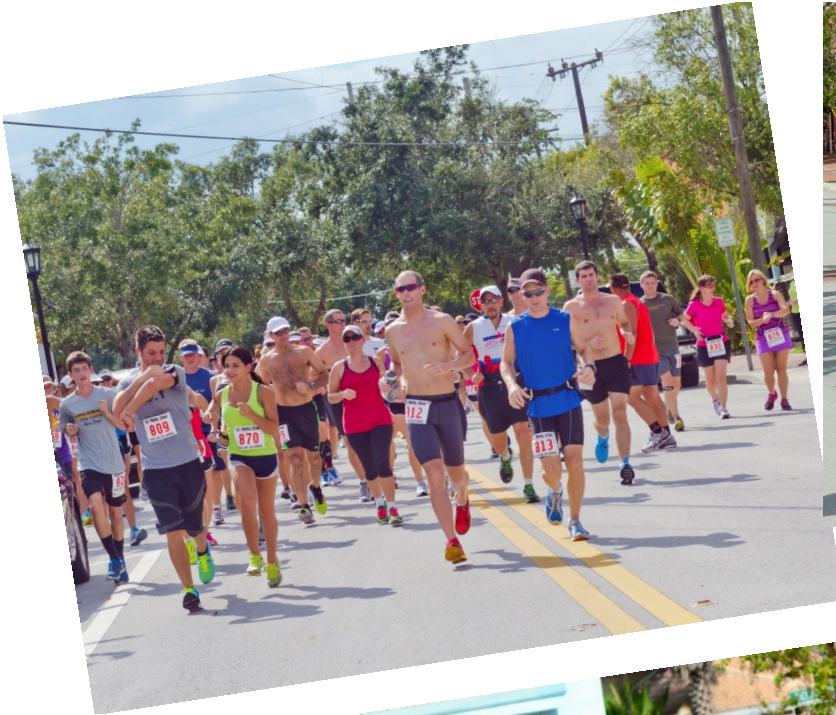
SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE

Mid-Summer Marathon and Half-Marathon

September 8, 2012

The Second annual Mid-Summer Marathon and Half-Marathon raised almost \$2500 to benefit the UCF Haiti Relief fund, Families Exploring Downs Syndrom (FEDS), the American Diabetes Association Tour de Cure and the US Paralympic Team. The untimed, no-fee, no awards, fun run started at Daddy UltraRuns and onto River Road. Pictures provided by Steve Colella of YourPhotosNow.com.



More photos on following page...

Mid Summer Marathon and Half-Marathon

September 8, 2012





Find out more about the
orphanages you are running
for at

www.winournations.com

JOIN US FOR THIS EXCITING FUNDRAISER EVENT

Win Our Nations, Inc. is on a mission to purchase our orphanage property in Cameroon, Africa (that we currently are renting) and finish building on our own property at our orphanage in India

WE NEED YOU!

We are looking for folks like you to sign up a fee of \$25 and run (or walk) 5K to help our orphanage properties in Africa and India!

Run Day: November 17th 2012
Chain of Lakes, Titusville, Florida

Registration Fee: \$25.00

Registration by: A.S.A.P. For more information, contact
Phyllis Blowes at 321-684-1062

Please return this with your \$25.00 registration fee - **PTO**

Name: _____ Gender _____

Age on Day of Race _____

Address: _____

Make check payable to:
Win Our Nations

City _____ State _____ Zip _____

Total Enclosed:

Phone: (____) _____ DOB ____/____/____

\$25.00

Email address _____

Win Our Nations · 'The Mission' · 1048 Azalea Lane · Cocoa · FL 32922

Blood, Sweat, & Tears

CROSSFIT



\$25

RISE ABOVE

\$25

COSTUME FUNRUN

TWO DIFFERENT RACES

RUN ORIENTED RACE

CROSSFIT ORIENTED RACE

ONE GREAT TIME

SILENT AUCTION

T-SHIRT

FOOD

PRIZES

TRY SOMETHING OUT OF THE

NORM

WHEN

9AM SATURDAY

OCTOBER 27, 2012

WHERE

CROSSFIT RISE ABOVE

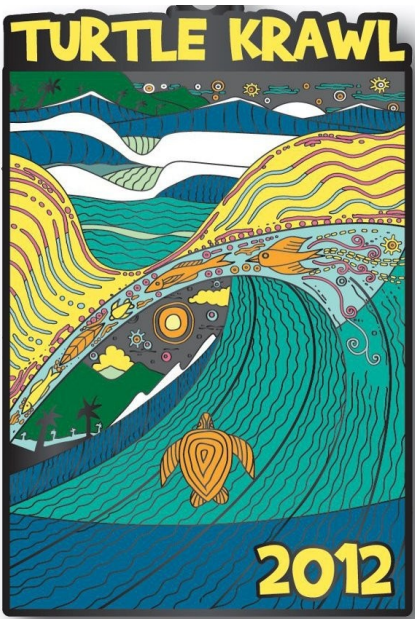
1973 GLAVA AVE

MELBOURNE FL 32925



**ALL PROCEEDS GO TO ASSIST
IN THE FIGHT AGAINST BLOOD CANCER**





Turtle Mania!

Indialantic was crawling with fun & fast times

Turtle Krawl 5K Run/Walk • Sep 15, 2012

Debuting for the first time in SCR Runner of the Year Series, the race was a smashing success as it led participants from Nance Park through the beautiful Indialantic beachside community. Race director, Mark Petrillo handled an overwhelming increase in attendance this year with ease. Great weather made for an excellent run/walk and post-race party. The monies raised benefit the Sea Turtle Preservation Society.

Steve Hedgepeth took the win in a time of 17:18 which was a course record. He was followed by Shane Streufert (17:29) and Marc Zeller (18:22). So far Hedgepeth and Streufert are leading the SCR series in points.

Jessica Crate led the ladies with her winning time of 18:35. Second place went to Melissa Taylor (19:17) and third was Tracy Dutra (19:43) who now sports a new last name now that she's tied the knot with fellow SCR runner, Andy Dutra. Congratulations!

Masters winners were Steve Chin (18:36) and Anne Dockery (21:37). Grandmasters' titles went to Annie Caza (22:10) and Bret Halliday (18:43).

Colorful award medals were given to the top 3 in each age group. The team competition was fierce with the Harris Racing Team capturing the title. Running Zone landed a strong second with Team Black Sheep edging out the Camp Masters by 12 seconds to secure their third place finish.



Hedgepeth leads Streufert around a turn



1,579 Runners & Walkers crossed the finish line making it the largest 5K in Brevard



Turtle Krawl 5K continued

SCR MEMBER SPOTLIGHT Howard Kanner



Turtle Krawl! Ok, it was a fun run. Crowded, but Race Director Mark Petrillo was drumming up business for what seemed like 6 months. He goaded me into running another local race with the promise of my favorite race number (314) and lots of homemade muffins (not pies, but an acceptable substitute).

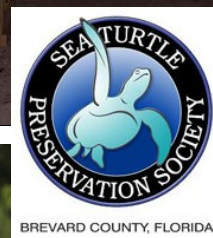
The race site was jam packed, even 45 minutes before start time! Parking was crazy, but well planned. I liked how the start line was handled, with everyone crowding, but then the faster folks were called forward to the true start position - it kept the little kids out from under the feet of the faster folks. The course was well marked, with folks directing traffic at every intersection. Neighborhoods are fun to run around, and the big loop was enjoyable and shady.

On the way to the finish, it felt like someone kept moving the finish line away from me, but maybe that was because my Garmin showed I ended up running long - 3.14 miles - Dang, Mark did it again and had my number for me again!

After the race, the tents had lots of great snacks and drinks for all - muffins, orange juice, smoothies, fruit and much more. I finished 16th overall (top 1%), but was the 6th finish in the 40-44 age group! But that made the run very fun, with having so many people to run with all throughout the course.

The Youngest and Oldest Finishers were also honored at the Turtle Krawl. For the youngsters, Taegen Burns, age 5 and Rillery Burdick, age 4 picked up a prize for completing the distance. And Marion DiPasquale, age 79 along with Jack Lightle, age 80 claimed victory for the “most seasoned” participants.

Middle of the Nest award went to Cheryl Cook from Indian Harbour Beach. Overall, it was a well done race and we can't wait for 2013. Can it get any bigger?



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 Baliwick 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 _____



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 Sponsors** **Pen Bank**



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



Where In The World

ARE SPACE COAST RUNNERS RUNNING?

OCTOBER 2012



Jacksonville Marine Corp 1/2 Marathon
October 6—
Jacksonville, FL
Andrea Lucas



Amica Marathon
10/14—Newport, RI
Rick Foresteire
Charis Gaines
Veronica Sim
Nancy Wingo



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



Army Ten-Miler
October 21—
Washington, DC
Tara Sanz



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



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



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



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



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



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

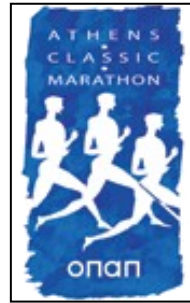
Good Luck to our all of our awesome October athletes!



NOVEMBER 2012



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



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



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



Philadelphia Marathon
11/18—Philadelphia, PA
Mark O'Donnell



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



St. Augustine Half Marathon
11/18—St. Augustine, FL
Trisha Lucas



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



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



Turkey Trot 8K
November 22—Charlotte, NC
Jennifer & Roger Ogburn

DECEMBER 2012



Disney Wine & Dine Half Marathon
11/10—Lake Buena Vista, FL
Jennifer & Roger Ogburn



Enmark Savannah River Bridge Run
12/ 1—Savannah, GA
Betsy Butler,
Jessica McCaskill



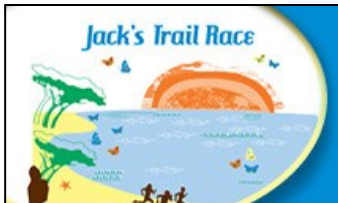
DECEMBER 2012

"A Run Through the Jungle"

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



Santa Hustle 5K & Half Marathon
12/9—Daytona Beach, FL
Jennifer Ogburn



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

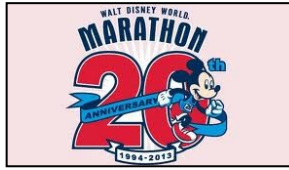


Jacksonville Bank Marathon
12/16—
Jacksonville, FL
Kurt Holst, Courtney Holst, Kayla Holst, Ron Ritter



Savage Seven Marathons
12/26—12/31
Winter Park, FL
Jan Gagnier

JANUARY 2013



Walt Disney World Marathon & Goofy Challenge
1/12-13—Lake Buena Vista, FL



MARATHON
Jan Gagnier, Sharon Loines, Jackie Kellner,

GOOFY
Betsy Butler, Andrea Lucas, Tricia Lucas, Chris Loines, Charlotte McClure,



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 Meadows



Myrtle Beach Half Marathon
2/16— Myrtle Beach, SC
Ed & Cristina Engel



A1A Marathon & Half Marathon
2/19 Tampa Bay, FL
Janiene Pape



Gasparilla Distance Classic
2/23 Fort Lauderdale, 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



17TH ANNUAL REINDEER RUN

PROCEEDS BENEFIT THE
CAPE CANAVERAL
POLICE ATHLETIC
LEAGUE



RACE INFORMATION:

FRIDAY, NOVEMBER 30, 2012
10:00 AM - 6:30 PM - PACKET PICKUP
RUNNING ZONE
3696 N. Wickham Road (across from DCC)

SATURDAY, DECEMBER 1, 2012
8:00 AM - 5K RUN/WALK
9:00 AM - SCR YOUTH SERIES FUN RUN
9:15 AM - AWARDS PRESENTATION
9:45 AM - DOOR PRIZES

AGE GROUPS:

0-9 10-14 15-19 20-24 25-29
30-34 35-39 40-44 45-49 50-54
55-59 60-64 65-69 70-74 75+

PIONEER

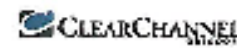


CHERIE DOWN PARK
8492 RIDGEWOOD AVENUE
CAPE CANAVERAL, FL. 32920

PRE-REGISTRATION.....\$25.00
Space Coast Runners Receive \$1.00 Discount
Pre-Registration Only
RACE DAY REGISTRATION.....\$30.00
SCR KIDS FUN RUN.....FREE
First 400 Registrants Receive Race Shirts
RAIN OR SHINE - No Refunds

SATURDAY, DECEMBER 1ST
8:00 AM

www.cityofcapecanaveral.org
r.lefever@cityofcapecanaveral.org
321-868-1226



2012 REINDEER 5K RUN/WALK

OFFICIAL ENTRY FORM

Make check payable to: CITY OF CAPE CANAVERAL

Send completed entry form with fee to: Running Zone, 3696 N. Wickham Road, Melbourne, FL. 32935

Last Name _____ First Name _____ M.I. _____

Address _____

Telephone _____ E-mail _____

Male _____ Female _____ Age on 12/1/12 _____ D.O.B. _____

Please Check Shirt Size: ___XS___S___M___L___XL___XXL

First 400 Registrants Receive Shirts

In consideration of my entry being accepted, I understand to be legally bound and to hereby, for myself, my heirs, my executors, waive and release all rights and claims for damages which I may have or which may be asserted against me against the City of Cape Canaveral, its tenants, and sponsors of the Reindeer Run, Cape Canaveral Police Athletic League, their respective officers, agents, directors, 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 or entry or participation in the 17th Annual Reindeer Run 5K Run/Walk. If I should suffer injury or illness, I understand the 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 completion of this event. I hereby grant full permission to me and all of the foregoing to use any photographs, video tapes, audio pictures, recordings or any other record of this event for any purpose whatsoever. I HAVE READ THE ABOVE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

SIGNATURE _____

DATE _____

(Signature of parent or guardian is required if participant is under 18 years of age)

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



SCR MEMBER DISCOUNTS

The businesses listed below offer SCR members a 10% discount



GET MOVING!
Group Fitness & Personal Training

10% off an 18-class package!
www.getmovingfitness.weebly.com



BREVARD ZOO



MELBOURNE



YOUR BUSINESS HERE??

There are two ways to advertise with Space Coast Runners. Give our members a discount and we'll give you a free small ad space. For other ads, we charge \$25 for a half page and \$50 for a full page. Contact Bob Rall, Bob@RallCapital.com