



SPACE COAST RUNNERS NEWSLETTER

Promoting Running and Fitness
in Brevard County, FL

November 2012



Fall Into Winter 5K



The race season has heated up as the temperatures have cooled a bit. Several race series events last month and lots of costumes running through the streets. And a picture perfect day for a beach run. Unfortunately, Hurricane Sandy blew through and cancelled some races. Results, pictures, registration forms and more...inside....

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FROM THE EDITOR



It was a busy month of races on the Space Coast and it would have been busier had Hurricane Sandy not come to town. Both, Pumpkins in the Park and the SchoolHouse Run were cancelled due to the weather.

Doughnuts for the Heart was rescheduled for February.

The Space Coast Runner of the Year series is heating up and this is a big month for series participants. We go retro with the Space Coast Classic 15k and 2-Miler, which returns to its old home in Melbourne Beach. Then, just in time to burn off some of those Thanksgiving calories, we'll have the 41st running of the Space Coast Marathon and Half-Marathon.

There seems to be some increased interest lately in Ultra running, so this month's newsletter features not one, but two "Long Distance Relationships" contributions from locals traveling to Ultras. We hear from Kati Craig about her 50k run, walk and fall at the NorthFace Endurance Challenge in Pine Mountain, Georgia. We also hear from Jim Schroder who tackled yet another Ultra, this one in the Windy City. And two of your editors traveled to our nation's capitol to run the Marine Corps Marathon...and were lucky enough to get out just before Hurricane Sandy paid her visit to the northeast.

So, what running adventures have you had recently that we can share? As always, we'd love to hear and share your stories. Just get in touch...



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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, November 19th 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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cball1@cfl.rr.com



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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

Happy November! The cooler weather is great for our sport and there are lots of events on the calendar!

I want to encourage everyone to come on out to the **Space Coast Classic 15K** on Nov 10th, back at the original location in Melbourne Beach. [Entry Form](#) This race is not only going to be held at a new (old) location, it will be "classic" in every way with cotton T- shirts, classic awards, and timing with the Henry Campbell System! There will be a 15K and 2 Mile Run, and a 2 Mile Walk. If you are not registered to run or walk, please consider volunteering! Contact Barbara Linton ASAP! lintonbj@gmail.com



Also, there is still time to register for the **Space Coast Marathon & Half Marathon** on Nov 25th. [Mail in Form](#) [Online Registration](#) New this year – Virtual Race Goodie Bags – reduced waste! **Some** of the other amenities: Expo/ packet pickup at the KSC Visitors Center; pasta dinner at the Apollo/Saturn V Center with speaker Bart Yasso of Runner's World [Purchase Dinner Tickets](#); Upgraded long sleeved "Race Ready" tech shirts; pacers for Full and Half marathon; logo beach towels; pancake breakfast and Pizza Gallery pizza; iced hand towels at the finish, and Health First Orthopedic Dr. John Perry as Medical Director on site with enhanced medical area. SCR will again be presenting awards to the top finishing **SCR Members** – so you may be surprised! This is SCR's biggest fundraiser of the year – so if you are not participating, please plan to volunteer! [Register to Volunteer](#) Volunteers get an appreciation packet!

Space Coast Runners has committed to a full race course cleanup effort after the race. We want to show the River Road Residents that we are willing to clean up the road! We will meet at the **Riverfront Park entrance arch** at 1pm. Food, Drinks, SCR T shirts, bags, and gloves will be provided. Please RSVP – cball1@cfl.rr.com or check out our face book page [SCR Adopt a Road](#)

I hope everyone has a safe and happy Thanksgiving!

—Carol

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: Jerry Brown and Geoffrey Mitskevich.

SPECIAL THANKS TO THE FOLLOWING FOR THEIR HELP IN THIS MONTH'S NEWSLETTER.

Carol Ball, Loran Serwin, Running Zone, Matt Mahoney, Doug Carroll, Steve Colella, Barry Jones, Kati Craig, Kelly Semenko, Erin Schuck and Jim Schroeder.

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](#).



Doughnuts For The Heart Challenge

Due to the after effects of Hurricane Sandy, the 26th Masonic District MMRL Doughnuts for the Heart Challenge was postponed to Feb 10, 2013 at 7:30am. While many participants were disappointed, the upside is that they now have more time for doughnut training!

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



Space Coast Runners Youth Series 2012—2013

The **SCR Youth Series** consists of 7 non-competitive **FUN RUNS** for youth ages 12 and under. The purpose is to include youth in organized runs and encourage participation and an interest in running and fitness. Children will receive “little feet” participation awards at each run. All children who complete 4 of the 7 runs will be recognized and receive an award at end of year banquet. Ragan Krupp is directing the 2012—2013 series.

Chain of Lakes was the first **Fun Run** of the series and you can tell by these pictures that the kids were having a blast!





Featured SCR Race of the Month



Space Coast Classic 15K & 2 Mile

The 27th Annual Space Coast Classic 15k and 2 mile race returns to beautiful Melbourne Beach for a blast from the past! The course takes runners north and south of Ocean Avenue through historic Melbourne Beach.

WHERE ► Ryckman Park
507 Ocean Ave Melbourne Beach

WHEN ► 7:30 am
Saturday, November 10th

WHAT TO EXPECT ► Pick your distance! Event includes the 15k road race, 2 mi run & 2 mi walk. Kids can get in on the fun run action with distances of 1 mile, 1/2 mile & 1/4 mile. Proceeds benefit Daily Bread. Show your support by bringing a can of food to help them feed the hungry.



Don't miss the deadline to register for the Space Coast Marathon & Half Marathon!

[Click Here for details](#)

November means it's a multiple race month for the Space Coast Runners!

2012-2013 Race Series

Running On Island Time 5K	✓
Turtle Krawl 5K <i>NEW!</i>	✓
Chain of Lakes 5K	✓
Fall Into Winter 5K <i>NEW!</i>	✓
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!!

It's your future...be there healthy.



C L O W C H I R O P R A C T I C

145 Palm Bay Road NE Unit 120
West Melbourne, FL 32904
321-725-8778

Island Multisport Half Marathon Training for First-Timers

Looking to increase distance? Want to learn to do volume safely? Got a bucket list item that needs checking off? Maybe you're a Sprint triathlete that wants to complete your first Olympic or Half Ironman. If this vibes with you, Island Multisport has a treat for you. Starting 10/24 they will train for the Winter races that take place all over Florida.

Winter is Marathon Season in Florida, so get prepared for it with some friends and neighbors to help keep you inspired and accountable. Follow the training schedule highlighted in green <http://islandmultisport.com/calendar.aspx>

Do the work in your own time during the week and share your pains and gains on Wednesday with a moderate pace run that is mentioned in the training calendar. Just show up to be included.

Call 321.984.2111 for details.



Runners Take On Titusville

Many look to capture points in
the third SCR series race



October 13, 2012 • Titusville, FL

With the Space Coast Runners series heating up in the points race many participants were toeing up to the start line looking to run fast times at the Chain of Lakes 5K. With the weather cooperating with slightly cooler temps, it was a beautiful, breezy race day. Top finishers Shane Streufert and Steve Hedgepeth both improved their times this year compared to 2011 and once again placed first and second with Streufert (17:11) edging ahead of Hedgepeth (17:26) for the overall win. Thirteen year old, Mason Jones impressed with his third place finish in 17:55.

For the ladies there were no repeats from the top three finishers in 2011. Local Titusville resident, Caryn Treder ran 20:53 for first in the female division. Kara Springer took second in 21:15 followed by Anne Dockery for third in 21:45. The Master Division titles for Male and Female were captured by Art Anderson (19:15) and Tina Kraver (22:11). Grand Masters went to Matt Mahoney (20:44) and Annie Caza (22:52). And Sr Grand Masters winners were David Grant (21:43) and Mary Ramba (28:36), For full race results, [click here](#).

Runners enjoyed a festive post-race party with complimentary massages and Subway sandwiches.



5K Race Photos by Steve Colella, yourphotosnow.com



Chain of Lakes 5K Run/Walk continued





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



4730 Seminole Trail

Merritt Island, FL 32953

info@rallcapital.com | www.rallcapital.com

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

Marty Winkel

321-537-3256

sceventmgt@gmail.com



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.



Quality to you/heart



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

Fun Run Spotlight

Running Zone Fun Runs

Contributed by Erin Schuck

When Running Zone opened their doors in 2003, the vision was to help runners select the products that will enhance their running and walking experience, and to offer events that everyone could participate in. Within weeks of opening, Running Zone started offering Thursday night fun runs from the store to the course in and around Wickham Park. Every week, friends new and old arrive at the store, now in its 9th year!



The Thursday night fun runs/walks start at 6:00 pm. On the last Thursday of the month, there is an added bonus...free pizza and prizes! Also, throughout the year, many of Running Zone's vendors sponsor the Thursday evening fun runs/walks. They bring shoes to test drive during the evening workouts and often have prizes.

Janet Erlacher of Melbourne has been attending these events for years and has many memories of the fun runs; "Without these organized runs, who knows what I would do to keep on track. It's nice to know that people are waiting for you and make you run even when you might not want to."

Running Zone offers three other options for group camaraderie and training during the week. All of the fun runs and walks are free to all, and all skill levels are welcome.

On Monday, runners can be found at Pizza Gallery & Grill at The Avenue where a nice 3 mile course is waiting. Pizza Gallery & Grill has some of the best pizza in town and now free pizza is offered on the first Monday of the month! The Monday night group meets at 6:00 pm so please wear lights!

"I love the diversity of the group because you have people training for all different events, and there are so many things to learn and take home as inspiration. I enjoy seeing the shirts from big events, hearing the stories, and can't help but feel caught up in the momentum."—**Joney Thibodaux**

On Wednesday we meet in the Eau Gallie Library parking lot. During triathlon training season, runners often don their swimming gear to swim in the river and then make a quick parking lot change into their running shoes and run over the Eau Gallie causeway. With the temperature dropping, the groups run or walk the Causeway and do some "hill" training. Mary June Joseph of Satellite Beach enjoys walking the causeway mid-week, and encourages others to join her! *Continued on next page...*

Fun Run Spotlight

Running Zone Fun Runs

Contributed by Erin Schuck

Kelly Semenko of Melbourne said, "Running Zone fun runs have played a major role in my running accomplishments. The support helped me to keep going when I first started out."

One of the most difficult things about training for longer distance races is putting in the long miles on the weekend. Finding a group and a great location is a key to making the miles less grueling! On Sunday mornings at 6:30 in Indian Harbour Beach, Running Zone provides water and Gatorade at the Oars & Paddles Pavilion, and the 3 and 5 mile. Meet in the parking area and enjoy the shaded route with some great company!



Ric and Karen Suarez of Melbourne have been attending the fun runs since the beginning, "Everybody seems to have a running injury story! Fun runs are a way to compare our battle wounds, get sympathy, and find out what works to get over an injury."

Studies have shown that running with a buddy or group will increase your ability to meet your goals, Running Zone fun runs are a great way to meet others with common interests. With four events a week, there are many opportunities for you to join a community of like minded people to train in a fun environment. Bring your friends and family and enjoy these fun runs. Strollers and dogs are welcome, too!

Schedule:

Mondays	6:00 pm	Pizza Gallery & Grill
Wednesdays	5:30 pm	Eau Gallie Civic Center
Thursdays	5:30 pm	Running Zone
Sundays	6:30 am	Oars & Paddles Park-Indian Harbour





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+

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

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

SORRY, NO REFUNDS

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

Voted One of the Top 50 Running Stores in America

RUNNING ZONE



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

Run a Mile with

Kelly Semenko



Kelly completed
Disney's Goofy
Challenge!



THE FACTS

Originally from: Malabar, FL

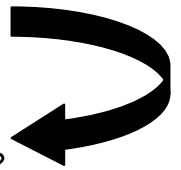
Grew up where?: Malabar, FL

Occupation: Material & Product Planner at Harris

Dream profession: Professional athlete



Perhaps
Lolo Jones?



FOR THE RECORD

Number of Years Running: 3

Began Running Because/To: My friend Jodie talked me into doing Run for the Gecko 5k in 2009. (My first 5k since 1990)

I Knew I Was Hooked When: I got my first PR and started losing weight.

Race PRs (Personal Records): 5K 25:46, 10K 58:18, Half Marathon 2:07:28, Marathon 5:00:37

Most Satisfying Race Performance:

The Goofy Challenge. I was able to shave 34 minutes off of my marathon time after running the half the day before.



**I'm a planner...I have more success if
I set out a plan & follow it.**

- Kelly's training philosophy

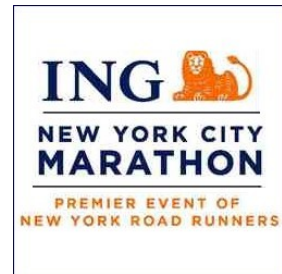
THE FAVORITES & MORE

Favorite Race(s): Why? Eye of the Dragon 10K because dragons are awesome. Turtle Krawl 5K because sea turtles are near and dear to my heart. The Run for the Gecko 5K, it's the race that started it all.

Favorite Race Distance: Why? Half marathons, I get a cool medal and can drink beer at 9am.

Favorite Place(s) to Run: Tropical Trail and around the Wickham Park area

Running Goals: To participate & complete the NYC Marathon →

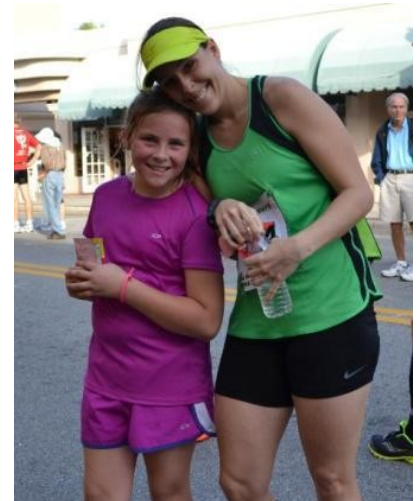


Running Partner(s): Trish Lucas and sometimes Andrea Lucas

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

Funniest or Oddest Thing I've Seen While Running: The older man fishing every Sunday morning on Mathers bridge. He always yells out words of encouragement and sometimes tells me to pick my feet up and you're almost done. Helps me get through my run and chuckle at the same time.

One Piece of Advice That I Would Give to a New Runner: For distance races, pick a plan and follow it.



LAST BUT NOT LEAST

Other Sports & Interests: Volleyball, tennis & triathlons

Favorite Reads: Go Dogs by Dr. Seuss

Favorite Movies: Spaceballs, 50 First Dates & any movie from the 80's

When Nobody is Looking I Like To: Sing in an opera voice

Favorite Meal: ANYTHING...I love food!

Dream Vacation: Germany or Greece

Why Did You Join SCR? They do a lot in the race community

I Think That SCR Could Do A Better Job: Nothing so far...they do a great job.



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

Annual INDIALANTIC



Witch Way 5K Walk/Run

Witch Way 5K

The 5th annual Witch Way 5K happened on Oct. 13. at Nance Park in Indialantic. Ghosts, witches, goblins and more came out for this evening beachside race.

One of the unique things about this race is that they offer a PR Challenge. A special award is given for participants that beat their previous Witch Way race time. What a great motivator to strive to do better each year!



Female Overall

Angela Cobb 18:16
Melissa Taylor 19:18
Ceal Walker 20:35

Male Overall

John Davis 16:48
Doug Butler 17:15
Eric Embick 18:48

Masters

Jennifer Ogburn 21:38 Steve Chin 19:23



The after party and awards presentation was held at the Long Doggers in Indialantic. There were bounce houses and candy for the kids and free hot-dogs and beer for the racers.

Witch Way 5K, continued



Photos courtesy of Stu Glass and Doug Carroll



Long Distance Relationships

WHAT SCR RUNNERS SAID ABOUT THEIR RECENT OUT OF TOWN RACES

Chicago Lakefront 50/50

Ultramarathons

Chicago, IL—October 27

Contributed by Jim Schroeder



The Chicago Lakefront 50K and 50M ran from Jackson Park on the lakefront bikeway / pedestrian path. Chicago's shoreline is shared by many hundreds of runners, bikers, rollerbladers and walkers, so there was never a boring moment on the course. The 50 Mile race heads north for 6.25 miles to a turn around and repeats four times. The 50K course turn around is about a mile shorter and repeats three times. The Race Directors have been putting on the Lakefront 50 / 50 for many years; their experience shows plus they proved to be tireless and energetic supporters of all runners regardless of speed and experience.

The 50 Miler had a cutoff of 11 hours and the 50K a cut off of 7 hours. Finishers over cut off are listed as, "Finisher," but do not receive a time or hardware that consisted of a medal for 50K finishers under 7 hours and a buckle for 50 Mile finishers under 11 hours.



The three aid stations were well stocked with water, Gatorade, Coke, cookies, pretzels, potato chips, M&Ms, dried fruits, bananas and nuts. The weather started cold at 41 degrees and warmed to 46 degrees in the afternoon; the winds picked up to 30 mph, gusting to 40 mph as the day wore on. With such cold temps a water bottle was unnecessary, however I did leave two water bottles at the Start / Finish with dissolved tablets for electrolytes and salts.

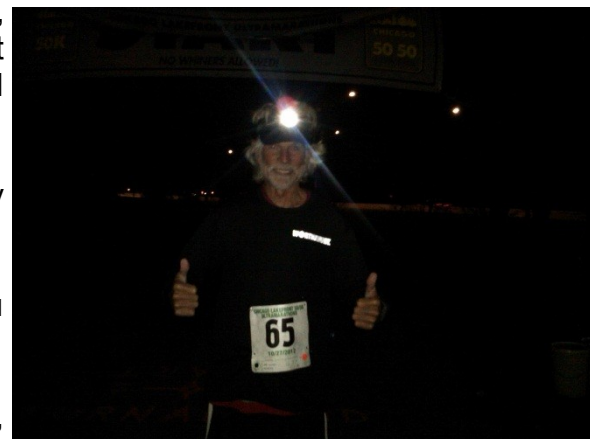
This is a flat and fast course on asphalt and concrete. Trail runners beware: your legs will hurt. The 50 Mile world record, 4:50:51, was set on the lakefront in 1984 by Bruce Fordyce on a similar course. The current course record is male 5:25:26 by Oz Pearlman in 2009 and female 6:53:41 by Ann Heaslett in 2005. This year's overall winning time was 6:33:31 by Shan Riggs. The female winning time was 7:03:01 by Meaghan Landolo.

In cool weather and on a flat hard surface I finally broke my 10:00 Hour barrier running a 50 Mile PR in 9:52:28, good enough for second in my Age Group. The RD has an interesting goal of matching Bib Numbers to Ages. The 60 - 69 Age Group results were: Jamie Kalven, Bib # 64, Age 64 who beat me in 9:21:14 as he steadily wore me down the last 25 miles, no doubt a Chicago native accustomed to 40 mph wind gusts!

Jim Schroeder, Bib #65, Age 65; 9:52:28 for 2nd in Age Group. Andy Thompson, Bib # 62, Age 62 came in on my heels at 9:53:02.

They keep gun time only, no chip timing, so you knew right where you stood; I kept a steady eye on Runners #62 and 64 all day.

There was at least one other Floridian in the run, Joseph Berrones, who finished in 8:45:22. All reported results are provisional at this writing, subject to RD verification.



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 BCC)

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

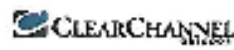


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8492 RIDGEWOOD AVENUE
CAPE CANAVERAL, FL. 32920

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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 any 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)

Fall Into Winter 5K

The beach challenges runners to kick up the sand

5K Race Photos by Doug Carroll

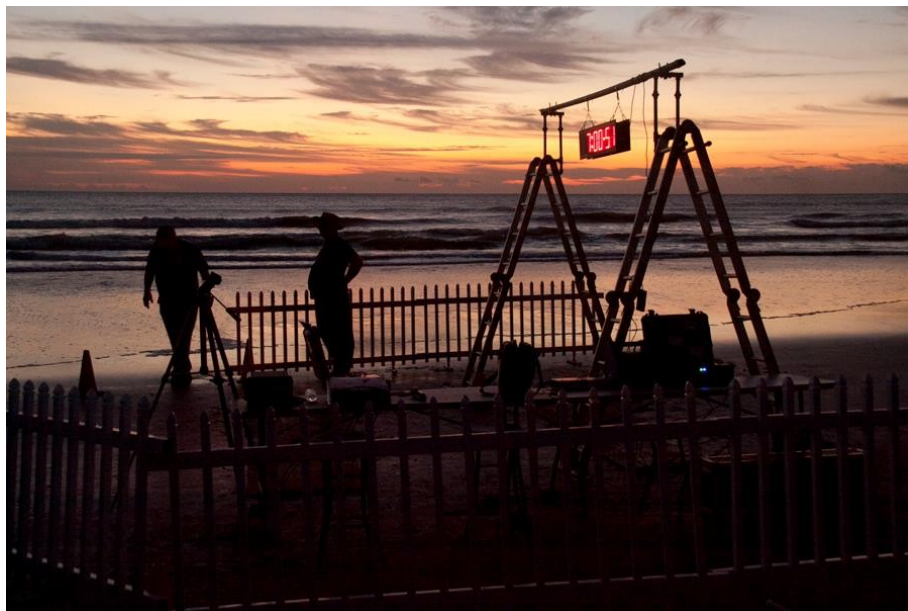


Marlene White races to the finish in costume.



"There's nothing like a morning race on Cocoa Beach. The race director did a wonderful job organizing the 5K and timed it perfectly with the tide;

the sand was hard packed and easy to navigate. Watching the sunrise over the ocean prior to race start, the laid back atmosphere, and the scenery in general helps make this one of my favorite races." -Michelle Smurl



October 20, 2012 • Cocoa Beach, FL

The fourth race in the Space Coast Runners series headed to the beach to provide a fabulous ocean side setting for the morning's participants. Athletes in costume and typical running attire raced in near perfect, low tide conditions along the Cocoa Beach course that went out and back. A refreshing breeze greeted runners on the turnaround as they headed to the finish line. Ron Jon surfboards were up for grabs to the top male and female finishers.

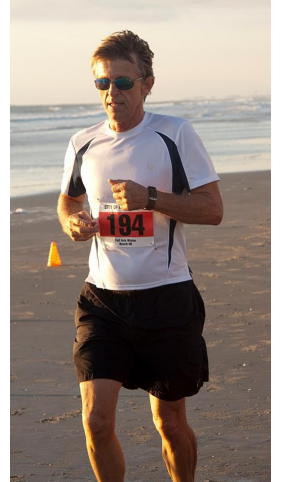
Autumn Herring of Cocoa Beach was the first overall female in a time of 21:59. The second place skim board went to Sandra Gannon (22:33) and the third place boogie board was given to Anne Dockery (22:35). For the men, the overall winner in a time of 17:21 was Cory Sayyeau followed by Shane Streufert (17:35) and Steve Hedgepeth (17:46). For complete race results, [CLICK HERE](#).

Masters awards were given to Art Anderson (20:05) and Tina Kraver (22:39). The second fun run in the youth series took place following the 5K. Coconuts on the Beach hosted a wonderful post-race breakfast buffet and kept the festivities kicking during the awards presentation.

Perfect beach conditions in Cocoa Beach treated 179 runners to a superb race.



Fall Into Winter 5K continued



Long Distance Relationships

WHAT SCR RUNNERS SAID ABOUT THEIR RECENT OUT OF TOWN RACES



Marine Corps Marathon

Arlington, VA—October 28th
Contributed by Bob Rall



After two years of struggling with an injury, and 22 months since my last marathon, I was finally getting the chance to run the Marine Corps Marathon, known as “The People’s Marathon.” Still not over my injury, in the weeks before the race, I went back and forth several times between “I’m not going to run” to “I can do this.” I did, and I’m glad I did.

My wife, Gina and I traveled to the nation’s capital with friends Shane and Brittany Streufert. Shane was scheduled to run the New York City Marathon the following week, so he was there as support for Brittany, Gina and I. Gina’s mom and dad also made the trip. They had never been to one of our marathons, so they coordinated their vacation around this one.

We checked into our hotel in Arlington and rode the Metro down to the Race Expo. I’ve heard this Expo described as “the best ever.” I thought it was good, but not the best ever.



On Saturday morning, Shane and I joined Runner’s World’s Bart Yasso (and a couple hundred other runners) for a FunRun 5K from the National Mall to the Marathon finish line, just before the Iwo Jima Memorial. We met

up with our wives and were treated to a breakfast buffet and a short, inspirational talk from Bart.

Early weather reports called for Hurricane Sandy to make her appearance in the D.C. area just about the time the race started.

Luckily, she delayed her arrival and we had perfect conditions on race morning...low 50’s and overcast. It was windy, but not terribly so.

Continued on next page....



Gina and I with
Bary Yasso...

23,515 FINISHERS FROM EVERY STATE AND 54 COUNTRIES.

Marine Corps Marathon continued...

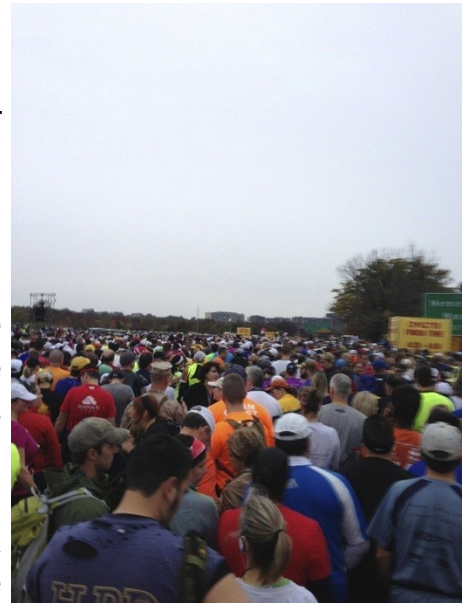
Arlington, VA—October 28th

Contributed by Bob Rall

Race officials advised that we plan to arrive at Runner's Village about 2 hours before race time. Being seasoned marathoners, we figured we knew better. We planned to get there about 30-45 minutes early. For anyone running this event in the future, I would suggest following the race officials advice. Bad call on our part.

We left our hotel at 6:15. The race started at 7:55. Sounds like plenty of time, but a 10 minute walk to the Metro station and the ride to the Pentagon station with 30,000 of our closest friends packed into the train put us at the Village with about 15 minutes to spare. Luckily, the U.S. Marines were operating the bag check area with UPS and bag drop went very smoothly. A quick

restroom break and into the VERY crowded start corrals. A few moments later, we were off.



Can't see the starting line from the corral.

The first 8 miles of the course were pretty hilly...actually two big hills that seemed to last forever. The course meanders through Virginia and Washington DC, beside the Potomac River. The leaves were in full-color mode and made for some very pretty scenery.

We've run New York, Chicago, San Francisco and several other marathons. They all have good support from spectators. But this race, in my opinion, topped them all. Enthusiastic supporters, creative hand-made signs and spirited Marines all along the course kept me going.

At mile 17, we headed into the National Mall, down to the Capitol Building and back before heading over a L-O-N-G bridge, back into Virginia. A couple smaller hills greeted us in Crystal City at Miles 23-24. Finally, a right turn into Arlington National Cemetery and up a hill to the finish, just before the **Iwo Jima Memorial**. I kept picturing that monument during my run and kept telling myself that if the Marines represented there could finish the job they started, I could finish this run.



Continued on next page...

Marine Corps Marathon continued...

Arlington, VA—October 28th

Contributed by Bob Rall

My knee issue made my training, and the race, a struggle. Marine Corps Marathon marks my 23rd marathon overall and gives me one in 19 different states. I didn't start running until 2003, so I think all the pounding I've inflicted on it over the last few years has taken a toll. I've tried just about everything I can think to relieve the pain...surgery, cortisone shots, gel injections, and I've even taught myself how to run differently — to be a midfoot striker instead of a heel striker. Nothing seems to have helped. I've never wanted an event to be over as badly as this one, both from a training standpoint and while I was struggling through miles 21-26, limping along trying to get to the finish.

But I did make it to the finish line! And, knowing that this was probably my last marathon, it was quite an emotional experience. I highly recommend Marine Corps Marathon...certainly one of the best! And I am officially retired from running marathons...for now. (Hey Brett Favre retired several times!)



One of the coolest medals...ever! It's all about the bling!



Shane & I on the National Mall, getting ready to run with Bart Yasso.



The cool throw-away jackets they gave us at the finish...MUCH better than those mylar blankets!



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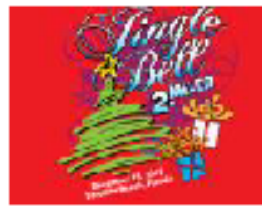
<http://twitter.com/RunningRealtor1>

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!



FIAT OF MELBOURNE

8th ANNUAL



"JINGLE BELL 2 MILER" RUN/WALK SATURDAY, DEC. 15, 2012 AT 5:45 PM

Satellite Beach Public Library * Satellite Beach, FL

Fourth race of the season

FREE – "Santa's Little Helper" Kid's Run



TIMETABLE:

Tuesday, Dec. 11th - Friday, Dec. 14th 10:00 am - 6:30pm

Packet Pickup & Registration at Running Zone across from Brevard Community College on Wickham Rd.

Saturday, Dec. 15th - Satellite Beach Library

4:30 pm Packet Pickup & Registration

5:30 pm Late Registration ends

5:45 pm 2 Miler Start!!!

6:30 pm Santa's Little Helper Kid's Run - FREE!

*Awards Ceremony immediately following all races

Satellite Beach Library: (From A1A, heading North, turn left on Desoto Road. Approx. 1/2 mile turn left on Jamaica Blvd. Approx. 1/2 mile, library will be at end of Jamaica Blvd.)

ADDITIONAL PARKING - CRESPINO FIELD - IHB AND DAVID R. SCHECHTER CENTER - SATELLITE BEACH - BUS TRANSPORTATION PROVIDED

AMENITIES:

- Awesome LS Technical Shirts
- Door Prizes/Fun Race Packets
- Jingle Bells for Everyone's Shoes
- Santa Hats for the 1st 500 Entrants
- Food provided by Long Doggers!
- Great Holiday Awards
- Awards for Best Holiday Costumes
- Random Giveaway of an LCD TV
- Special Appearance from Santa Claus & Zippy the Gecko Mascot

AWARDS:

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

Age Groups (top 3 male & female)

8 & Under	25 - 29	50 - 54	75-79
9 - 11	30 - 34	55 - 59	80-84
12 - 14	35 - 39	60 - 64	85+
15 - 19	40 - 44	65 - 69	
20 - 24	45 - 49	70 - 74	

FEES:

2 Mile Run/Walk \$28.00 Race Day \$31.00
 2 Mile Team Reg \$25.00 (No Race Day Team Reg.)
 Kid's Reg. \$15.00 Race Day \$20.00

SORRY, NO REFUNDS

JINGLE BELL 2 MILER OFFICIAL ENTRY FORM

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

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____ Email address _____

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

Open Team Name _____ (min. of 5 team members and must be coed)

Corp Team Name _____ (same as Open Team but EMPLOYEES ONLY)

Corporate Cup Challenge - Company Name: (includes friends & family) _____

Choose size category for company- circle one: <100 <1000 1000+

School Team Challenge: (Elementary and Middle Schools Only) _____

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

Kid's Registration: \$15.00 **Any child 12 years old or under may elect to have a cotton shirt in lieu of a technical shirt.

Youth Medium Adult Small

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

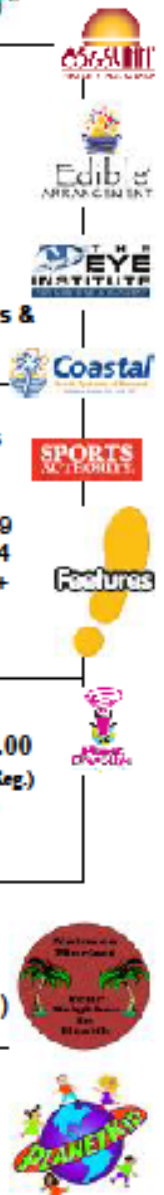
In consideration of my entry being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may here accrue to me against the sponsors, officials, volunteers, and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Running Zone Race Series event. If I should suffer injury or illness, I authorize 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 a 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 event at my own risk.

SIGNATURE _____

SIGNATURE OF PARENT FOR THOSE UNDER 18 _____

DATE _____

HAPPY HOLIDAYS!



Ghostly Gecko

Eau Gallie Civic Center—October 20th

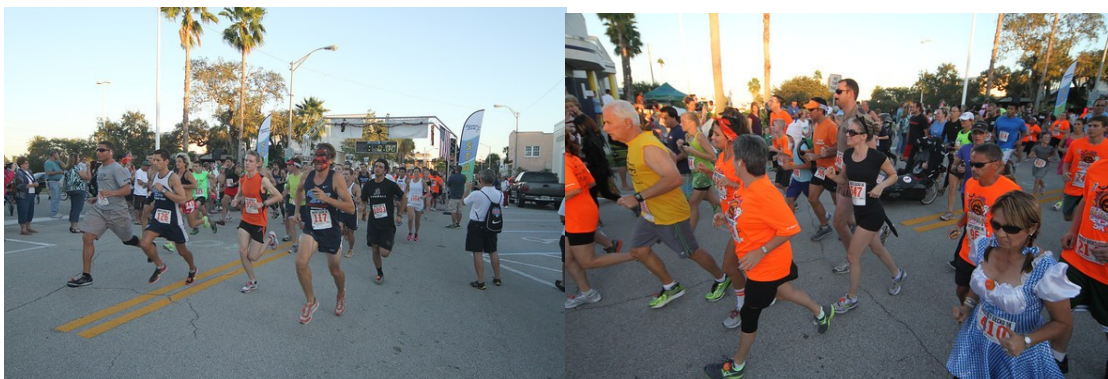
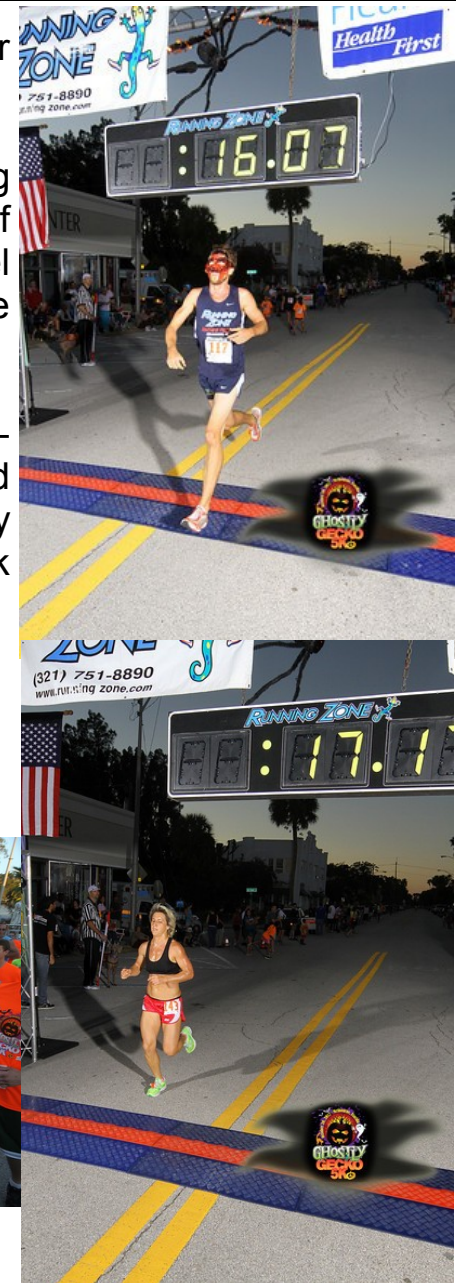
Species of all kinds came out for the pre-Halloween race.

Batman, Robin and the Riddler, Wonderwoman, Ghosts, Goblins, Dracula, Princesses, Blind referees, the Devil himself and many other “characters” gathered together in downtown Eau Gallie on Saturday night, the 20th of October. The third race of the Running Zone race series, and a chance to dress to impress, brought out a record number of participants.

Peter Clusener (right) was the Overall Male Champion, running in a devil mask and breaking the course record with a time of 16:07. John Davis took second place in 16:17, and Michael Fisher crossed third in 16:56. Shane Streufert took the Male Masters award in 16:57, a new Master’s course record.

For the ladies, Angela Cobb (bottom right) took the Overall Female Championship with a time of 17:17. Beth Whalen crossed second in 18:16. Meredith Vanveen was third in 18:42. Cathy Friedel was the Female Masters Champion, covering the 5k course in 20:19.

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



More Ghostly photos, courtesy of [TriHokie Images](#), on next page...

954 crossed the finish line after haunting the streets of Eau Gallie

Ghostly Gecko photos courtesy of TriHokie Images





Brevard County Parks & Recreation & Health First present:
2nd Annual "ReCreate Your Life" Race Series



Pre-register for 5 races and receive prize!

(Check the box for the race you are entering)

- December 1-Viera Regional Community Center: "Reindeer Dash 5k and Jingle Bell Walk" Viera (321)433-4891**
Brevard Health & Wellness Expo Dec 1 8:30am-1:30pm FREE to attend, \$30/table due 11/28 Info:(321)433-4891
- January 19-South Beach Community Center: "Shiver Me Timbers 5k and Walk" Melbourne Beach (321)952-3210**
- February 16-Rodes Park Community Center: "Forever Hearts 5k and Walk" W. Melbourne (321)952-3215**
- March 2-South Mainland Community Center: "5k at the Bay and Fun Walk" Micco (772)663-8748**
- April 20-Ted Whitlock Community Center: "Earth, Wind & Fire 5K & Fun Walk" Palm Bay (321)952-3231**
- May 25- Wickham Park: "Space Coast Mud Run and Kids 1k Challenge" Melbourne (321)255-4307**

****Website for race details: www.brevardcounty.us/RunBrevard**

Sponsorships: See attached sponsorship package or visit website for details.

Cost: Day of Race - \$18 runner / \$12 walker
Pre-Registered (mailed) 7 days before each race - \$14 runner / \$11 walker

Registration: 7:00am - 7:45am, day of race. Race start 8:00am

Course: Start and finish is at each location, Race is on paved and unpaved roads through each park.

T-shirts: High quality cotton. ***Guaranteed to first 100 Pre-Registered entrants per race.***

Plaques: First Place Overall & Masters & First Place Runner each age group (Male/Female)

Medals: Second and Third Place Runner in Each 5K each age groups (M/F)

Age Groups: (M/F) 0-9 then standard 5 years increments to 80+

More Info: Call (321)255-4400 or email southarea@brevardparks.com

Make checks to: Brevard County Parks & Recreation

Mail to: Brevard County Parks & Recreation 1515 Sarno Rd., Building A, Melbourne, FL 32935

NAME: _____ PHONE: _____

ADDRESS: _____ AGE: _____ DATE OF BIRTH: _____ SEX: _____

CITY: _____ STATE: _____ ZIP: _____ EMAIL: _____

RACE DATE _____ T-SHIRT SIZE (ADULT): S M L XL (YOUTH): S M L

I know that running a road race is a potentially hazardous activity. I should not enter and run 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 risk associated with running in this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such 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 Brevard County Parks and Recreation Department, The Brevard County Commission, The State of Florida, Space Coast Runners, race officials, and all sponsors, their representatives, and successors from all claims or liability of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I further grant full permission to any and all foregoing to use photo graphs, videotapes, and recordings, or any other record of an event for any purpose whatsoever. Additionally, I consent to all emergency medical treatment as may deemed appropriate under existing circumstances by personnel associated with the Brevard County Parks and Recreation Department. All photos taken by media or Parks & Recreation Staff can be used to market or promote other Brevard County Parks & Recreation Races. NO REFUNDS OR TRANSFERS.

SIGNATURE _____ DATE _____

PARENT / GUARDIAN SIGNATURE (If under 18 yrs) _____ DATE _____



Trail Running Seminar December 8th-December 29th (4 sessions)

Purpose

To introduce runners to the world of trail running. This is an introductory course and will present runners with basic information as to how to approach running in trails as well as taking care of their nutrition and hydration needs while doing so. We will also introduce a number of different trail options around the area for runners to be able to enjoy.

Dates/Topics

December 8 - Preparing for the Trails, How Fast Should I run, Conditioning and Form
December 15 - Shoe selection, hydration gear, headlamps, and other trail gear
December 22 - Running in groups and trail etiquette, Different Trail Options in the Area, Running in Wet Course, Falling
December 29 - Nutrition, hydration, and supplements
January 6 - Enchanted Forest 5K/10K

The course will culminate with the inaugural Enchanted Forest 5K/10K which will take place on Sunday January 6th. It will consist of 4 lessons/runs which will take place at Enchanted Forest starting on Saturday December 8th. We will meet at 7:30 AM every Saturday for a short presentation to be followed by some running around the trails at Enchanted Forest.

Cost

The cost to participate is \$50 and it includes an entry to the inaugural Enchanted Forest 5K/10K (\$25 Value).

Register: Email info@daddyultraruns.com or call Daddy Ultra Runs at 321-806-3935

Sports Apparel and Footwear www.daddyultraruns.com

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

A Stroll Down Memory Lane with SCR

SCR President Carol Ball was going through some old files recently and found some old SCR newsletters. The following three pages are from the "paper" newsletter of 10 years ago. Do you have some SCR history you would like to share? Send it to bob@rallcapital.com.

the **Space Coast Runner**

Volume 24, Issue 11

Fa la la la la, la la la la!

December 2002

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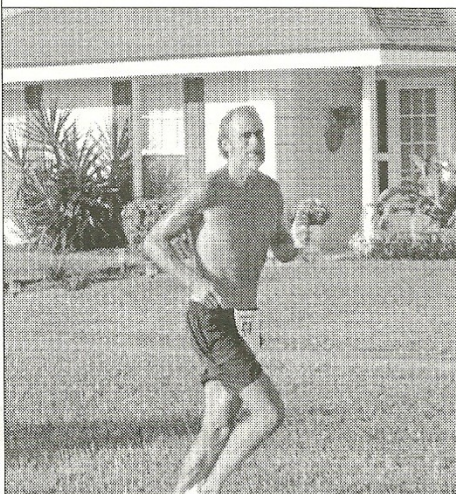
GENTLE REMINDER

This season's ROY rules state that "any member whose membership has expired over thirty days may not receive points for series races run during the expired period..."

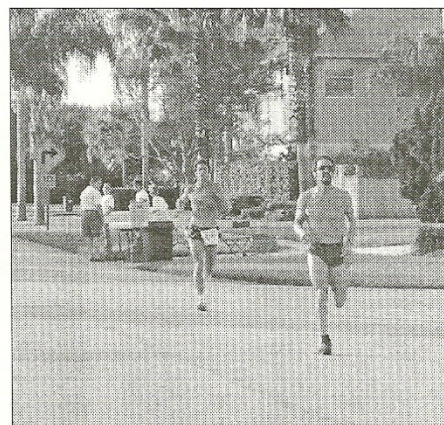
Check the mailing label of your newsletter. This will tell you when your membership expires.

HEDGESPETH, BULA REPEAT 15K WIN!!

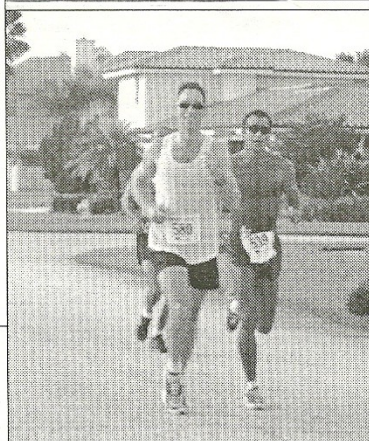
(Complete Results on Page 20. 15K Photos: Courtesy of Bob Richmond)



Matt Mahoney racing "only" a 15k in preparation for the 100-miler ultra race at the Enchanted Forrest in Titusville on Dec. 7



SCR's own Roger Travis, right, holds off Ken Vercammen from New Jersey at this year's SCC 15k. Travis placed 3rd OA in 58:44. Vercammen's 58:44 placed him first in-Male 40-44.



Terry Neuhart (left) pulls away from Pete Gelzinis just past the 10k mark at the Space Coast Classic 15k in Melbourne Beach. Neuhart put 27 seconds on Gelzinis, finishing in 1:01:05 and 3rd in the 40-44 AG. Gelzinis was 2nd in the 45-49 AG with his time of 1:02:38.

A Stroll Down Memory Lane with SCR

December 2002

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**SPACE COAST CLASSIC 15K
NOVEMBER 8, 2002
MELBOURNE BEACH, FL**

FEMALE OVERALL

Doina Bula 1:03:05
Pam Maxwell 1:05:24
Tess Martin 1:11:46

FEMALE MASTER

Kim Graham 1:12:10

FEMALE 15-19

Ashleigh Royalty 1:27:06

FEMALE 20-24

Elia Twigg 1:27:23

FEMALE 25-29

Kristin Apotos 1:13:11
Kelly Swartz 1:19:01
Katie Fuselier 1:20:41
Autumn Evans 1:21:34
Megan Campbell 1:28:04
Susie Willard 1:31:49
Stephanie Middendorf 1:37:21
Gina Dickerson 1:40:15
Shannon Coutant 1:42:58

FEMALE 30-34

Dana Artz 1:16:07
Camilia Russig 1:17:30
Cheryl Josie 1:19:34
Kabrena Rodda 1:27:36
Shelly Rosseau 1:29:59
Stephanie Cooper 1:39:05
Jen Ryan 1:39:06

FEMALE 35-39

Anne O'Connor 1:15:08
Karen Borysiewicz 1:16:51
Leanne Agurkis 1:17:55
Donna Snowberger 1:22:23
Jennifer Schneider 1:23:09
Antoinette McCarthy 1:28:38
Connie Hope 1:29:20
Margaret Weiss-Buel 1:29:38
Yvonne Martinez 1:35:52
Christine DeSena 1:36:49
Denise Buchannen 1:37:11
Linda Rydson 1:41:59
Christine Lighthill 1:46:26
Zahra McTammany 1:46:31
Meg Bedard 1:46:33
Dana Edward 1:48:48
Cathy Kuzminski 1:52:04
Mary Vierra 1:53:55

FEMALE 40-44

Patty Gay 1:12:48
Marlene White 1:14:14
DeDe Henrick 1:16:49
Sue Holstein 1:17:46
Susan Sheehan 1:18:00
Linda Pipkin 1:21:43
Nancy Rowan 1:21:46
Lauren Wilkin 1:22:01
Thalena Ingalls 1:24:20
Christy Zieres 1:27:47
Christine Willett 1:28:23
Joy Henry 1:30:28
Joan Glasson 1:30:38
Sharon Neilson 1:33:44
Cheryl Campbell 1:37:08
Jan Chatterton 1:43:13
Patti McCormack 1:51:29

FEMALE 45-49

Carol Ball 1:12:20
Hilary Swain 1:13:17
Noreen Williams 1:16:58
Barbara Linton 1:22:41
Patricia Taylor 1:24:33
Carol Connolly 1:25:05
Janet Reed 1:38:13
Linda Anderson 1:38:52
Delinda Karnehim 1:41:25
Karen Sanchez 1:51:29
Marla Rhodes 2:00:20
Becky Runnells 2:11:00

FEMALE 50-54

Maureen Morley 1:19:20
Lanie Reed 1:27:53
Carol Shehadeh 1:45:58
Ellyn Jack 1:48:48

FEMALE 55-59

Marilyn Whisner 1:29:30
Susie Koontz 1:45:59
Dottie Tuggle 1:54:18

FEMALE 60-64

None

FEMALE 65-69

Pat Dixon 1:35:56
Joan Mahoney 2:03:37
Dorothy Beck NTA

FEMALE 70+

Angela Saldana NTA

OVERALL MALE

Steven Hedgespeth 55:20
Ron Abel 56:56
Roger Travis 58:41

MALE MASTER

Don Gworek 58:20

MALE 15-19

Adam Gasiewicz 1:06:18
David Chrzan 1:16:51

MALE 20-24

None

MALE 25-29

Robby Sparks 1:03:16
Brian Sharp 1:13:08
Mike Simms 1:16:27
Mike Beres 1:32:50

MALE 30-34

Frank Kapr 1:01:36
Bill Campbell 1:10:19
Jay Ward 1:21:48

MALE 35-39

Michael Josie 1:03:29
Dave Hernandez 1:04:02
Danny Barrett 1:04:14
Michael Farnsworth 1:06:29
Doug Nolder 1:11:43
Robert Sorrentino 1:18:23
Doug Willard 1:19:17
William Swanner 1:24:02
Karl Soistman 1:24:21
Ben Park 1:25:15
Scott Anderson 1:41:53

MALE 40-44

Ken Vercammen 58:44
Andy Atkinson 1:00:51
Terry Neuhart 1:01:05
Deke Johnson 1:01:14
Art Anderson 1:03:47
Craig McCarthy 1:05:28
George Haddad 1:05:58
Brian Celso 1:08:41
Ross Clark 1:08:56
Bryan Myers 1:09:39
Marvin Miller 1:11:54
Henry Yu 1:14:43
Jim Haitchoat 1:15:59
John Joiner 1:16:02

Very timely with this year's Space Coast Classic only a few days away...

A Stroll Down Memory Lane with SCR

December 2002

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MALE 44-49 (Con't.)

Rob Spence	1:16:20
Keith Kowalske	1:16:46
Joseph Werner	1:17:00
Mike Adams	1:18:33
Paul Duncan	1:19:23
Dave Herst	1:19:50
Scott Waymire	1:23:11
Timothy Collins	1:23:12
Steve Colella	1:23:13
Tom Dalton	1:25:03
David Merker	1:40:53
Daviel Miller	1:46:52

MALE 45-49

Glen Reed	1:02:31
Peter Gelzinis	1:02:38
Solomon Hall	1:02:43
Coleman McCaskey, III	1:04:25
Michael Miller	1:04:34
Matt Mahoney	1:07:45
Alan LaMotte	1:10:46
Bill Tuomela	1:11:32
Ross Clarico	1:12:52
Ron Bolding	1:12:54
Dick White	1:14:58
Jim Ralph	1:15:05
Robert Doot	1:16:28
Bob Pellen	1:16:47
Joe Deen	1:17:07
Raymond Agurkis	1:17:55
John Macuszonok	1:19:23
Daryl Gilbert, Sr.	1:22:33
David Jaffe	1:24:32
Ed Drass	1:25:22
John Stanzione	1:28:23
Peter Korelsky	1:29:41

MALE 50-54

Wolfgang Jensen	1:08:42
Dave Farrall	1:11:27
Adam Rafalski	1:12:22
Wayne Wright	1:14:50
Ray Brown	1:16:32
Bill Longstreth	1:30:00
Tom Loback	1:38:41

MALE 55-59

Bob Lash	1:13:16
Gary Castner	1:19:00
Ken Gatson	1:19:01
Bobbie Cameron	1:22:40
Michael Zeitfuss	1:25:02
Robert Otto	1:34:37
Jack Kenworthy	1:35:39
R.C. Koontz	1:46:01

MALE 60-64

Roger Rouille	1:04:56
Darwin Tangen	1:24:55

MALE 65-69

Don Hawkinson	1:24:10
Henry Campbell	2:00:21

MALE 70-74

None

MALE 75-79

None

MALE 80+

Wilbur Crocker	1:42:14
J.B. Reaney	NTA

Melbourne Man Brings New System (A Story About Henry) By Rob Mason

Henry Campbell, the second place finisher in the 65 to 69 age group in 46 minutes, 17 seconds, at the Labor Day 8K in Davenport, had more than a passing interest in the race results.

In fact, the Melbourne Beach runner was the inventor of a finish system never before seen by this runner of 25 years.

Campbell, 68, has been using the system for the past 20 years at East Coast races. It's a scoring system comprised of one-inch high by four-inch wide cards that finishers fill out with name, age and gender.

Then the runners insert them into a vertical file, similar to one time cards go in, in order of finish. Once the first 40 finishers are in, the cards are moved to the age group files in order of finish.

This innovative system grew out of Campbell's experiences at races and his desire to find a better method of gathering results as quickly and completely as possible.

Back in 1981, he'd been running for two years and had just become president of the Space Coast Runners Club.

"I was going to races in Fort Lauderdale or wherever and I could never find

out where I finished in my age group or where I finished overall," the former process engineer said. "I wanted to come up with something that would show me who the guy I just missed beating was and where I was overall before I went home.

"The first system was mailing labels, and we stuck them on a board. That didn't work too good because, if you made a mistake, you couldn't get them off," Campbell said.

"This system has been around for probably 20 years. I make all the cards myself. That's something like 50 or 60 thousand cards I've made over the years. "I get them printed up on 8 1/2 x 11 sheets. Then I cut them and glue each card together in a little fixture I made for that."

Needless to say, I was fascinated with this system. And to think he'd been using it since the days when we were handing out numbered tongue depressors to finishers in local races.

Our system worked alright, but Campbell's goal was to expedite the results. One race he mentioned was a 5K in Vero Beach with 93 finishers where they had the results 45 minutes after the start.

That's pretty impressive, but that's just the tip of the iceberg on Campbell. He's quite the inventor.

"An engineer I worked for one time said, 'I can walk into a room full of junk and all I see is junk. You walk in and all you see is solutions,'" Campbell said.

One other invention Campbell came up with was to help him comply with water conservation regulations during rain.

"I figured I'd just take a switch and put a little sponge on it," he said. "When it rains, the sponge gets heavy and it shuts the sprinklers off.

"When the sun comes out, the sponge dries and the sprinklers come back on. It's working great and it cost me about 32 cents."

Beach Running World Championships 10K



The Beach Running World Championships 10K and Half Marathon was held on Oct. 21 starting at the Cocoa Beach Pier.



2nd place female overall in the bare-foot division, Laurie Paul is always up for a challenge, and so decided to run the 10K barefoot. "This was an awesome experience - hard packed sand, barefoot, sunrise was absolutely gorgeous, everyone was so friendly and hospitable and I felt so focused when I was running", she stated after the race. Can't get any better than that!



Female Overall	Male Overall
Alicia Weber 43:53	Mickey Hooke 36:36
Kristen Klein-Nicholl 44:45	Jai Jackson 38:36
Christine Duff 48:05	Ed Bickley 39:58
Masters	
Annie Caza 49:11	Robert Hauland 42:02

Barefoot	
Female Overall	Male Overall
Marlene White 51:10	Joel Batista 53:30
Laurie Paul 55:29	Dan Howick 57:49
Barbara Linton 55:54	Harry Weiss 57:54

Beach Running World Championships Half Marathon



Age group placers, Janet Erlacher and Lori Weaver both ran together and used this opportunity as a training run. For Janet, her favorite parts of the race were 'watching the sunrise at the beach, the cool medals and live band". For Lori, it was a first time half marathon beach run . She enjoyed the band, the tourist spectators and plenty of food and drink. Great job ladies!

Female Overall		Male Overall	
Alice Henley	1:25:26	Chris Oesch	1:21:27
Julie Williams	1:44:34	Jim Fullarton	1:22:45
Michele Frutiger	1:44:54	Chris Wedge	1:28:12
Masters			
Konnie Cohrs	1:51:05	Ken Smith	1:34:40

Barefoot			
Female Overall		Male Overall	
Omega Garalde	2:19:23	Matt Mahoney	1:38:03
Shenandoa Turner	2:48:24	Andrew Haddad	1:50:06
Wenya Rowe	2:56:08	Brent Gordon	1:54:00

Beach Running World Championships 10K and Half Marathon, continued

Photos courtesy of Doug Carroll



Long Distance Relationships

WHAT SCR RUNNERS SAID ABOUT THEIR RECENT OUT OF TOWN RACES

North Face Endurance Challenge 50K

Pine Mountain, GA—October 13-14

“One Tough Mother of a Mountain”

Contributed by Kati Craig

The following consists of excerpts from Kati's personal race report, interspersed with some Q & A...

“I stood at the starting line with not a worry in the world, looking forward to an enjoyable day out on the trails, soaking up sunshine and being thankful for the ability to do what I love to do. With not even a watch on my wrist, no cares about time, I was ready to enjoy my day. Little did I know I was about to have a brush with the dark night of my running soul. “

SCR: What were the weather conditions on the day of the run?

Kati: It was a picture perfect Fall day. The leaves were just beginning to turn colors, the air was dry - and not too cold yet for Florida runners. Temps were around 50 at the start and high 60's low 70's at the finish.

SCR: Was this your longest distance to date?

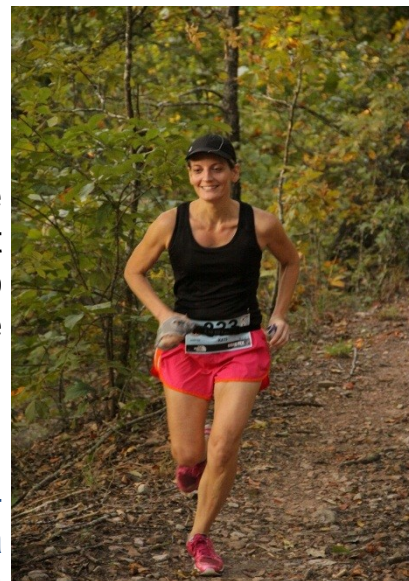
Kati: No. I had completed 2 previous ultras - 37 miles, and 51.5 miles.

“With no watch, and no real concept of mileage, it is hard for me to piece together exactly where my day fell apart, but somewhere between Mile 8 and Mile 17, I began to fall. I am not quite certain why, but I am very certain it affected me in a big way, like never before. My run ceased to be carefree. My joy and gratitude quickly turned into a fight to avoid pain and fear of falling again. After three falls, I started to cry. Both knees were bloody, my wrist was sprained and bleeding, my forearms were hurting from breaking falls, and I was covered in sweat and dirt. My hands were too dirty even to wipe the tears from my cheeks. I was battling the voices inside my head, one telling me to make get to the next aid station and quit, the other telling me to get back up and give it one more try. “

SCR: Any stunning views?

Kati: Beautiful cliff overlooks, streams and rivers, caves and rock formations. The 50 mile course included some breath-taking waterfall views, so next year, will have to go for 50 miles to see it all ;)

Continued on next page...



North Face Endurance Challenge 50K

Continued...

SCR: What was the terrain like for a Florida runner?

Kati: This was the most technical run I had ever done. I lived (and ran) for a few years in Arizona and was an experienced trail runner. Running switchbacks up and down Pine Mountain took me to task. There were several points during the course where hands were needed to climb up and down! It was not all runnable. It was said that the winner of the 50 miler had run and won Western States and declared this event to be more difficult terrain than Western States.



“I suddenly realized that here I was looking all around for someone to help, when really all I needed to do was look inside myself. I truly had everything I needed inside me to finish that race. I was the person I needed most, and I had a lesson to learn. My body was strong, and in reality uninjured. I knew how to run that mountain to finish that race. Sure, I had some superficial wounds that were quite painful at the moment, but none that were preventing me from getting up and trying again. None that could possibly prevent me from finishing.”

SCR: What's your next ultra that you are looking forward to tackling?

Kati: "Ultra evolution" next demands a 100 miler from me. I hear the whisper, but it may take a year or two to answer the call. I plan on running another 50 miler in December, and am perusing trail race calendars for the next adventure.

SCR: Was there one memorable impression of the day's event?

Kati: I think the most memorable impression was how mental the sport of running is. No matter how conditioned you are for your event, and regardless of whether you're running a 5K or a 50K, your mind has to be in the right place. At the start, I had every confidence that I would succeed that day. But when things took an unexpected turn, it was ultimately my mind that held the success or failure of the day. Running is such a mental sport.

“I learned that even if you throw away your stop-watch and think you have nothing to worry about, you still might find yourself staring straight into the abyss. Running is such a perfect metaphor for life. Just when you think you have it all figured out, things can change so profoundly. But if your roots are in the right place, you can dig deep inside and find the help you need to get back up again and keep on going – and not just going, going forward with joy and gratitude.”

Thanks Kati! Very inspiring, but not enough for me to try one!—BR





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* **Fun Run**



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?

NOVEMBER 2012



Savannah Rock 'n' Roll Marathon
11/3—Savannah, GA
Daryl Gilbert, Lisa Petrillo
Janiene Pape



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



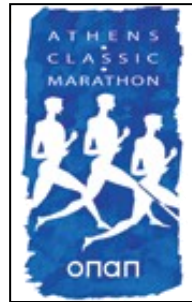
Wildhorse Trail Run
11/4—Sydney, FL
Ron Roff



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, Karon Pittman, Shane Streufert, Christy Tagye,



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



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



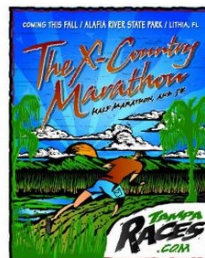
Run for Your Lives Zombie Obstacle 5K
11/17— Clermont, FL
Kelly LaMaster



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



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



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

Good Luck to our all of our never-say-die November athletes!



NOVEMBER 2012



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

DECEMBER 2012



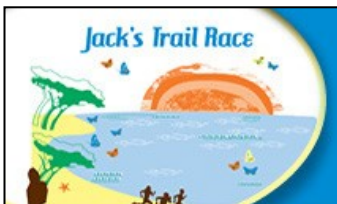
Enmark Savannah
River Bridge Run
12/ 1—Savannah, GA
Betsy Butler,
Jessica McCaskill

*“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

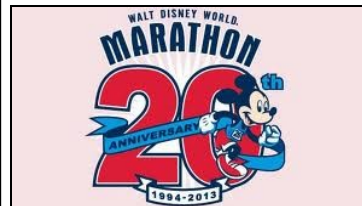
JANUARY 2013



Mississippi Blues Half-
Marathon 1/5/13
Jackson, MS
Carol Ball, Ty Bowen,
Lani Ragan



Walt Disney World
Half Marathon,
Marathon & Goofy
Challenge
1/12-13—Lake Buena
Vista, FL
HALF MARATHON
Tommy Enlow, Charis
Gaines, Patti Sponsler,
Harry Prosser, Kimberley
Prosser, Debbie Rescott



MARATHON
Jan Gagnier, Chris Hain,
Jackie Kellner, Pat Kiessel-
bach, Sharon Loines,
Nancy Wingo



GOOFY
Danny Barrett, Cyndi Berg,
Betsy Butler, Jim Caprara,
Craig Capron, Linda
Coward, Suzie Enlow, Ma-
rissa Flint, Kelly Hunter,
Susie Koontz, R.C. Koontz,
Andrea Lucas, Tricia
Lucas, Chris Loines,
Charlotte McClure,
Theresa Miller, Ron Roff,
Kelly Semenko, Christy
Tagye, Marie Thomas,
Christy Zieres



JANUARY 2013



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



Miami Half Marathon
1/26—Miami, FL
Jerry & Martha Brown

FEBRUARY 2013



Best Damn Race
2/2—Tampa Bay, FL
Kelly LaMaster



Ralston Creek Half-Marathon, Arvada, CO
2/10/13
Carol Ball, Donna Neill



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



Lost Dutchman Half Marathon, Apache Junction, AZ 2/17/13
Carol Ball, Donna Neill



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
Kelly LaMaster, Ron Roff



MARCH 2013



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

Long Play Race
5M to Ultra
3/3—Brooksville, FL
Single LP 33 1/3 Miles—
Cyndi Berg, Linda Cowart,,
Charis Gaines



Double LP 66 2/3 Miles—
Danny Barrett, Hernan
Garcia



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

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