



SPACE COAST RUNNERS NEWSLETTER

Promoting Running and Fitness
in Brevard County, FL

December 2012



Ascension
Fall Festival
November 10, 2012



3rd Annual
EAGLE PRIDE
5K and 1 Mile Race



Two BIG Space Coast Runner of the Year Series events in November...
and a few races that were truly for the birds...turkeys and eagles, that is.
Race results, pictures and more...inside!!!

STARTING LINE

Features

Long Distance Relationships
Soldier Marathon—Doug Nichols
page 23

Long Distance Relationships
Sahara Race—Hernan Garcia
Page 33

Long Distance Relationships
X-Country Marathon & Half—Linda Cowart
Page 37

Monthly

From the Editor—page 3

Carol's Corner—page 8

SCR News and Notes—page 9

Run a Mile With...Janiene Pape—page 15

Where In The World?—page 46

Upcoming Races & Events

Jingle Bell 2-Miler—page 18

Guardian Ad Litum SuperHero Run—page 25

ReCreate Your Life Race Series—page 32

Doughnuts for the Heart Challenge—page 35

Melbourne Music Marathon Weekend—page 38

Recent Races

Space Coast Classic 15K & 2-Mile—page 19

Eagle Pride 5K & 1 Miler—page 27

Space Coast Art Festival Turkey Trot—page 30

Suntree Turkey Trot—page 36

Space Coast Marathon & Half-Marathon
—page 39

Resources

SCR—Who We Are—page 4

SCR Membership Application—page 5

2012-2013 SCR Board of Directors—page 6

2012-2013 Runner of the
Year Series—page 10

SCR Youth Series—page 11

Sponsor Spotlights—page 12
Rapid Automation
Cool Running, LLC

Local Fun Runs—page 13

Investing for the Long Run
Rall Capital Management—page 14

Space Coast Event Management & Event
Timing—page 14

Running Zone—page 22

Cristina Engel
Your Running Realtor—page 26

Set Goals Not Limits Running Camp—page 29

SCR Member Discounts—page 50

FROM THE EDITOR



Two of the Space Coast Runner's Runner of the Year Series events were held last month...the Space Coast Classic and the Space Coast Marathon and Half-Marathon. I think it goes without saying, but I'll say it anyway...both events were a resounding success!!

That makes 8 ROY Series events down and 5 to go. The next series event will be the Tiger Dash 5k on January 26th. So, as we enter the holiday break and prepare for the fast and furious finish, here's where we stand: For the ladies, your Top 5 are currently **Anne Dockery, Tina Kraver, Annie Caza, Brittany Streufert and Rene Dunne**. For the guys, the Top 5 are: **Shane Streufert, Art Anderson, Matt Mahoney, Harry Prosser and Joe Lento**. A lot can happen in the last 5 events, so it should be a good finish to the racing season. Good luck to all!

The holiday season is a great time to give thanks, so I would like to give some. Thanks to our members...we have a very strong and involved membership. Thanks for being involved and contributing to our events, our functions and this newsletter. I would like to thank our Race Directors. Not having directed a race, I can't say I know what they go through, but from my vantage point, it's a LOT! A lot of time...a lot of effort...a lot of pride when their event goes off well...but not a lot of recognition. THANKS for your efforts. Thanks to our volunteers! Without them, none of our events could happen. Thanks to my fellow Board Members. Most of my time with the club goes into this newsletter. My fellow Board Members are the ones who really make things happen. Thanks for your stewardship! And as always, thanks to the two lovely ladies who made my life a lot easier this year by stepping in to help make this newsletter happen. Thanks Brittany and Lisa!

Merry Christmas, Happy Hanukkah, Happy Holidays, and Happy New Year to everyone!



Bob Rall
Editor

bob@rallcapital.com



Brittany Streufert
Associate Editor

brittany@eventsviera.com



Lisa Hamelin
Associate Editor

lisahamelin@gmail.com



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, January 21st at the Health First Pro-Health and Fitness in Viera.



CONNECT WITH SPACE COAST RUNNERS

Are you into Social Media?

Now you can connect with your fellow runners and walkers on Facebook, LinkedIn and Twitter. Stay current on club happenings; area races and fun runs; set up workouts; talk with other runners and walkers; share photos; and provide feedback to the Board. Come join us!

WEBSITE: www.spacecoastrunners.org

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

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

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



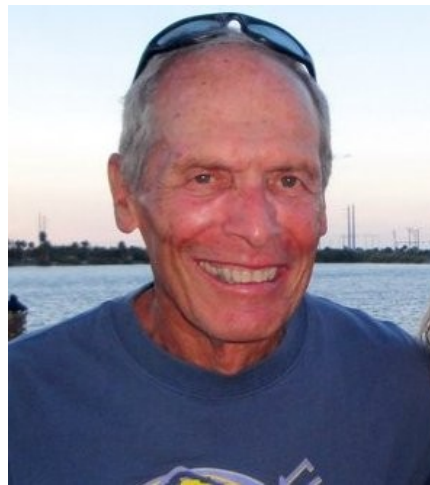
Cyndi Bergs
Secretary

mcbergs@att.net



Ty Bowen
Treasurer

typbowen@gmail.com



Bernie Sher

baboou@cfl.rr.com



Bob Rall

Newsletter Editor
bob@rallcapital.com



Christy Zieres

zieresc@cfl.rr.com



Dick White

dickwhite@cfl.rr.com



Ed Springer

springer993@gmail.com

Meet your 2012-2013 SCR Board of Directors



Kara Springer

karaniedermeier@hotmail.com



Les Dunne

lsldu@aol.com



Loran Serwin

Membership/ROY Chair

lserwin@cfl.rr.com



Marisa Flint

artmommarisa@bellsouth.net



Marlene White

Marlenewhite@cfl.rr.com



Marty Winkel

runsalot@cfl.rr.com



Morris Johnson

johnsonmr@acm.org



Rene Dunne

renedunne@aol.com



Tristan Webbe

twebbe@cfl.rr.com

Carol's Corner

Contributed by Carol Ball, SCR President

Happy December Everyone!

The Space Coast Runner of the Year Series is over halfway completed, with only 5 races remaining!

Our Space Coast Classic 15K was a huge success. After a rough location-planning start, Race Director Barbara Linton was able to secure the old Melbourne Beach venue and pull off a "classic" race! It seemed like everyone was happy with the event, and plans are to keep it there next year. Proceeds from the race were donated to Daily Bread. Thank you to Barbara, Dick and Marlene White, Susie and RC Koontz, and all the other wonderful volunteers!!!



The 2012 Space Coast Marathon & Half Marathon is also behind us. This year we saw 2,881 finishers cross the line! My, how the face of this race has changed in just a few years! A huge Thanks to Don and Denise Piercy whose vision and hard work has taken this event to new levels every year. I'd also like to thank the hard working staff at Running Zone Race Management, my SCR Marathon Committee Members, and the hundreds of volunteers! My special thanks to Ty, who helps me with every task I take on. He even coordinated the after race SCR Adopt a Road clean-up when I was ill. Thanks to all of you who came out (some after running the race)! The River Road residents were very appreciative of our efforts. It is our hope to show them that we value the use of this beautiful venue!

Heads Up! The next SCR-owned race – Eye of the Dragon 10K and Tail of the Lizard 2Mile is right around the corner! On February 23rd, Race Director Marlene White will host the 25th running of this event!! One of the hardest parts of race directing is finding volunteers – don't wait to be asked! Please contact Marlene (marlenewhite@cfl.rr.com) to volunteer NOW, as this race is growing every year!

I sincerely hope each of you has a wonderful holiday season and that Santa brings you all new running shoes this year!

—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: **Martha Brown, Meisje Connor, Carmine and Angelo Lento, Kristen Tinker, Anita Vanderwyst and Terri Anne Allerton.**

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, Michael Brubaker, Ken Horton, Janiene Pape, Doug Nichols and Hernan Garcia.

RUNNING AND WALKING—RULES OF THE ROAD—IT'S ALWAYS "SAFETY FIRST!"

1. Please always walk/run FACING oncoming traffic.
2. Always stay on the sidewalk when one is available
3. If there is no sidewalk, stay near the left side of the road in single file.
4. Do not cross intersections against the traffic lights.
5. Always watch for traffic in all directions—vehicles are bigger than you and danger is ever present.
6. Light colored clothing is always recommended.
7. On cloudy days, or at night, wear/use reflective gear—front and back
8. It is recommended that you run/walk with a training partner or group
9. If you use headphones, remember you need to be able to hear traffic, animals, etc
10. First and foremost—Safety First—It could save your life.



The SCR Series Dashes into December & 2013 is on the way!

2012-2013 Race Series

Featured SCR Race of the Month



17th Annual Reindeer Run

The Reindeer Run is a fun and fast 5K Run/Walk that takes runners through the quiet streets of Cape Canaveral on the very first day of December.

WHERE ► Cherie Down Park
8492 Ridgewood Ave,
Cape Canaveral

WHEN ► 8:00 am
Saturday, December 1st

WHAT TO EXPECT ► It could be warm. It could be cold. Whatever the temps may be this race is known for their great post-race giveaways and a cute photo opportunity with a reindeer statue. It's a surefire way to get into the holiday spirit.. There's a free SCR Kids Run too. Proceeds benefit the Cape Canaveral Athletic League.

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	✓
Space Coast Half Marathon & Marathon	✓
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

**Check out the SCR
Runner of the Year
Series Standings today!**

[Click Here for the Results](#)



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

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
Cherfe 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



SPONSOR SPOTLIGHT

Special Thanks to the Sponsors of the SCR Race Series!



RAPID | AUTOMATION | DESIGN

Rapid Automation Design has years of proven experience in the electronics industry and offers expertise in.....

- ◆ Embedded Software
- ◆ FPGA Design
- ◆ Hardware Design & PCB Layout



RAD | CUSTOMER | TESTIMONIALS

“Rapid Automation helped us take an embedded system design from a hand-constructed prototype to a production-ready design within a very tight schedule. Despite being brought on late in the design, they were able to make critical improvements that lowered cost and power while increasing reliability. The production units have been very well received by the customer.”

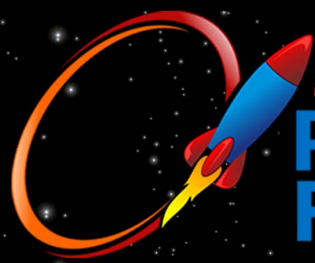
-Raytheon

“I have found the Rapid Automation Design Team to be World Class in digital hardware design capability and in their understanding of the very latest technology. Rapid Automation understands how to design highly competitive and cost effective products that can be easily transitioned into manufacturing.”-Geoff Mendenhall, Harris Broadcast Communications, Mason, OH

Headquartered on Central Florida's Space Coast
305 East Drive, Suite J, Melbourne, FL 32904
(866)259-1457

info@rapid-automation.com

www.rapid-automation.com



Inaugural
**RocketMan
Florida Triathlon**

KENNEDY
SPACE
CENTER
VISITOR
COMPLEX

CLASSIC + , INTERNATIONAL + , HALF IRON DISTANCES
SUNDAY, MAY 5, 2013

SPACE MAY BE INFINITE
BUT OUR SPACE IS LIMITED.

ENTER NOW:

ROCKETMANFLORIDA.COM

Make history... Boldly go where no triathlete has gone before.



A ZERO WASTE, GREEN EVENT



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



Run a Mile with

Janiene Pape



THE FACTS

Originally from: Ft. Lauderdale, FL

Grew up where?: Sunny South Florida

Family: Husband Tom, Cat Bernie, Chickens Millie, Annie and Beatrice

Occupation: Management, where I lead the team of software managers and programmers for all ground operations.

Dream profession: Funny you should ask this question, I am trying to figure this out, but I love to work hard and love to make a difference so whatever it turns out to be, it must provide this sense of contribution .

FOR THE RECORD

Number of Years Running: 8

Began Running Because/To: Too much sitting at computers and in meetings. I knew I had to move and I loved the “thinking” time. I was walking quite a bit and always being so busy, one day I said, geez, this is taking forever, so my slow trot was born that day. My biggest motivator was Marty Winkel’s big milestone in New Orleans, when he was scheduled to complete his 50 marathons in 50 states (and the District of Columbia). Marty worked for me and I knew there was a heck of a celebration planned in New Orleans and the only way I was going to get myself invited to that party was if I signed up for the run. A few other people from work did the same thing and we all ran the half together. We were so proud of ourselves for finishing. It was so much fun watching everyone go by, which is a common experience for me since I am so slow and when I saw Rocket Fuel on the course, well I knew I had found my people! That night we celebrated with Grog and a Burger. Life is good!

I Knew I Was Hooked When: I could bribe myself out of bed at 5am to get running by 5:30. I would tell myself “You get chocolate milk when you finish!” Yummy. I love chocolate milk, but not enough to pound pavement for hours, so I knew I was more committed than my crumbling suggested.

Don’t die. Don’t be dead last. Always, always finish.

- Janiene’s goals

THE FAVORITES & MORE

Favorite Race(s): Why? Bay to Breakers in San Francisco. 60,000 people, many in costume, very clever costumes. At the start, many had bags of the small tortilla and they threw those in the air like frisbees. There was a slight drizzle and it turned those tortillas in to a doughy mess. It took a mile to get that gunk out of my treads so I would quit slipping. There were centipedes dressed like salmon that started the race at the finish and ran back through the crowd. A lot of tutus. Unreal that there were people pushing entire fully stocked bars up some of those hills. When I saw the police at the liquor checkpoints, I thought, oh man, that guy with the keg behind me in a grocery cart is going to be really upset. But dummy me, the checkpoint was where you went if you didn't have your own keg so you could get a filled solo cup of your very own. I was also enjoying all the naked people. There was a running team that wore big fins on their heads that were quite ornate. They were obviously land sharks and those fins would show over the heads of the crowd really well. They would encircle naked runners and yell, "not much here to eat" and off they would go to the next victim. At the front of the pack the bodies were at least reasonably firm, but as the race progressed, well there were some things literally dragging. What a blast!

Favorite Race Distance: Why? Half-Marathon. I am a heavy plodder, so the shorter distances... well I never quite finish before the race organizers pack up and leave. The half, you have to work at it, and must respect it. It does challenge me, especially during the summer and you get really cool bling when you finish.

Favorite Place(s) to Run: The sidewalks around the YMCA in Titusville, the Titusville bridge has great views, Windover Farms for long runs.

Running Goals: To continue the commitment to my health and well being.

Running Partner(s): My thoughts.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: The President. I have a few matters I would like to discuss with him.



Funniest or Oddest Thing I've Seen While Running: I have seen many things, especially unexpected critters like deer, alligator, screaming owls, chasing snakes, otters, dogs who adopt me and some that have tried to eat me, and I always have a kind word for them, but when I ran by the flock of geese that hangs out by the road and extended my hand in friendship, singing out "Honk Honk Honk" they responded by putting their heads down and charging me. I ran faster than I thought I could and couldn't stop laughing. I still do not know what I said, but apparently they didn't like it!

One Piece of Advice That I Would Give to a New Runner: I would pass along what my mentor, Marty Winkel told me when I would bring all my aches and pains to him. He would instruct me to wiggle my eye brows up and down, which I would do obediently. He would then ask me, "Did that hurt?" I would contemplate and then tell him, "no, that did not hurt" and he would say, "well then, keep going"!

THE FAVORITES & MORE

Other Sports & Interests: Riding my bike, making soap, meditation and reading books.

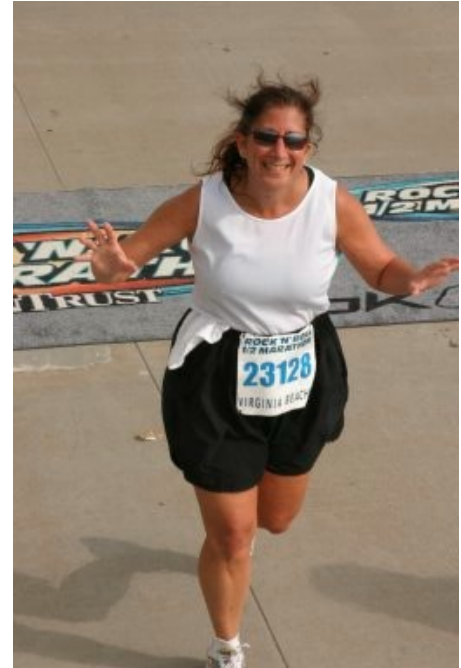
Favorite Reads: I have many and love that most of my reads are actually “listens” via audio books during my runs. It makes me look forward to my run each day.

Favorite Movies: Good ones!

When Nobody is Looking I Like to: Eat chocolate covered marshmallows (yes, they are a bunch of points on Weight Watchers).

Favorite Meal: Vietnamese Bun

Dream Vacation: African Safari



LAST BUT NOT LEAST

Why Did You Join SCR? Loved hearing about the different races and activities .

I Think That SCR Could Do A Better Job: SCR does a great job of promoting the sport for all levels of capability, which is important to me. If SCR wanted to evolve its newsletters or web pages, I would think any of the following categories would fit into the format and interests of the members:

- How to dress for the upcoming season.
- New and exciting gear which could include clothes.
- Some common injuries and how to avoid them or what to do if you get them.
- The benefits of running on the body.
- Proper hydration or how much to eat on longer runs.
- Maybe a nutritionist corner that picks a topic on food.



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 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!





Race winner John Davis boldly pushes the pace towards the finish line, only six days after setting a marathon PR.



JUST LIKE OLD TIMES

In its 27th year, the Classic evoked memories of 1985

Flashback two decades ago to when the town of Melbourne Beach was the host city of the Space Coast Classic and picture runners and walkers racing their way through manicured neighborhoods with a brisk breeze to their backs. Fast forward to Saturday, November 10th and the scene was very much the same as the classic road race returned to its roots.

Crossing the finish line first in a time of 54:12, John Davis took the win in his first series race of the year. Fifteen seconds behind was Shane Streufert in 54:27. Streufert is the current leader of the SCR Race Series for the men. Rounding out the top three was Oscar Salazar in 55:44.

On the women's side Julie Hannah ran away with first place in a time of 1:05:01. Coming in second in her SCR Series debut was Susie Meltzer running 1:08:24. Anne Dockery finished a strong third in a time of 1:08:45 as she strengthens her lead in SCR Race Series for the women.

With another nod to the past, overall winners were awarded a handsome trophy as age group winners
(continued next page)



The Henry Campbell scoring card system in action.

15K = 238 runners ~ 2-Mile = 15 walkers & 65 runners



Space Coast Classic 15K & 2 Mile Continued

received smaller but just as retro awards on a marble pedestal base. The lovely Barbara Krause (far right) made sure every award was given out with a smile and a pose for the camera.

In the Masters Division, Annie Caza (1:10:04) and Steve Chin (58:26) claimed the titles respectively. Art Anderson (1:01:46) and Lisa Saturday (1:14:25) were your Grand Masters winners. Senior Grand Masters' awards were given to Jo Shim (1:28:46) and John Robson (1:09:56).

The 2-Mile race was won by Robert Baker, 56, in a time of 15:03 with the top female finisher Sydney Freidel, 11, running 15:58 just steps ahead of her mom, Cathy.

Race director Barbara Linton made sure the post-race party was in full swing as everyone enjoyed tons of food and drink. She also drove away with a van full of food donations for the Daily Bread that were brought that morning by participants.

For full race results [click here](#).

Photos courtesy of Doug Carroll.





Space Coast Classic 15K & 2-Mile Continued



VOLUNTEERS MAKE A BIG DIFFERENCE

Every event needs volunteers. Have you ever thought about participating on the other side of the finish line? Here's what SCR member, Lisa Hamelin had to say about her recent experience as a SCR volunteer.

"I have been running for a few years now and had yet to volunteer at a race (seems I was always running them). I was registered for the Space Coast Classic 15K, but an injury prevented me from participating in it. My good friend and co-worker, Barbara Linton is the race director for that race and so I decided to help out on the course and am so glad I did! It was just really fun to cheer on the runners and walkers and they were so appreciative of the volunteers out there.

I would encourage everyone to volunteer at a race when they can. Not only will they be helping their running family, but even better is the feeling of satisfaction and fulfillment they'll get. I can't wait to do it again."

Space Coast Runners is always looking for a helping hand—whether it be handing out water, keeping participants on course or helping in post-race festivities. We could use your help. We are very appreciative of those that have and continue to volunteer to help make our race series superb!



Voted One of the Top 50 Running Stores in America

RUNNING ZONE



All Your Favorite Brands

**Shoes • Apparel • Accessories
Runners • Walkers • Triathletes**

Free gait analysis for proper shoe fit.

321-751-8890

www.running-zone.com

We want you to feel good when you exercise!

**10% DISCOUNT
TO ALL SPACE COAST RUNNER MEMBERS**

Store Hours: Monday - Friday 10:00am-6:30pm
Saturday 10:00am - 5:00pm • Sunday 12:00pm - 4:00pm

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

Long Distance Relationships

WHAT SCR RUNNERS SAID ABOUT THEIR RECENT OUT OF TOWN RACES

Soldier Marathon & Half-Marathon

November 10, 2012 Fort Benning, GA
Contributed by [Doug Nichols](#)



Back to Fort Benning by way of New York City

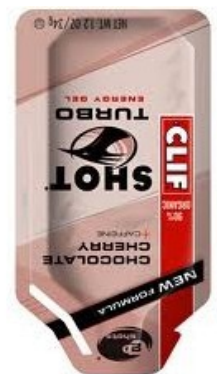
I was in Manhattan with several friends from Brevard County, getting ready to walk into a restaurant, when we found out that the NYC Marathon was cancelled. After getting over the disappointment of coming all the way to New York just to have the race get cancelled, I figured that I needed to find another race to run since I had put in all the training and was ready to run a marathon.

I found out which marathons were being held the following weekend and I came up with two choices. The first one was the Chickamauga Battlefield Marathon in Chickamauga, GA and the second one was the Soldier Marathon at Fort Benning Ga, both of which were the following Saturday. Since Fort Benning was closer and I had been stationed there from February 1987 to September 1988, I decided to run the Soldier Marathon.

I was pleasantly surprised when I went to sign up for the race to find out that if you had been signed up to run the New York City marathon, you could sign up for the Soldier Marathon at no cost. After spending a small fortune in New York the weekend before, free sounded good so I immediately signed up. The next step was to find a hotel. I called all the hotels on the race's website. Since the race was only 6 days away, all these hotels were full for the night before the race. I went to Orbitz and out of the 42 hotels listed in Columbus Ga, only one had a room for the night I needed. It was the Super 8 at the Columbus Airport, which turned out to be a slight step down from the Marriott that I had stayed at in New York the weekend before...albeit a lot cheaper.



The weather on race morning was 43 degrees at the start of the race, with little or no wind. Before the race, I had cut open my gels just a little so that I could go through the water stops a little quicker. This plan wasn't well thought out. The problem was that my pockets were big enough for one of the gels to flip upside down. So, about 100 yards into the race, I felt something wet in my left pocket. It got worse a little later as I felt something slimy running down my left leg. That was when I remembered the pockets on these particular pair of running shorts were ventilated. I reached into my left pocket and found the leaking gel and threw it out. The problem was I now had a sticky leg, sticky shorts and sticky hands. Plus, since the temperature was in the low 40s and I wasn't wearing gloves, my hands were cold and sticky.



Continued on next page....

Long Distance Relationships

Soldier Marathon & Half-Marathon continued

Since this part of the course was on Fort Benning, there were Drill Sergeants on the side of the road. They were very encouraging, which really confused me since they were nothing like the Drill Sergeants I remembered from Basic Training.



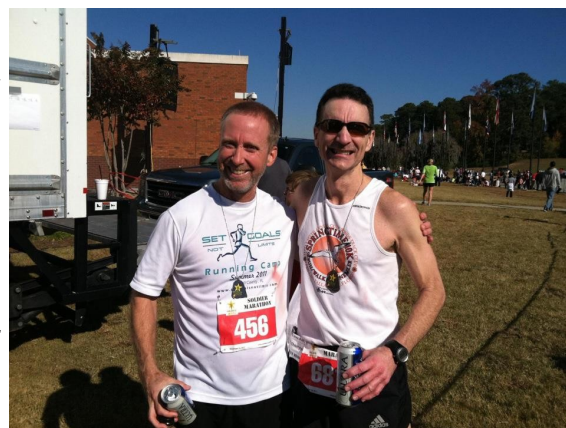
The course stayed on Fort Benning for the first seven miles before going into Columbus. On Fort Benning, the support personnel were all military. It was a little strange being called “Sir” during a race. From mile 10, to around mile 23, the course went along the Chattahoochee River. This part of the course didn’t have a lot of spectators. The support personnel here were all civilian. The last three miles or so went from the river to the National Infantry Museum, which is also where the race started.



For me, the race went very well. I told my training partners that my goal was to run a sub 3:20 marathon. My actual goal was to run a 7:30 pace, which is a 3:16:30. I managed to stay a little under my 7:30 goal pace for most of the race. Through mile 24, I was about 50 seconds under that goal. I slowed down a little bit the last couple of miles but still managed to run a 3:16:11, which was a PR by over 7 minutes.

This was a relatively small race (695 participants in the Marathon, about 1,600 in the Half Marathon) but it was well organized and pretty competitive. The finisher’s medals were in the shape of dog tags. The post-race amenities were good. They had plenty of water and PowerAde as well as beer for the finishers. Other than chicken broth, I don’t remember what food they had available as I wasn’t hungry and didn’t get anything to eat after the race. They also had free post-race massages available.

In addition to having a great race, I met up with a couple of friends that I hadn’t seen in a while. Jonathon Campbell drove over from Maxwell AFB to run the half marathon. He had a great race and finished 3rd overall. My friend David Knauf, who got me started in running by convincing me to go out for track my senior year at Eau Gallie, ran the marathon. David had also planned to run the New York Marathon.



So considering that the only bad part of the race was the knuckle-headed gel decision, it was a really good race. If you’re looking for a small marathon within driving distance (7 ½ to 8 hours), this is one you should consider.

Congratulations, and Thanks, Doug!!—BR



FRIENDS OF CHILDREN
OF BREVARD, INC.
FOR THE
GUARDIAN AD LITEM (GAL) PROGRAM

PRESENTS THE 2ND ANNUAL

2013 GAL SUPER HERO RUN
JANUARY 12 @ 8AM, SPACE COAST STADIUM
www.galsuperherorun.com to register online!

\$20 registration fee until Jan. 11
Day of registration fee is \$25.00
Sorry, no refunds apply.

TIMETABLE:

Friday, January 11 – 10:00 a.m. to 6:30 pm
Packet Pickup & Registration at Running Zone across
from Brevard Community College on Wickham Rd.

**Saturday, January 12 – Space Coast
Stadium**

7:00 am Packet Pickup & Registration
7:45 am Late Registration Ends
8:00 am 5k Start!!!
9:15 am Free Superhero Kids' Run

Awards Ceremony immediately following the race.

AMENITIES:

- T-Shirts • Door Prizes • Race Packets • Food & Drinks
- SuperHero medals for over 100 winners!
- Helping children and having a great time!

AWARDS:

Male & Female: Top 3 Overall, Top Masters
(40+), Age Groups (top 3 male & female), Team

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

THE GUARDIAN AD LITEM SUPERHERO RUN OFFICIAL ENTRY FORM

Send completed entry form with fee to: GUARDIAN ad LITEM, 2825 Judge Fran Jamieson Way, Viera FL 32940

Make Checks Payable to: Friends of Children of Brevard, Inc.

Name _____

Team Name (minimum of 5 team members and must be coed): _____

Address _____ City: _____ State _____ Zip _____

Phone (daytime) _____ Email address _____

Date of Birth ____/____/____ Age on Race Day ____ (for awards purposes only)

Sex: Male Female Please circle shirt size(unisex): No shirt S M L XL XXL(while supplies last)

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

I intend to be legally bound and do hereby for myself, my heirs, and executor, waive all rights and claims for damage which may occur to me against The Guardian Ad Litem, Friends of Children of Brevard, Running Zone and other named organizations of this event, or any subsidiary or political division thereof, it's officers, agents, successors, representatives, assigns from all claims and liabilities of any kind that may arise from The Guardian Ad Litem Superhero Run 5K though that liability may arise out of negligence or carelessness on behalf of the persons on this waiver. If I should suffer injury or illness, I authorize officials of the race to use their discretion to have me transported to a medical facility. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE

For more info please log onto www.galsuperherorun.org or email: mail@friendsofchildrenofbrevard.org

Mail: Guardian ad Litem Office, 2825 Judge Fran Jamieson Way, Viera FL 32940



Cristina Engel, SFR

Short Sale & Foreclosure Resource Certified

Tropical Realty & Investments of Brevard, Inc.

407-466-1596 Direct text friendly :)

321-453-0624 Fax

Cristina.Engel@TropRealty.com

“I go the extra mile....your Running Realtor”



Click Below:

Search for a home in Brevard County:

<http://CristinaEngel.com>

Orange or Seminole County:

<http://CristinaEngel.mfr.mlxchange.com>

<http://twitter.com/RunningRealtor1>

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!

Ascension Eagle Pride 5K & 1 Miler



The 3rd annual Eagle Pride 5K and 1 Mile race flew by on November 10th. It took place in the Capron Ridge neighborhood in Viera. The race benefitted Ascension Catholic School.



Runner Spotlight

10th Grader, Chase Chavez ran the 5K “because as an Ascension graduate I wanted to continue to support them and I have participated since the inaugural race 3 years ago. This year’s race course was fast and well marked. I was excited because this race put me really close to my PR. I now go to MCC high school and run on the cross country team. The Eagle Pride run is at the end of this season and helps motivate me to continue running. I look forward to next year’s Eagle Pride run.”



Chase Chavez (left) making his way across the finish line—he placed 1st in his age group.

Female Overall

Dina Viselli	21:31.8
Dede Henrich	23:48.5
Christina Santos	23:51.5

Female Masters

Darlene Hachmeister	24:38.6
----------------------------	----------------

Male Overall

Ian Alvarez	18:14.5
Corbin Kramer	19:36.0
Mike Doyle	20:52.5

Male Masters

Ken Fortmayer	21:08.1
----------------------	----------------

Complete 5K Race Results [Here](#)
Complete 1 Mile Race Results [Here](#)

Ascension Eagle Pride 5K & 1 Miler, continued



Photos courtesy of Michael Brubaker



2013 WINTER Running Camp



Jan. 15th - May 7th
Individual and Group Runs
Tuesdays & Thursday nights
and Sunday mornings

Successful training for a 5k up to a Marathon



Coach Doug Butler, MS
—Sports Psychology

Named 2010 FHSAA
XC Coach of the Year

12 Florida Cross Country
State Championships

3 Florida Track & Field
State Championships

Coach Doug Butler has been training runners of all ages successfully for over 12 years. He has won more Florida High School Cross Country state championships than anyone in the history of the sport. He has coached legions of runners in all distances and provided training that has led to personal successes for many high school team and individual state champions, footlocker xc national qualifiers, Boston & New York City Marathon qualifiers, off-season college soccer athletes—anyone seeking to improve their fitness levels through running. Many of the runners he coaches train with him the entire year and some for several years continuing to set new personal records (PRs). If you aspire to improve your running, no matter what level you are at, Coach Butler will help you achieve your goals using both personalized training and teaching that a positive mental outlook will allow you to build the confidence you need to move forward towards your goals.

Very few people train at the paces they should be running at in order to increase their fitness level. This camp will teach you what paces you should be training at. This camp is geared for adults, but, students are welcome to join if they are not a member of a high school track & field team.

Runners meet two nights a week and on Sunday mornings for group training runs. If you prefer to run on your own, Coach will gladly set up your program and communicate with you via email, text or phone. You are still welcome to attend group runs if you choose.

The first night of camp (January 15th) will be at 6:30 p.m. at:
Running Zone - 3696 N Wickham Rd. in Melbourne just south of Post Rd.

Tuesday and Thursday evening runs will be at 6:00 pm. Sunday long runs will be at 6:30 a.m.

www.setgoalsnotlimits.com

First name _____ Last Name _____

Email: _____ Age _____

PLEASE PRINT YOUR EMAIL LEGIBLY

Phone _____

Weekly Miles _____ Current 5k time _____

Waiver: I know that running and volunteering to work at running camp are potentially hazardous activities. I should not enter and run in camp activities unless I am medically able and properly trained. I agree to abide by any decision of a camp official relative to my ability to safely complete each run. I assume all risks associated with running and volunteering to work at camp including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the training and race courses, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for participation, I, for myself and anyone entitled to act on my behalf, waive and release the Set Goals, Not Limits, LLC and its officers and agents, all sponsors, their representatives and successors, including the Running Zone directors agents and employees, from all claims or liabilities of any kind arising out of my participation in these running camp activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____

Date _____

Parent's Signature if runner is under 18 years

Date _____

FEES:

A late registration fee of \$20 will be charged to any registration postmarked after Jan 11, 2012

New runners \$175.00
Returning runners \$150.00
Seniors (60+) \$125.00

ANNUAL MEMBERSHIPS

New Annual Membership \$400
Annual Renewal \$350
Participate in year-round training

Sorry, all fees are non-refundable

Make checks payable to:
Set Goals Not Limits

Mail to:
Doug Butler
2730 Village Park Dr.
Melbourne, FL 32934

For more info contact:
Coach Doug Butler
coachdbutler@gmail.com
(321) 749-9778 (until 9 pm)

Space Coast Art Festival Turkey Trot



The race consisted of the traditional 5K, as well as little gobbler runs of various distances. Another fun aspect were the turkey teams.

Each Turkey Team had to carry a 12 pound turkey over the course. It had to stay with the team and the team had to stay together the entire time. It could not be pushed or pulled in a wheeled vehicle and they got to keep the turkey after the race was over!!

Awards were given to Top 10 Overall Male and Female finishers, Top Masters Male and Female, Middle of the Pack finisher, Top Turkey Team and Best Costume.



Runners and walkers got off to a healthy start at the 49th annual Space Coast Art Festival Turkey Trot 5K in downtown Cocoa Beach on Thanksgiving morning. The race benefitted Cocoa Beach Jr/Sr High School Cross-Country and Track teams and the Space Coast Art Festival. Canned food donations were also taken and brought to Lutheran Church of the Resurrection.

Female Overall

Danielle Lusk	18:43.4
Kerry Kelley	19:42.7
Nina Li	19:56.8

Male Overall

Matthew May	16:27.0
Kenny Jesensky	16:30.5
Andrew Farrell	18:07.8

Team Results

Family Affair 2	21:17.6
(Tim Jones, Kenny Morris, Kyle Oler, Caleb Seagren)	

Speck Team	21:42.9
(Emilee Speck, Robin Speck, Jared Speck, John Speck)	

Tom Foolery	24:25.3
(Lance Walen, Clayton Walen, Jacques Savariau, Darrell Walen)	

Complete 5K Race Results [Here](#)

Space Coast Art Festival Turkey Trot, continued



Photos courtesy of Ken Horton—icunphotos.com. Copyright © Ken Horton.





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 _____

Long Distance Relationships

WHAT SCR RUNNERS SAID ABOUT THEIR RECENT OUT OF TOWN RACES

Sahara Race

November, 2012 Sahara Desert, Egypt

Contributed by [Hernan Garcia](#)



Last month I was very lucky to travel to the Egyptian Sahara to be part of the [Sahara Race 2012](#). This time however, I was not a competitor, but I was part of the course team.

The Sahara Race is organized by [Racing the Planet](#) and it is a multi-day self-supported event which takes competitors across 160 miles of largely sandy terrain through some of the most beautiful parts of the Sahara Desert. Egypt is one of the hottest and sunniest countries in the world. The heat of the Sahara Desert in Egypt is fierce and there is almost no relief from one day to another; however, very low humidity makes the heat more bearable.

The competitors field included 140 runners from 33 different countries. I was fortunate to come across many friends from previous races I have been a part of, which is always a welcome feeling. This time they would not see me as their "friend" as I was one of those "hated" course team members who purposely made the stages hard to make their lives miserable!

The volunteer team included 17 members from 10 different countries! Our course team was composed of three people, led by Mark Lindsay from the UK, and his two faithful servants, Rudy Gilman (US) and myself. Our goal, being part of the course team, was to make sure each stage was properly marked so no runner would get lost! Easier said than done!



So, what was our routine? The race was 5 stages long, the first 4 of them being around 25 miles, and the fifth one being 60 miles. The course was the same as the one used on the race in 2011, so we had a very good GPS file with all the necessary waypoints. All we had to do is follow the routes and mark the course, checkpoints and camp sites. To do this, we used small surveying flags which we dropped every 100 feet or so, depending on the type of terrain. So basically, I would be dropped "somewhere" in the desert, my colleague Rudy would be dropped "somewhere else", about 20-25 miles away, and we would run towards each other dropping our flags and hoping that we would meet somewhere in the middle.... Thankfully, this was always the case, except for once when my GPS file was corrupted and I ran out of waypoints. Hence, I just sat on the sand waiting for my ride to pick me up at some point!!

[Continued on next page...](#)

Long Distance Relationships

Sahara Race continued

November, 2012 Sahara Desert, Egypt

Contributed by Hernan Garcia

The terrain we marked offered the worst of both worlds! That is, the sand in the surface was very soft, making life miserable for runners, BUT, after about 10 inches or so, the terrain was rocky, making our Flag Marking Life miserable!



Since we are indeed in the middle of the desert with no real access to civilization, one of our challenges was that we did not have an unlimited supply of flags. So, after marking about 3 full stages, we now needed to just wait for the race to start so that we could start collecting the flags from the earlier stages and reuse them.



Officially, the first stage began on a Sunday morning, and at that time, we had already marked through the 3rd stage (Tuesday's stage). Also, very early each morning, we would run/drive the whole day's stage to make sure the flags would still be there. We had a couple of instances where flags were missing, either attacked by desert foxes, desert birds, desert winds or desert KIDS! Yep, all of these found great attraction to the little pink flags and we had to re-mark great lengths of course at some times!

Our most challenging day was the fifth stage (Thursday). This stage is 60 miles long and since runners are very tired by this point, the cutoff to complete it is 32 hours. It takes the winner of the stage about 9 hours to complete, so you have a good appreciation of the length of the field. The difficulty relies on the fact that nights are very long this time of the year in the Sahara, so we had to place glowsticks on about 30 miles of the course, TWICE in a 12 hour period. This is a lot of running!!!

Fortunately, at the end of the 160 miles we had no one getting lost on the course or complaining about missing markers. Maybe a fox or two had an indigestion problem, but they never complained to us!

This was a great experience, not only due to the beauty of the desert, but most importantly, due to the beauty of the people I had a chance to share this experience with!

Thanks Hernan!—BR



2ND
ANNUAL

Doughnuts for the Heart **CHALLENGE™**



NEW DATE!!
RESCHEDULED
DUE TO
HURRICANE
SANDY

Sunday, February 10, 2013

Race Time 7:30 am

**Wickham Park
Melbourne, FL**

ALL PROCEEDS SUPPORT AND BENEFIT



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



Florida Charity Registration Number: 0186752. 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.

DESIGN BY GPS 321-381-4477

Suntree Turkey Trot 10K & 5K



A chance to burn off some pre-meal calories and a beautiful Thanksgiving morning brought out a big crowd to the 9th annual Suntree Turkey Trot Fun Run. Supporting the Brent R. Gooch Fund of the Juvenile Diabetes Research Fund (JDRF). Organizers expect to raise more than \$9000 for the fund once all the final counting is done.

Shane Streufert won the Men's 5K, covering the distance in 18:01. **Andy Dutra** was second in 19:04, and **Chi Cam** finished third in 20:01.



Kim Hunger won the Ladies' 5K in 19:56. **Amanda Sebetka** crossed second in 21:01 and **Tina Kraver** was third in 21:38. For complete results on the 5k, [CLICK HERE](#).



Long Distance Relationships

WHAT SCR RUNNERS SAID ABOUT THEIR RECENT OUT OF TOWN RACES

X-Country Marathon

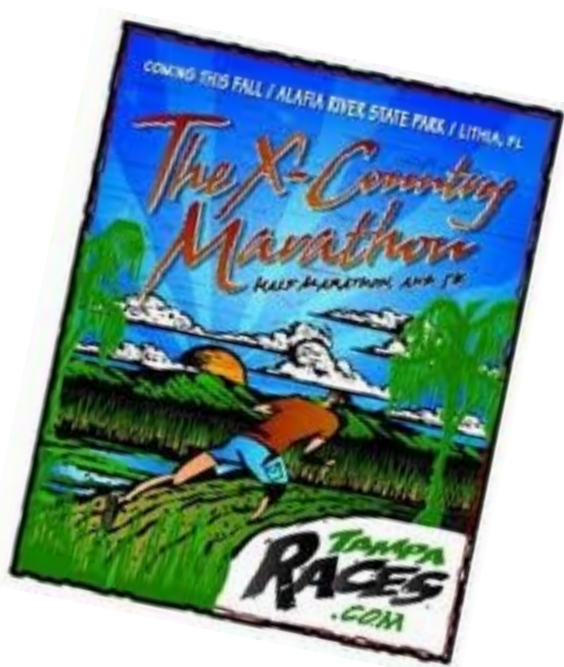
November 18, 2012 Alafia River State Park, Lithia, FL

Contributed by [Linda Cowart](#)



I am racing in new territory these days, venturing out to trail runs. I went to Alafia River State Park and participated in the X-Country Marathon which consisted of marathon, 30K, half marathon and 5k distances. I ran the half marathon event which ended up being 13.1 ish miles. I have found that in trail running the precise distance is not as important as the beauty of the environment.

The event was directed very well, the trails were well-marked and easy to follow, and there were plenty of water stations. The majority of the course was run on wide open trails with some areas only wide enough to run single file. In the world of trail running, they are called single tracks. About 40% of the run was shaded and, since it was a November race, temperatures were not a problem. The course also included some rolling hills and two small water crossings. This is a great beginner trail running event. I will be traveling the next several months to check out other trail running events if you are interested you can contact me at landclearing@bellsouth.net.



Thanks Linda—looking forward to hearing about your next event!—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** **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

Space Coast Marathon & Half-Marathon

**Cocoa Village
November 25, 2012
Space Coast Runner of the Year Series Event
RRCA State Championship Half-Marathon**

Health First Health Plans
presents



November 25, 2012 • Cocoa, Florida



Picture Perfect!!

That's the description most appropriate for the 41st running of the Space Coast Marathon and Half-Marathon. A cool, but not cold, and clear morning greeted more than 3200 runners and walkers as they made their way along the scenic River Road in Rockledge and Cocoa.

Astronauts, aliens, space invaders, Spock, Genie and a host of other space related "characters" made an appearance. Bart Yasso (at right), from Runner's World magazine, was the keynote speaker at the pre-race pasta dinner and joined the crowd in the morning to run the half-marathon.

Based upon the smiles and celebrations as they crossed the finish line, everyone from the experienced, competitive runner to the first-time walker or runner, seemed to have a good time.



Following in the Footsteps

The first to cross the finish line in the Marathon was Mike Hensley (above), who covered the 26.2 miles in 2:32:24. Bob Hensley, Mike's dad, won the race 15 years ago, in 1997.

Jeannie, a space alien, and Runner's World's Bart Yasso all made an appearance! More coverage, and more pictures on the following pages...

Space Coast Marathon & Half-Marathon

Marathon Results

The Overall Male Champion was Mike Hensley, of Gainesville, with a time of 2:32:24. James Charton, of Riverside, CT was second in 2:49:45. Mark Schneider of Danbury, CT placed third in 2:51:13. The Male Masters Champion was Colin Springer, from Minneapolis, MN who crossed in 2:54:16.

For the Ladies, Isabelle Ledroit, of Montreal, took the Overall Female Champion award in 3:06:45. Sue O'Malley was second with a time of 3:14:25, and Karen Miles, of Ft. Myers, placed third in 3:15:52. The Female Masters Champion award went to Rene Harrod, of Weston, FL, who came in at 3:23:38.

[CLICK HERE](#) for complete Marathon Results



Half-Marathon Results

The Overall Male Champion was Douglas Morton of Sebring, with a time of 1:14:35. Then it was all locals for the men...Jonathan Campbell, of Viera, was second in 1:16:16; John Culver of Merritt Island was third in 1:16:53. And the Male Masters Champion was Shane Streufert, of Viera, covering the 13.1 miles in 1:17:54.

Local women took the top two spots for the ladies. Melbourne's Kaitlin Donner crossed the line in 1:22:27 and was the Overall Female Champion. Beth Whalen, also of Melbourne, was second in 1:24:21. Vero Beach's Meredith Van Veen was third in 1:28:27. The Female Masters Champion was Dominique Paquette of Quebec, with a time of 1:32:10.



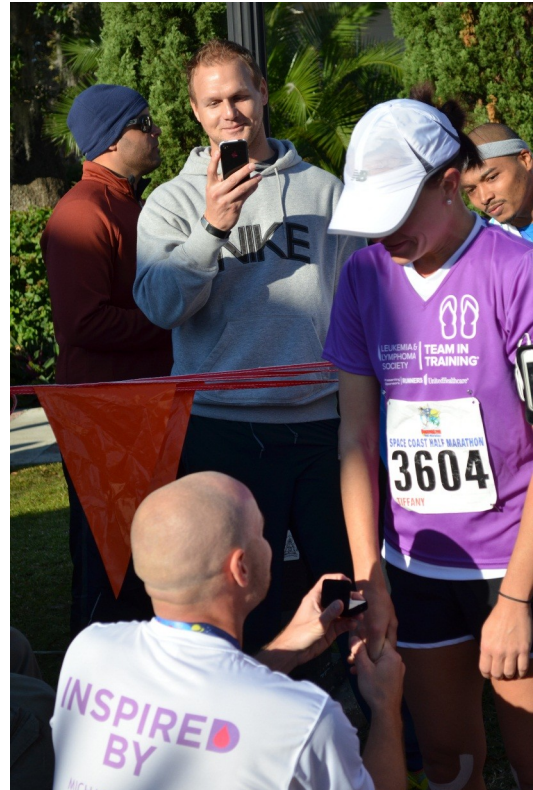
Photos, Clockwise from Top Right: Mark Schneider, Douglas Morton, John Culver, Shane Streufert, Beth Whalen, Kaitlin Donner.

More coverage and photos on next page...

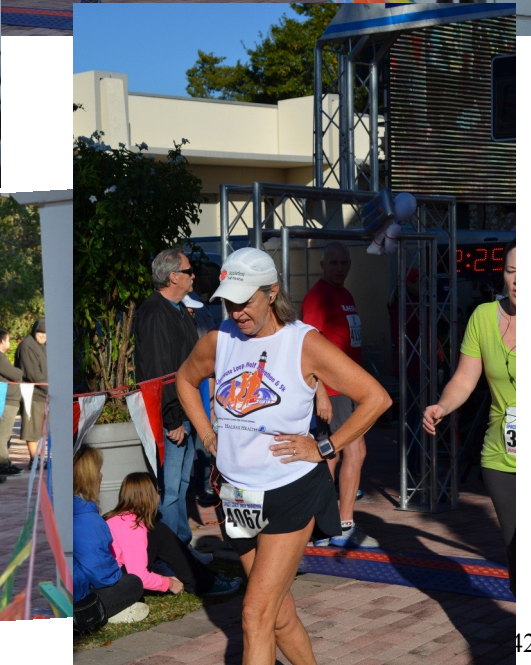
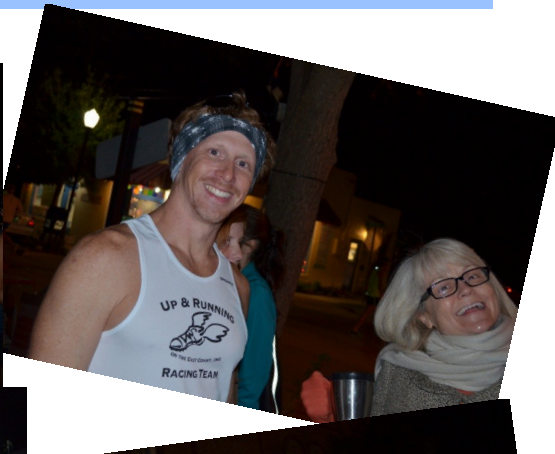
Space Coast Marathon & Half-Marathon

PUBLIC DISPLAY OF AFFECTION

Those of us stationed at the finish line for the Space Coast Marathon and Half-Marathon were witnesses to a very public display of affection. **Matt Pomeroy** crossed the finish line for the half-marathon in just under 1:44:00. Instead of taking some well-deserved time for a rest, maybe a beer and some food, Matt hung out at the finish line...pacing around...seemingly, a bit nervous. About 45 minutes later, two lives were changed forever. When Matt's girlfriend, **Tiffany Ward**, crossed the finish line, he greeted her with a sweaty hug. Then...he went to one knee...pulled out a ring...and popped the question. SHE SAID YES!!! Congratulations Matt and Tiffany and may you cross many more finish lines in your new lives together.



Space Coast Marathon & Half-Marathon



Space Coast Marathon & Half-Marathon



Space Coast Marathon & Half-Marathon

Both, the Space Coast Marathon and the Half-Marathon served as this year's Road Runners Club of America's State Championship for 2012! Congratulations to all the winners, and a special Congratulations to our SCR members!!

2012 RRCA STATE CHAMPIONSHIP RESULTS Half Marathon

OVERALL MALE CHAMPION

Place	O'All	No.	Name	Age	City	St Time	Pace
1	1	3671	Douglas Morton	41	Sebring	FL 1:14:35	5:42

MALE MASTERS CHAMPION

Place	O'All	No.	Name	Age	City	St Time	Pace
1	4	3711	Shane Streufert	40	Viera	FL 1:17:54	5:57

MALE GRANDMASTERS CHAMPION

Place	O'All	No.	Name	Age	City	St Time	Pace
1	7	3208	Marcin Sykut	50	Marathon	FL 1:20:26	6:09

MALE SENIOR GRANDMASTERS CHAMPION

Place	O'All	No.	Name	Age	City	St Time	Pace
1	120	3603	Doug Bickerstaff	62	Vero Beach	FL 1:41:23	7:45

OVERALL FEMALE CHAMPION

Place	O'All	No.	Name	Age	City	St Time	Pace
1	10	3436	Kaitlin Donner	23	Melbourne	FL 1:22:27	6:18

FEMALE MASTERS CHAMPION

Place	O'All	No.	Name	Age	City	St Time	Pace
1	39	4021	Dominique Paquette	48	Lac-Beauport	1:32:10	7:03

FEMALE GRANDMASTERS CHAMPION

Place	O'All	No.	Name	Age	City	St Time	Pace
1	83	3074	Anne Dockery	64	Melbourne Beach	FL 1:37:30	7:27

FEMALE SENIOR GRANDMASTERS CHAMPION

Place	O'All	No.	Name	Age	City	St Time	Pace
1	327	2837	Stefanie Schatzman	62	Land O' Lakes	FL 1:52:12	8:34

*SPACE COAST RUNNERS AWARDS

HALF MARATHON RESULTS

Place	No.	Name	Age	Sex	City	St Time	Net	Pace
1	3711	Shane Streufert	40	M	Viera	FL 1:17:54	1:17:54	5:57
2	2560	Andy Dutra	28	M	Melbourne	FL 1:27:05	1:27:04	6:39
3	3142	Howard Kanner	43	M	Rockledge	FL 1:28:17	1:28:15	6:45

HALF MARATHON RESULTS

Place	No.	Name	Age	Sex	City	St Time	Net	Pace
1	2349	Julie Hannah	39	F	Melbourne	FL 1:30:31	1:30:28	6:55
2	3074	Anne Dockery	64	F	Melbourne Beach	FL 1:37:52	1:37:30	7:27
3	3888	Jessica Crate	27	F	Melbourne	FL 1:38:14	1:38:01	7:29

Space Coast Marathon & Half-Marathon

RRCA STATE CHAMPIONSHIP AWARDS Marathon

OVERALL MALE CHAMPION

Place	O'All	No.	Name	Age	City	St	Time	Pace
1	1	1002	Mike Hensley	27	Gainesville	FL	2:32:24	5:50

MALE MASTERS CHAMPION

Place	O'All	No.	Name	Age	City	St	Time	Pace
1	2	816	James Charlton	43	Riverside	CT	2:49:43	6:29

MALE GRANDMASTERS CHAMPION

Place	O'All	No.	Name	Age	City	St	Time	Pace
1	8	381	Tom Bronga	52	Anchorage	AK	2:58:12	6:49

MALE SENIOR GRANDMASTERS CHAMPION

Place	O'All	No.	Name	Age	City	St	Time	Pace
1	102	823	Vincent Cafferty	62	Wesley Chapel	FL	3:33:44	8:10

OVERALL FEMALE CHAMPION

Place	O'All	No.	Name	Age	City	St	Time	Pace
1	20	160	Isabelle Ledroit	45	Montreal		3:06:45	7:08

FEMALE MASTERS CHAMPION

Place	O'All	No.	Name	Age	City	St	Time	Pace
1	37	770	Sue O'Malley	52	Port Orange	FL	3:14:05	7:25

FEMALE GRANDMASTERS CHAMPION

Place	O'All	No.	Name	Age	City	St	Time	Pace
1	42	621	Karen Miles	59	Ft. Myers	FL	3:15:33	7:28

FEMALE SENIOR GRANDMASTERS CHAMPION

Place	O'All	No.	Name	Age	City	St	Time	Pace
1	366	566	Carolyn Mather	63	Morganton	GA	4:15:23	9:45

*
*

SPACE COAST RUNNERS AWARDS

MARATHON RESULTS

Place	No.	Name	Age	Sex	City	St	Time	Net	Pace
1	9	Michael McCauslin	41	M	Merritt Island	FL	3:29:02	3:28:31	7:58
2	226	Ken Smith	43	M	Kissimmee	FL	3:31:56	3:31:49	8:06
3	459	Matt Mahoney	57	M	Melbourne	FL	3:33:47	3:33:32	8:09

MARATHON RESULTS

Place	No.	Name	Age	Sex	City	St	Time	Net	Pace
1	925	Kristen Tinker	42	F	Merritt Island	FL	3:27:42	3:27:16	7:55
2	119	Susan Meltzer	48	F	Melbourne	FL	3:34:48	3:34:33	8:12
3	810	Sandra Gannon	46	F	Merritt Island	FL	3:40:07	3:39:02	8:22



Where In The World

ARE SPACE COAST RUNNERS RUNNING?

DECEMBER 2012



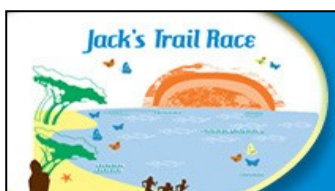
Enmark Savannah River Bridge Run 12/1—Savannah, GA
Betsy Butler, Jessica McCaskill

“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
Betsy Butler, Julie Hannah,
Kurt Holst, Courtney Holst,
Kayla Holst, Ron Ritter



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



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

JANUARY 2013



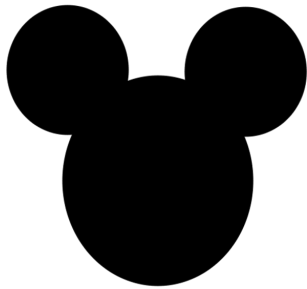
Croom Zoom 50K 1/5—Brooksville, FL
Matt Mahoney
Jessica McCaskill



Good Luck to all of our dedicated December athletes!



JANUARY 2013



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



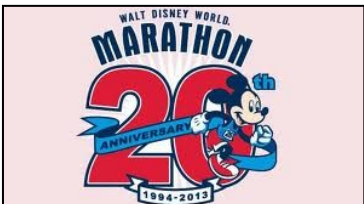
Tinkerbell Half Marathon
1/20—Anaheim, CA
Harry Prosser, Kimberley Prosser



HALF MARATHON
Tommy Enlow, Charis Gaines, Patti Sponsler, Harry Prosser, Kimberley Prosser, Debbie Rescott



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



MARATHON
Jan Gagnier, Chris Hain, Jackie Kellner, Pat Kieselbach, Sharo Loines, Nancy Wingo



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



GOOFLY
Danny Barrett, Cyndi Berg, Betsy Butler, Jim Caprara, Craig Capron, Linda Cowart, Suzie Enlow, Marisa 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



Naples News Half Marathon
1/20—Naples, FL
Donna Davis, John Davis



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
2/10 — Arvada, CO
Carol Ball, Donna Neill



Rock 'n Roll St. Pete 1/2 Marathon
2/10—St. Petersburg, FL
Mike Acosta,
Susie Meltzer



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



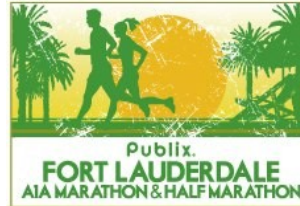
Myrtle Beach Half Marathon
2/16— Myrtle Beach, SC
Ed & Cristina Engel



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



Livestrong Austin Marathon & Half Marathon
2/17—Austin, TX
Nan Pond



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



Gasparilla Distance Classic
2/23 Fort Lauderdale, FL
Kelly LaMaster, Ron Roff



Disney Princess Half Marathon
2/24—Lake Buena Vista, FL
Charlotte McClure



Where In The World (continued)

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

MAY 2013



Fargo Marathon
5/18—Fargo, ND
 Charlotte McClure,
 Brittany Streufert, Marie
 Thomas

DID YOU KNOW?

★ **250,000 Foot Sweat Glands produce 1/2 pint of sweat each day.**

★ **At 34 years of age, Melanie Johnstone is the youngest runner to complete 100 marathons.**

Average Times for Leading Race Distances from 2009-2012

Distance	2009	2012	Change%
5K Run	30:30	31:47	+1:17
10K Run	1:01:01	1:02:28	+1:27
1/2Marathon	3:30:01	3:30:20	+0:18
Marathon*	4:33:18	4:33:13	-0:04-

*Marathon times were the only notable improvement.

Sample Sizes ('09/'12): 5K (2,705,308/3,431,895); 10K (834,692/954,978); Half Mar (124,606/98,632); Marathon (474,214/405,624)

(Information from Athlinks.com)

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