

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

SPACE COAST RUNNERS

SEPTEMBER 2014



inside...

**Runner of the
Year Series,
updates and
MORE**

RACE REPORTS

- >> I Run for Pizza 5K
- >> Running on Island Time 5K

RUN A MILE WITH

- >> Joe Lento



DEPARTMENTS

- 04 [From the Editor](#)
- 06 [Springer's Spiel](#)
- 47 [Local Race Calendar](#)
- 48 [Birthday Calendar](#)

RESOURCES

- 03 [SCR Board Members](#)
- 08 [Local Fun Runs](#)
- 24 [Member Discounts](#)

FEATURES

- 09 [SCR Central](#)
- 14 [Running In Wild Florida](#)
- 16 [Tips 'n Tricks](#)
- 17 [She's Beating Breast Cancer](#)
- 22 [Runner of the Year Series](#)
- 32 [Long Distance Relationships](#)
- 35 [Run A Mile With...](#)



Above: The Up & Running Fitness team applauds loudly at the post-race awards ceremony at the Running on Island Time 5K.

On Our Cover: Linda Lendstedt of West Melbourne is flying along the course at the ROY series' opener, Running On Island Time 5K in Merritt Island.

- 38 [Looking Shady](#)
- 42 [Where in the World?](#)

RACE REPORTS

- 27 [I Run for Pizza 5K](#)
- 28 [Running on Island Time 5K](#)



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SPACE COAST RUNNERS (SCR) is a nonprofit organization incorporated under the laws of the State of Florida. Our purpose is to promote fitness, through running and walking at the community level. SCR is a proud chapter of the Road Runners Club of America.

Visit us online at SpaceCoastRunners.org. We also invite you to attend our Board meetings, which are open to the public and are held at 7pm on the third Monday of each month.



Are you involved in Social Media? Who isn't these days? Now you can connect with your fellow runners and walkers on Facebook, LinkedIn and Twitter. Stay current on club events, races and fun runs, set up workouts, communicate with other members of the community, share photos and provide feedback to the Board. Come join us and keep the conversation going!

ED SPRINGER
SCR President

OFFICERS

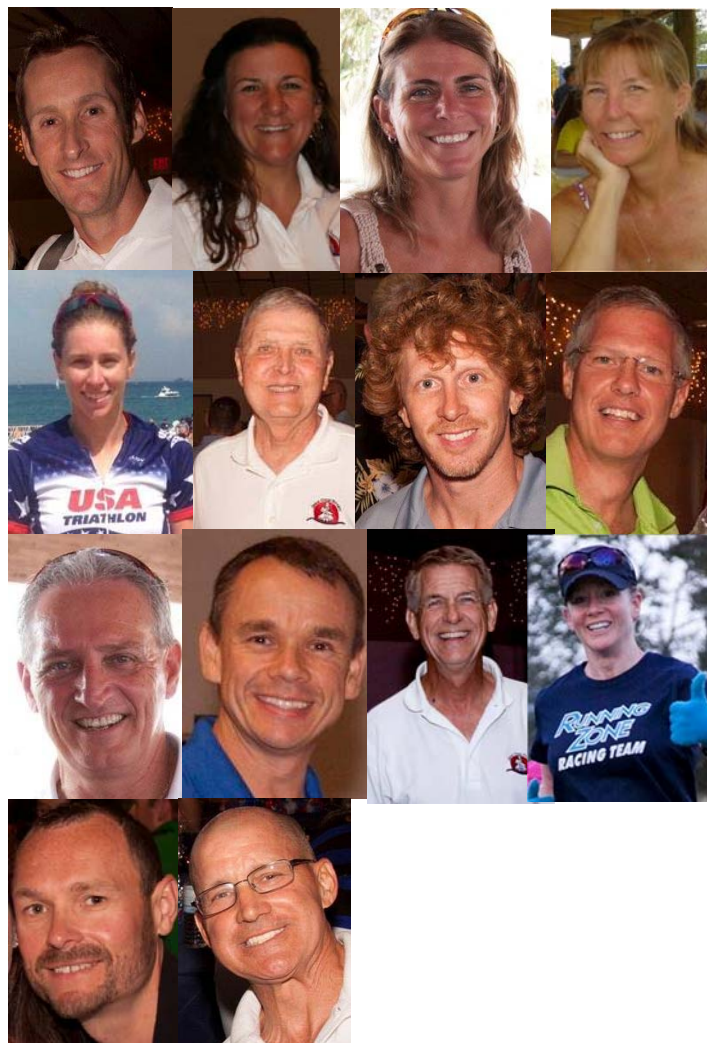
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Welcome to September!

This page on the calendar means that we are into the new racing season. It also means that those with a fall marathon or half-marathon in their near future are into the heavy part of their training plans. Run camps and fun runs are in full swing. High school teams are out getting their seasons going. With all of the training going on, the roads are busy. We start this month with a serious message from Space Coast Runners President Ed Springer about that very thing. We must keep our roads safe! With runners, walkers, cyclists, and cars/trucks all sharing the same space, some common sense is in order. Please read Ed's article on page 6.

We continue to work on your club newsletter. We hope you like the changes and new features. We want to be one of your main sources for info on the local running and walking scene. This newsletter, and our presence on social media, particularly our Facebook page, can help keep you up-to-date on everything running and walking on the Space Coast.

Space Coast Runners is an active club, and there are lots of great stories out there. We've got members participating in a variety of events locally and around the world. This month, we have almost four pages dedicated to the out-of-town events you are training for. Send us yours and we'll add it to our lists. We've got a great report on the Old Port Half-Marathon, contributed by Christy Zieres. We welcome your stories as

well.

This month's "Run a Mile With..." introduces you to Joe Lento. We've got a tongue-in-cheek fashion story on sunglasses by regular contributor, Michelle Au, and a creepy story on spiders from our "Wild in Florida" contributor, Michelle Smurl. There are race reports and race calendars. There's also a good-news inspirational update from Julie Hannah...thanks for sharing Julie.

Racing season has indeed begun. We are getting ready for the second ROY Series race, the Turtle Krawl. The Running Zone series is already two races in. The competition is good and we'll keep you current on the standings. But what's really important about the race season is that we get to see our running friends again. Our training usually takes place alone or in small groups. The races bring us together. Whether you are trying to move up in the ROY series, trying for a new PR, or just trying to keep going until the finish, the races are a chance for us to celebrate together. Come out and join us.

See you on the roads,
BOB RALL,
Editor-in-Chief

Bob@rallcapital.com



Advertise in this newsletter.

FREE Ad * \$25 Half Page * \$50 Full Page

To advertise your business or race in the SCR newsletter contact Bob Rall, Editor-in-Chief at bob@rallcapital.com. Give our members a discount and we'll give you a free small ad space (see page 34).

"TURTLE KRAWL"



© Michael Nernnich



SEPTEMBER 13, 2014

7:30 a.m. - Nance Park, Indialantic

To Benefit: The Sea Turtle Preservation Society

Run, Walk or 'Krawl' in Brevard County's largest 5k race

Beautiful technical shirts (including women's fitted sizes) featuring the artwork of local artist Michael "Nemo" Nernnich*

Huge turtle-shaped medals for award winners

Free breakfast and massages after the race

Free Kids Run (ages 12 and under): 1/4, 1/2, and 1 mile distances, plus a finish line sprint with prizes for all participants

Electronic race timing (net times) and course management provided by Running Zone

**Shirts are guaranteed for the first 2,400 registrants only!*

For more information and to register, visit: TurtleKrawl.com



SPRINGER'S SPIEL

A Monthly Column from SCR President, Ed Springer

Space Coast Runners,

The 2014-2015 Space Coast Runner of the Year (SCROY) series is officially underway. Participants braved the heat on August 23rd during race #1, the Running on Island Time 5K in Merritt Island. Despite the heat, a new course record of 15:45 was set by Steven Cross of Merritt Island. Next up in the SCROY series is the infamous Turtle Krawl 5K on September 13th in Indialantic.

On a heavier topic, SCR has received some recent complaints about runners as well as walkers causing safety hazards on our public roads. The most common offence is "hogging" the road. There have been many reports of motorized vehicles and bikes requiring abrupt maneuvers in order to avoid running into or over runners and walkers who have overtaken the road. In some cases cars and bikes have swerved into lanes of oncoming traffic, at the risk of a head-on collision, in order to avoid running over pedestrians. This game of "chicken" on the roads needs to be stopped.

I realize most of the people reading this are not the offenders, but I am pleading for you help to make our roads safer for all. I ask that in addition to following the RRCA Rules of the Road (listed below) yourself, that you kindly deliver the message to others when you observe unsafe conditions. I realize it's easier to avoid confrontation, but unless we are proactive and address the issues as they are occurring, the problems will persist.

Happy & SAFE Running,
Ed Springer, President
springer993@gmail.com



RRCA Rules of the Road:

- Run against traffic if running on the road. If running on the sidewalk or multi-use trails, travel on the right and pass on the left. Never run more than two abreast if you are running in a group. **DON'T BE A ROAD OR TRAIL HOG.**
- Don't run down the middle of the road or trail.
- If you are running an out-and-back route, don't just make a sudden u-turn at your turn around point. Stop, step to the right to allow oncoming traffic the opportunity to pass. Ensure the road or trail is clear of oncoming traffic (runners, cyclists, in-line skaters, etc.), then make your u-turn. Making a sudden u-turn without looking over your shoulder is a good way to get hit.
- Alert pedestrians when you are passing them – don't assume they are aware of their surroundings. A simple "on your left" warning will suffice.
- Be alert on blind curves.
- Stop at stop signs and ensure oncoming traffic yields to you before proceeding across a road. Don't assume cars will stop if you are entering a cross walk.
- Respect private property along your route. Don't relieve yourself in the neighbor's bushes.
- Don't litter. If you can't find a trash can, carry your trash home.

SEPTEMBER BOARD MEETING

The next SCR Board Meeting will be held at 7:00 pm, September 15th at the Pro-Health in Merritt Island.
All members are welcome to attend.

Voted One of the Top 50 Running Stores in America

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Runners • Walkers • Triathletes

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TO ALL SPACE COAST RUNNER MEMBERS

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

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

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
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners
Sun	Oars and Paddles Park, IHB	6:30 am	Running Zone
Sun	Oars and Paddles Park, IHB	7:00 am	Up & Running Fitness
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone
Mon	LongDoggers, Indialantic	6:00 pm	Steve Chin
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Christy Tagye
Tues	Palm Bay Rec Center	6:30 pm	Dave Hernandez
Tues	LongDoggers Running for Brews, Satellite Beach	7:00 pm	Danielle Pirolo
Wed	Juice 'n Java Café, Cocoa Beach	6:00 pm	Michael Higgins/Christine Ellegood
Wed	Bob's Bicycle Shop, IHB	6:00 pm	Jesse Hall
Wed	Daddy Ultra Runs, Cocoa Village	6:00 pm	Hernan Garcia
Wed	Squid Lips, Melbourne	6:00 pm	Running Zone
Thurs	Palm Bay Rec Center	6:30 pm	Dave Hernandez
Thurs	Running Zone, Melbourne	6:00 pm	Running Zone
Thurs	Chase Bank (Riverside/Melb Cswy)	6:00 pm	Up & Running Fitness
Thurs	LongDoggers Running for Brews, Viera	7:00 pm	Jessica Schecher

SCR Central

A LOOK AT WHAT'S HAPPENING ON THE SPACE COAST RUN SCENE

welcome!

Space Coast
Runners

WELCOME NEW
MEMBERS!

Rory Allen
Judy Bailey
Ilse, Mitch, Lauren, Erin, Alex
and Ryan Berube
Julie Bramble
Amber Conant
Heidi, Tyler and Alecia Dutter
Jessica Frank
Elizabeth Gmerek
Greg Griffin
Amber Hall
Jeannine Hawkins
Jackson and Lillian Krupp
Alysson Lyons
Erik Prince
Kirk Russell
Sara Wamsley

If you are a new member to SCR and have not picked up your Space Coast Runners New Member Welcome Packet, they are available at 2 locations: Running Zone in Melbourne and Daddy Ultra Runs in Cocoa Village. We look forward to meeting you soon!

WANTED: Anyone that has their race shirt from **Eye of the Dragon 2004**, please contact Barbara Linton at lintonbj@gmail.com

Fashion Police:

"Fin-tastic Fashion
Races in Viera"



Photo credit: TriHokie Images

Orange is red hot. Pair it with a vivid shade of South Florida aqua and you have one "fin-tastic" Miami Dolphin racing ensemble.

Jenna Miller of West Melbourne was the ultimate Dolfan at the I Run for Pizza 5K held in Viera on August 9th. Sporting orange leggings with a coordinating Dolphins tank, Miller added a sheer tulle tutu in the team's official color scheme. Her Nike running shoes are a final touch of style perfection.

Are you concerned about a certain runner's fashion? Do you just love someone's running wardrobe style? Submit them to the Fashion Police! [Click here](#) to file your complaint or compliment.

SCR Central

A LOOK AT WHAT'S HAPPENING ON THE SPACE COAST RUN SCENE



Daddy UltraRuns Expands to New Location

If you've been to a recent SCR Sunday Fun Run, you may have noticed a new neighbor across the street from Riverfront Park—local running store, **Daddy UltraRuns** has relocated to a new Cocoa Village address.

At more than 1,500 square feet, store owner, Hernan Garcia tells us the new location is bigger and will allow them to better serve the running community. The new retail digs' building recently underwent a complete make-over and the brightly colored store looks great inside and out.

Come check out the new Daddy UltraRuns, now located at 4 Harrison Street, Suite 102 in Cocoa. Store hours remain the same.

M-F: 10:30-6:30, Sat: 10:00-5:00, Sun: 12:00-5:00



Daddy UltraRuns hosts a fun run every Wednesday night starting at the store at 6pm.



Photo credits: Brittany Streufert

SCR Central

A LOOK AT WHAT'S HAPPENING ON THE SPACE COAST RUN SCENE



COME JOIN US on the
SCR Fun Run Sunday Mornings!

The Sunday Morning Fun Runs from Cocoa Village are now heading **NORTH**. The group meets at **6:30 am** every Sunday at Riverfront Park. All paces are invited to join the fun. Water and Gatorade will be available at miles 2 & 4.

(Photo credit: Steve Colella)

SPECIAL SCR RACE DISCOUNTS

- ◆ The Inaugural [Bulow Woods Trail Race and Ultra Marathon](#) scheduled for Saturday, 12/13 in Ormond Beach has extended a discount on their race registration. Use code TOMOKA to save \$5.
- ◆ The beautiful town of Celebration will host the 2nd annual [Celebration Marathon & Half Marathon](#) on Sunday, January 25, 2015. Use discount code SCR2015 to receive
- ◆ March 29th, 2015, will mark the second running of the [Tomoka Marathon](#), Half-Marathon and 5K Races. When registration opens save 10% with code SCR10.

CONGRATULATIONS SCR BOSTON 2015 QUALIFIERS!



To many a runner the holy grail of marathon racing is stepping across the finish line with a time that qualifies them for the Boston Marathon. The list of SCR qualifiers continues to grow. **GREAT JOB!**

Suzie Enlow, 51 — 3:50:44 — Boston Marathon 2014

*To have your name listed as a Boston Qualifier, email your name and qualifying time to us — [click here](#)



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SPONSOR SPOTLIGHT

Millennium Engineering & Integration Company is proud to be a continued sponsor of Space Coast Runners, in particular the Eye of the Dragon and Space Coast Classic races.

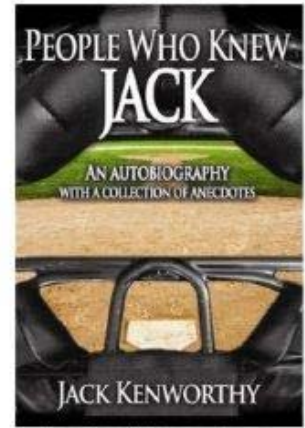
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If you ever have an interesting idea for an article or would like to contribute to the newsletter with an out-of-town race report, please contact Bob Rall, editor. Bob@rallcapital.com



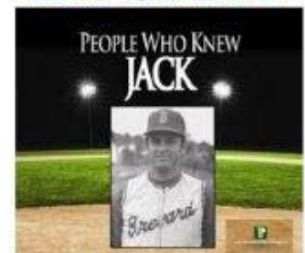
JOIN JACK KENWORTHY ON THIS AMAZING JOURNEY AS HE TRACES HIS LIFE FROM A SMALL TOWN IN MASSACHUSETTS TO A NAVAL BASE IN CUBA TO THE UNIVERSITY OF FLORIDA TO BREVARD COUNTY IN EAST CENTRAL FLORIDA. EXPERIENCE THE MANY SIGNIFICANT, INTERESTING, INFLUENTIAL, AND HUMOROUS PEOPLE HE HAS MET ALONG THE WAY. YOU WON'T BE ABLE TO PUT IT DOWN.

Available at Amazon.com & other online booksellers in ebook and paperback format.

Paperback version is available in Brevard County, Florida at:



3696 N. Wickham Rd.
Melbourne, Florida 32935



To read more about this local author on Amazon, [click here](#).





1st Inaugural



RACE MANAGEMENT BY



SATURDAY, September 27th, 2014 AT 7:30 AM
Eau Gallie Square, Downtown Eau Gallie

TIMETABLE:
Friday, Sept. 26th - 10:00 am – 6:30 pm
 Packet Pickup & Registration at **Running Zone**
 across from the King Center on Wickham Road

Saturday, Sept. 27th – Eau Gallie Square
 (Corner of Eau Gallie Blvd and Highland Ave.)
 6:00 am Packet Pickup & Registration
 7:15 am Late Registration for 5K ends
 7:30 am 5K Start!!!
 After 5K- FREE KIDS DASH!

*Awards Ceremony immediately following

Note: This race does not toss color dyes onto runners but does encourage colorful creativity!

HIGHLIGHTS:

- The **FIRST** Inaugural True Colors 5K
- Beautiful Downtown Eau Gallie
- **PRIZES!!!!**
- Show your School Colors! School Prize!
- Show your True Colors!...Be Creative!
- Art Activities and Farmer's Market!

AWARDS:
 M-F: Top 3 Overall, Top Masters (40+),
 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
School Participation		75+

FEES:	Until 9/26	Race Day
5K Run/Walk	\$25.00	\$30.00
Students	\$20.00	

SORRY, NO REFUNDS

TRUE COLORS 5K RACE OFFICIAL ENTRY FORM
 Make Checks Payable To: **MPTO** (Montessori Parent Teacher Organization)
 Send Completed Form w/Payment to: Indian Harbour Montessori
 1230 Banana River Drive, Indian Harbour Beach, FL 32937

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone (daytime) _____
 Email address _____
 School (if student) _____ Team Name _____
 Sex: Male Female Date of Birth ____/____/____ Age on Race Day ____
 Please circle shirt size: Sizes: Adult: XS S M L XL XXL Youth: S M L

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 True Colors 5K Race 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 _____

REGISTER ONLINE: <https://secure.runningzone.com/truecolors5k/>

DOWNLOAD REGISTRATION FORM: <http://goo.gl/GawB0Z>

FACEBOOK: <https://www.facebook.com/events/1518567271706866/>

RUNNING in Wild Florida

Spiders

Inspecting the inside of my running shoes for spiders is a habit of mine, if they've been kept outside, or on the porch, for any length of time. This is due to an unforgettable experience while working as a zookeeper. There's nothing like putting your work boots on in the early morning only to feel a live, giant wolf spider make a mad scramble to avoid imminent death by toes. Maybe I need to consider it good fortune that it was 'just' a wolf spider.

The amount of insect and spider life in Florida is mind-boggling. Spiders are lurking everywhere (over 900 species of spiders call Florida home) and likely to stay hidden from runners in the great outdoors. Most spiders have fangs and inject venom to kill or paralyze their prey. We can take some comfort, however, in knowing that the venom of most species is not potent enough, nor are the fangs long enough to be considered dangerous to humans.

In Florida, the widow and recluse are the most venomous types of spiders. Three species of widow spiders are native to Florida (southern black, northern black and red widow), while a fourth species (brown widow) has been introduced. All species of recluse spiders are introduced (non-native), and have established populations at scattered locations. There are many recorded cases of bites from these spiders. Each person reacts differently. Immediate medical treatment is highly recommended.

Both types of spiders are typically found in or under objects where their presence is not necessarily obvious. You'll most likely see a female widow's egg sac before spotting the momma spider. The egg sacs of various spiders are recognizably unique. For instance, the black widow (the red hourglass shape is indicative of this widow) makes a smooth and spherical egg sac, the brown widow's egg sac is covered with spiky projections, while the brown recluse spins a mess, or a loose cocoon like structure.

It occurred to me to write about spiders while running at a shaded conservation park that is home to lots of spiders. I've learned to wait at least an hour after the park opens to run, with the hope that some other outdoor enthusiast has cleared the tangle of webs that are magically created overnight. The types of spiders that weave these webs are not dangerous but becoming encased in the webs is unsettling regardless. At the same park, I've also learned to not stop and rest on the various wooden benches along the trails since I've seen signs that spiders might be slinking around under the seats.

Be observant and careful out there. Remember, spiders are beneficial and serve a significant role in perpetuating the health and wellness of our ecosystem. They eat all kinds of insects and other creepy crawly things as well. Awareness of your surroundings is key to avoiding incidental run-ins with the host of insects found in Wild Florida, and the spiders that can actually sink their fangs into you.



Left: brown recluse female (larger) and male by Haley Pest Control

Right: black widow with red hourglass shape by Dick Rogers



Left: black widow egg sac by Chuck Evans



Bottom: brown widow with egg sacs by M. Hafley

By Michelle Smurl, avid runner and
Director of Animal + Conservation Programs at Brevard Zoo

The Rotary Club of Indialantic and the Town of Indialantic present the



7th Annual



Register
Today!



October 11, 2014 • 5:30pm Start
Nance Park, Indialantic

- Among the most popular 5Ks in Brevard
- Race course starts by the beach
- Fun-filled after party with music and food
- Children's activities

Proceeds to benefit: ■ Indialantic Beautification Programs
■ Children's Hunger Project ■ Local Student Scholarships to FIT



Visit www.WitchWay5K.com for more information



TIPS 'N TRICKS

(you can thank us later!)

HAVE A QUESTION YOU WANT ANSWERED? NEED HELP?

EMAIL lisahamelin@gmail.com & YOUR QUESTION MAY BE FEATURED IN AN UPCOMING ISSUE.

Make Good Food Choices

You are out there running, which is a great choice for your body and mind. Now, why go and mess that up by eating cruddy food? Here are some tips for fueling your body in a healthy way.

1. **Lean and Green**—center your diet around whole grains, fish, lean meats, fruits and vegetables and low fat dairy. Try to stay away from processed foods.



2. **Recovery**—try to eat within 30 minutes of your run to help replenish your glycogen and help with recovery. Eat a snack high in protein and carbs, such as yogurt or an energy bar.
3. **Moderation is Key**—stop overeating. Running burns about 100 calories per mile, so that is still not enough to justify overeating!
4. **Stay Hydrated**—make sure you are staying hydrated—before, during and after a run. Best way to check that you are on track is by the color of your urine. It should be a pale yellow.

Space Coast Classic 15k (Nov 1) Contest!

We are giving away a free entry each month!

For September's contest, send an email to lisahamelin@gmail.com with your answer to this question—

What are the two locations that the Space Coast Classic has been held for the past 28 years?

All correct answers will be put in a random drawing and the winner will be announced in next month's issue! If no one picks the correct answer, the next closest answer will win or be placed in a random drawing if there are more than one.

Last Month's Winner Announced (or Not)

August's question was :

What is the 15k record (not course-specific) for the Space Coast Classic in the 28 years it has been held?

Sadly, we didn't receive any responses :(

The correct answer was 49:08 by Doug Butler back in 1990. That is a 5:16 pace! The event was held in Melbourne Beach that year.



Precious
Mammaries 5K
Saturday, October 4th
7:30am
Satellite Beach, FL

Presented By:



Benefitting:



To help support
 cancer patients
 and their families
 in Brevard County

Hosted By:

Satellite Beach



Friday, October 3rd 10:00 am – 6:30pm
 Packet Pickup & Registration at New Balance Melbourne across
 from The King Center on Wickham Road

Saturday, October 4th – David R. Schechter Center
 1089 South Patrick Drive, Satellite Beach
 6:30 am Packet Pickup & Registration
 7:15 am Late Registration ends
 7:30 am 5k starts!!

*Awards Ceremony immediately following the race

AWARDS: M-F: Top 3 Overall, Top Masters
Age Groups – Top 3 M-F, Top 3 Teams
 8 & Under, 9-11, 12-14, 15-19, 20-24, 25-29,
 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64,
 65-69, 70-74, 75-79, 80+

Amenities:

- Pancake Breakfast hosted by the Satellite Beach Lion's Club!
- Pink Leis for all Finishers!
- Fun Awards!
- Run with a team!
- Benefits Cancer Care Centers Foundation of Brevard!
- Race Managed by 

FEES:

	Until 10/3	Race Day
5k Run/Walk	\$20	\$25

Sorry, No Refunds.

Precious Mammaries 5k OFFICIAL ENTRY FORM - Make check payable to: Running Zone Foundation
 Mail to: Running Zone Foundation, 3696 N. Wickham Rd., Melbourne, FL 32935

Name _____
 Address _____ City _____ State _____ Zip _____
 Phone (daytime) _____ Email address _____
 Team Name: _____ (must be at least 4 members)
 Sex: Male Female Date of Birth ____/____/____ Age on Race Day _____

Sizes: 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 Precious Mammaries 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, emails 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 if under 18 _____

Date _____

She's Beating Breast Cancer



SCR Runner Profile: Julie Hannah Age: 40

Diagnosed: December 23, 2013 with Invasive Ductal Carcinoma Stage 3A

Treatment Time: 4 months of chemotherapy followed by mastectomy then 6 1/2 weeks radiation.

Family History of Breast Cancer: Maternal Grandmother, Paternal Great Aunt

How long did you continue to run after you were diagnosed? I was able to keep running my "normal schedule" for the first 2 months or 2 "rounds" of chemo. I found that chemotherapy has a cumulative effect and found myself with very little energy and extreme muscle pain and atrophy. I received the chemo every three weeks so it would hit me hard the first week and I would slowly feel better with each day. By the time I had enough energy to feel somewhat "normal", it was time to get the next round of chemo. It was like getting the flu every three weeks. I forced my self to walk a little on the treadmill when I could.

Post treatment running: I had to wait until several weeks after my surgery to do so. I have taken it easy and started to build my mileage back slowly. My first run back I could barely run a mile without stopping. Now I'm up to 30 miles a week and feeling stronger day by day. My body is bouncing back quicker than I had anticipated and it feels great.

My thoughts: Cancer has changed my life forever. There will probably never be a day that goes by that I won't think about it. I am not in complete control and that is okay. What I can control are my thoughts and how I will view and face this. What has happened does not define me. I am strong, brave and determined. Mentally I'm tougher. I know the best is yet to come.



BACK ON TRACK

Julie ran a 21:51 5K in August!

Running beats walking for breast cancer survival. The more the runners trained, the greater their reduction in breast cancer mortality. Those who ran in the range of 15.6 miles/week or more had a 95.4% lower mortality than those who ran 4.4 miles/week or less. Paul Williams, Ph.D. notes that the hard-training runners exceeded the optimal weekly exercise recommendations (75 vigorous minutes/week) of many national authorities. "we have shown that breast cancer mortality in post-diagnosis runners may be lower than that in post-diagnosis walkers, and that exceeding the public health recommendation for physical activity was better than merely achieving it."

To see the referenced article from Runner's World, "Running Beats Walking for Breast Cancer Survival" by Amby Burfoot, [click here](#).



On September 19th the Road Runners Club of America will promote the 9th Annual RUN@WORK Day & the 3rd Annual RUN@School Day, nationwide fitness efforts.

The goal of **RUN@WORK Day** and **RUN@School Day**, presented by the Road Runners Club of America, is to encourage adults and children to get 30-minutes of exercise each day, in accordance with the Physical Activity Guidelines for Americans, either before work/school, during lunch, or immediately following work/school. **RUN@WORK Day** also encourages companies to help employees schedule time for physical activity. Incorporating exercise into one's daily routine can markedly improve one's overall physical health.

How can you participate?

- **RUN@WORK Day** events can be hosted by company-based wellness programs, human resources departments, running clubs, running events, running shoe stores, schools, and anyone interested in promoting physical activity.
- The event should be a fun run and/or walking event with the duration of at least 30-minutes held before work, during lunch, or immediately after work or all of the above in order to accommodate varying schedules.
- Event hosts should work with a company's human resources department or staff to organize and promote the event within the company.
- Get FREE **RUN@WORK Day** posters to promote your event, order online at www.rrca.org/programs/run-at-work-day/.
- Simply make time to get 30-minutes of running or walking and bring a co-worker or family member with you.

The US Centers for Disease Control and Prevention (CDC) National Health and Nutrition Examination Survey (NHANES) estimates that 64% of US adults are either overweight (33%) or obese (31%), meaning they have an excess weight of 30 lbs or more. The causes of overweight and obesity can be complex. However simply put, overweight and obesity results from an energy imbalance. Eating more calories and not getting enough exercise or physical activity results in the energy imbalance that causes obesity. The rise of overweight and obesity and the resulting health conditions has a dramatic effect on health insurance costs around the US. It is estimated that overweight and obesity health related medical costs have reached an all time high of \$75.8 billion per year (www.cdc.gov).



1st Inaugural
Pink Heals 2 Miler
Run/Walk

Wednesday, October 15th 2014
 At 6:00pm
 Wickham Park Main Pavilion

To learn more about the Pink Heals Tour, Visit
<http://www.pinkfiretrucks.org/>

TIMETABLE:
 Wednesday, Oct. 15th
 10:00 am – 3:00 pm
 Packet Pickup & Registration at **Running Zone**
 (Across from the King Center on Wickham Road)

RACE MANAGEMENT BY


Wickham Park Main Pavilion
 5:00 pm Packet Pickup & Registration
 5:45 pm Late Registration Ends
 6:00 pm 2 Mi Start!!!
 *Awards Ceremony immediately following

HIGHLIGHTS:

- Awesome Race Shirts
- Refreshments After the Race
- Great Race Bags
- PINK FIRE TRUCKS, POLICE CARS AND A PINK BUS ON SITE!!!

AWARDS:
 Top 3 Overall Males & Females,
 Age Groups (Top Male & Female)
 8&Under, 9-11, 12-14, 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+

FEES:	Until 9/20	Race Day
2Mi Run/Walk	\$25.00	\$30.00
Kids (12 & under)	\$20.00	\$25.00

RAIN OR SHINE
 SORRY, NO REFUNDS

Pink Heals 2 Miler OFFICIAL ENTRY FORM
 Make Checks Payable To: **Breast Friends**
 Send Completed Form w/Payment to: 1103 Hibiscus Blvd. Suite #306, Melbourne, FL 32901

Name _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ Email address _____
 Sex: Male Female Date of Birth ____/____/____ Age on Race Day ____

Please circle shirt size: 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 Pink Heals 2 Miler Race 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 (Guardian if under 18) _____ Date _____



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Marty Winkel

321-537-3526

sceventmgt@gmail.com





Runner of the Year Series

THE RACE IS ON FOR THE 2014/2015

The **SCR Runner of the Year Series** is off and running. The series kicked into first gear at the Running on Island Time 5K in Merritt Island on August 23rd. Some familiar faces have appeared at the top of the men's series while the ladies race is looking a little different compared to last year. The season is young and we're looking forward to seeing who can power their way up to the top spots in both the overall and the age graded series.

ROY Standings are through the **Running on Island Time 5K**. Please note these standings reflect your age on August 23, 2014, the date of the first race of the 2014-2015 ROY series season. If you have any questions, please email lservin@cfl.rr.com.

Run at least five (four for the youth) qualifying races on our schedule. The open division male and female series winners receive an award of \$200. Series is open to all eligible members of Space Coast Runners. Visit our [website](#) for the complete official series info.

2014—2015 LEADERBOARD

OVERALL — MEN

- 1st John Davis
- 2nd Steve Hedgepeth
- 3rd Shane Streufert

AGE GRADED DIVISION

- 1st Matt Mahoney
- 2nd Shane Streufert
- 3rd John Davis

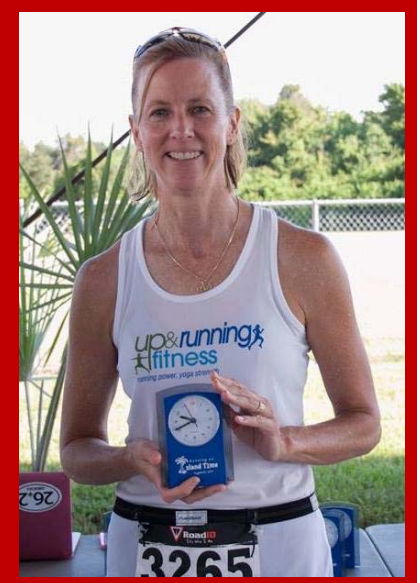
OVERALL — WOMEN

- 1st Lori Kruger
- 2nd Lisa Petrillo
- 3rd Brittany Streufert

AGE GRADED DIVISION

- 1st Lori Kruger
- 2nd Leslie Faletra
- 3rd Jacquelyn Kellner

Pictured below: Lori Kruger (left), Steve Hedgepeth and Shane Streufert (center) and Leslie Faletra (right). Photo credits: Doug Carroll



Runner of the Year Series

WHAT'S COMING UP IN THE ROY SERIES

Space Coast Runners

Youth Series

SCR Youth Series

consists of 8 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.

There will be **NO Charge** for these runs, but parents will be required to sign a waiver on the day of the run for their children to participate. If they wish, parents may run along with their children. Runs are after the associated adult race is completed.

Distances: ¼ mile, ½ mile, and 1 mile (some run all three!) Children will receive “little feet” participation awards at each run. All children who complete 4 of the 8 runs will be recognized and receive an award at end of year banquet. For more information please contact Rachel White at (321)292-2999 or [click here](#) to email.

FEATURED SCR RACE OF THE MONTH



Last year over 1,880 runners and walkers finished what has become the largest 5K in Brevard County and the second SCR Runner of the Year series race.

Because the 5K has grown so large, race director, Mark Petrillo tells us he's giving out award medals five places deep this year. Award medals are turtle-shaped with moving flippers!

WHERE ▶ Nance Park
111 S Miramar Ave, Indialantic

WHEN ▶ 7:30 AM Saturday, Sept. 13

COST ▶ Early registration for SCR members is \$25 online before 9/12/14

WHAT TO EXPECT ▶ A day that begins with a sunrise over the ocean, a fun run on a scenic, paved course that starts and finishes by the ocean, followed by a great atmosphere at the after-party.

COURSE RECORDS ▶

Male: Christopher Cacciapagli – 16:00.3 (2013)

Female: Kaitlin Donner – 17:23.3 (2013)

Reigning Team Competition Champs — Running Zone

SCR YOUTH SERIES ▶ Featuring ¼ , ½ and 1 mile distances, plus a finish line sprint for the little ones. 8:45 am start time.

ONLINE RACE REGISTRATION ▶

<http://goo.gl/WgFWyR>



THANK YOU
 to all of our
 2014—2015
 RUNNER OF
 THE YEAR
 SERIES
 SPONSORS!



SCR MEMBER DISCOUNTS!

Receive a **10% discount** from these local businesses when you mention you're an SCR member.



3 Holidays, 3 Classic Races

in the Beach Communities of
Cocoa Beach & Cape Canaveral

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

FALL INTO WINTER 5k

October 18, 8:00 am

Cocoa Beach

COCOA BEACH

TURKEY TROT 5k

November 27, 7:30 am

Cocoa Beach

REINDEER RUN 5k

December 13, 8:00 am

Cape Canaveral



Custom medals awarded at the REINDEER RUN for registering for all three races.

Races have their own amenities in addition to the series medal. See race websites for details.

Registration

\$67 Entries postmarked on or before October 1

\$72 Entries postmarked after October 1

For more information or on-line registration:

<https://runsignup.com/HolidayBeachSeries>

Enter by mail to:

Check payable to **Cocoa Beach Kiwanis Foundation**

30 Country Club Road

Cocoa Beach, FL 32931

(Race fees are non-refundable)

Races benefit

Cocoa Beach Recreation Department Youth Camps, Brevard County Police Athletic League, Cocoa Beach High School Cross-Country & Track Teams

To contact race directors by email:

Fall Into Winter 5k: lmclean@cityofcocoa.com

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

Reindeer Run 5k: kip.pasternack@bcso.us

FALL INTO WINTER 5k

COCOA BEACH TURKEY TROT 5k

REINDEER RUN 5k

Name _____ Address _____ Male Female Age _____

City _____ State _____ Zip _____ Phone _____ Birthdate _____

Email _____

Race Shirts (includes one for each race) S M L XL XXL (additional sizes for Turkey Trot include YM and YL, XS for Reindeer Run)

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

Signature (Parent if under 18) _____

Date _____





2014 Cocoa Beach Fall into Winter 5K run/walk



Saturday, Oct. 18th, 2014 - 8:00 am

5K Run/Walk

Saturday, Oct. 18th, 2014 - 8:00 am



Entry Fee

Cash or Check only accepted	
Through Oct. 1st	\$20
Oct. 2-17th	\$25
Race Day	\$35
Family of (2) thru Oct. 10th	\$40
Family of (2) Day-of-Race	\$55

Tee-Shirts: To all runners

Non participants \$12
(size of shirts not guaranteed to runners who register Day-of-Race)

Breakfast for non participants \$10

Awards

Top Male and Female Overall
Top Male and Female Age Groups
in the following age categories
14 and under, 15-18, 19-24, 25-29,
30-34, 35-39, 40-44, 45-49, 50-54,
55-59, 60-64, 65-69, 70-74, 75-79, 80+

Special Race Divisions

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



Parking

West side of A1A

Packet Pick-up and late registration
Oct. 17th at Coconuts
5:00 and 7:00pm

Last Name: _____ First Name: _____ M: _____

Address (street): _____

City: _____ State: _____ Zip Code: _____

Date of Birth: _____ Age (on race day): _____

Day Phone: _____ T-Shirt Size: **S** **M** **L** **XL** **XXL** Gender: M F

Entry Fee

Through Oct. 1st	\$20
Oct. 2-17th	\$25
Race Day	\$35
Family of (2) thru Oct. 10th	\$40
Family of (2) Day-of-Race	\$55

Amount Enclosed

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

Cash or Check only accepted

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

Date: _____ Signature: _____ Parent or Guardian, if under 18: _____

I Run for Pizza!

The 2nd race of the 2014-2015 Running Zone Race Series, I Run for Pizza "Football Kickoff" 5K, was held at 7:00am on Saturday, August 9th at Viera High School. A Florida road race in August may not sound particularly appealing due to the typical hot and humid conditions but no one seemed to be complaining on race morning. Participants, 698 total, were encouraged to wear their favorite football team's jersey and were treated to a new well-marked course through the quiet Viera neighborhoods.

Chris Cacciapaglia of Melbourne captured the Male Champion Title with a time of 15:47 and edged out Andrew Cacciatore of Indialantic by 6 seconds. Andrew crossed the line in 15:53. As a side note: Chris and Andrew also finished 1st and 2nd in the Series opening event, the Firecracker 5K, in July. This matchup has all the makings of a great rivalry worthy of watching out for in future events. Kyle Butler of Melbourne rounded out the podium taking 3rd place overall with a finishing time of 16:25.

Team Running Zone cashed in on a women's trifecta as Kim Hunger of Palm Bay, Melissa Taylor of Indian Harbor Beach and Beth Mihlebach of Melbourne Beach shared the podium, finishing 1st, 2nd and 3rd, respectively. Kim ran the 5K course in a time of 18:40 to capture the Female Champion Title. Kim stated she didn't know Melissa, who finished in 18:47, was threateningly close behind her until the end of



Top: They're off! The start of the 10th Annual I Run for Pizza "Football Kickoff" 5K.

Middle: The sun starts to rise at Viera High School.

Bottom: Running Zone team players and a picture perfect race morning.

Right: Chris Cacciapaglia and Kim Hunger - the Male and Female Overall Champions.

Article by Michelle Smurl. All race photos courtesy of Trihokie.com.



I Run for Pizza “Football Kickoff” 5K — continued

the race. Beth finished strong and ran the 5K course in 19:10. Going two-for-two thus far in the Series, Shane Streufert of Viera and Tracy Dutra of Melbourne claimed the Male and Female Master’s Champion Title, respectively. Shane crossed the line in 17:57 and Tracy blazed the course in a time of 20:06. Shane and Tracy are the runners to beat if you’re vying for a Master’s Title this season.

Eighteen teams participated in the I Run for Pizza 5K. Running Zone took first place while Set Goals Not Limits managed to edge out Health First for 2nd place.

All race participants received a celebratory icy cold hand towel upon crossing the finishing line. Participants enjoyed the post-race activities that, of course, involved welcoming the start of football season and eating delicious pizza catered by Pizza Gallery & Grill Restaurant. Zippy the Gecko was on hand to run the free Kid’s Run. The awards ceremony was held near the Viera High School track and race winners received a befitting football shaped award. To round off a fun race morning, two NFL tickets to a Florida team’s game were awarded to one lucky winner of a random drawing.

Race beneficiaries include Suntree/Viera Youth Football & Cheerleading League and WEGO Ministries. The 3rd race of the Running Zone Race Series race is the Ghostly Gecko 5K on October 18th at 6:30pm at the Eau Gallie Civic Center in Melbourne. Visit www.runningzone.com for more info.



Top: Set Goals Not Limits Team with their 2nd place team award.

Middle: Melissa Taylor, 2nd place Female Overall award winner. And, we’re guessing a Miami Dolphins fan.

Bottom: A handful of the 698 participants showing off their pizza and team outfits.



Consider us home.

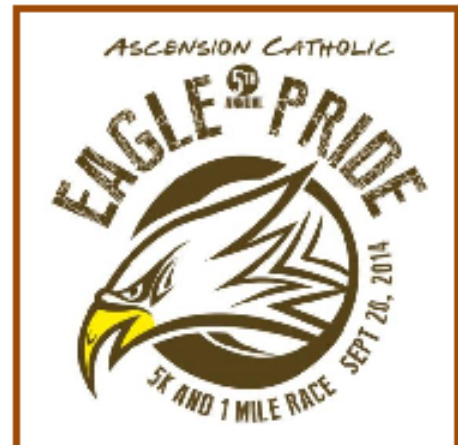
5th Annual Eagle Pride 5K & 1 Miler

Saturday, September 20, 2014 @ 7:30 am

Ascension Catholic School

(Corner of Parkway & US1, 2950 N. Harbor City Blvd., Melbourne, FL 32935)

- *THE Coolest Tees *Over \$1200 Raffle Prizes
- *Free Kid's Run *Yummiest Eats! *Team Awards



Timetable

Friday, September 19: 10am – 6:30pm

Packet Pick-up & Registration at **Running Zone**

Across from Brevard Community College on Wickham Rd.

Saturday, September 20: Ascension Catholic School

6:00 am Packet Pickup & Race Day Registration

7:15 am Late Registration ends

7:30 am 5K Start

8:45 am 1 Mile Starts

9:00 am Kid's Run(7yrs/under) FREE

Awards & \$1000 Prizes immediately following all races

Awards: 5K

M&F: Top 3 Overall, Top Masters (40+)
Age Groups (Top 3 M&F): 8 & U, 9-11, 12-14, 15-19, etc. ...standard age groups

*Team: Top 3 Co-ed Teams (5K race ONLY)

Awards: 1 Mile

Top 3 M&F in age groups: 11 & U, 12-19, 20+

Registration Fees

5K Adult Reg. (incl. race day)	\$25
5K Kid's Reg. (16 yrs. & Under)	\$20
1 Mile Registration (w/ T-Shirt)	\$15
1 Mile Registration (No T-Shirt)	\$10

SORRY, NO REFUNDS

EAGLE PRIDE 5K & 1 Miler – Official Entry Form

Make Check Payable to: Ascension Catholic School (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 _____

*Team Name _____

City _____ State _____ Zip _____

*Team Awards ONLY for 5K race, not 1 Mile race. *Each Team must have minimum of 5 runners w/ at least one member of opp. gender

Phone (daytime) _____ Male Female

Date of Birth ___/___/___ Age on Race Day _____

Shirt Size (circle): YM YL AS AM AL AXL AXXL

Ascension Students only:
Grade & Teacher: _____

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

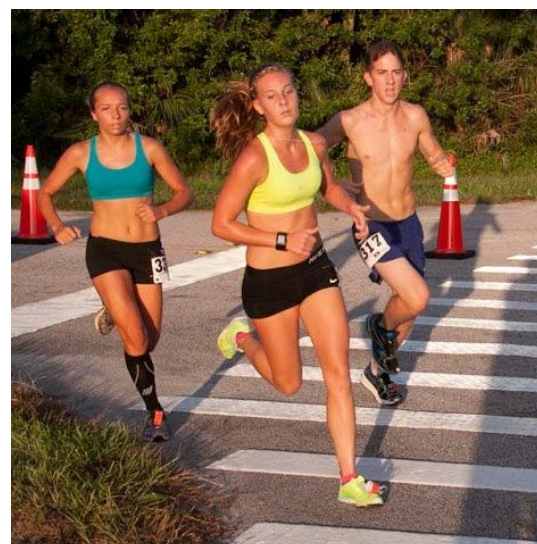
DATE



The sun lurked from behind the trees and greeted racers as they gathered for the 9th annual Running on Island Time 5K. Runners and walkers of all ages headed down to the race to run in the sun and receive yummy post-race food and beverages. Kicking off the first race of the Space Coast Runner of the Year Series, the race started at 7:30 am on Saturday, August 23rd with the starting and finishing line at Divine Mercy Catholic Church in Merritt Island. The proceeds of the island 5K benefited the students of the Divine Mercy Catholic Academy.



Competition was tough, but 16-year-old Steven Cross sprinted through the finish line scoring a victory with a time of 15:45. Second place finisher, John Davis crossed in 17:01 and Steve Hedgespeth in 17:37 to take third place. The females also finished strong with Sarah Hammond in first with a time of 18:58, Mikaela Hakamaa coming in second with 19:35 and shortly after Dina Viselli in third with 20:22. It was a great turnout with runners and



Top right: Steven Cross took the lead and never looked back, setting a new course record with his fast finishing time of 15:45.

Middle: And they're off! Runners round a turn about a half mile into the 5K race which had both a running and walking division.

Bottom: The top two women, Sarah Hammond and Mikaela Hakamaa battle it out on the course. Hammond bested Hakamaa by 37 seconds.

Running on Island Time 5K— continued



walkers from 9 to 99 participating. It was a blast to run as well as cheer from the sidelines.

The 5K awards included palm trees to the overall winners and clocks for the top winners in each age group. Also, there were yummy snacks to munch on after the race including pastries, bananas, oranges, bagels with cream cheese and a scrumptious cookie concoction of an Oreo topped with creamy peanut butter and a banana. It was a great time to bring the kiddies on down as there was a kid's fun run and also a Space Coast Runners Youth Series run. Although held in Merritt Island, it captured the island spirit and also was well organized, plus a lot of fun. The course was flat, the treats delicious and the people fun; why not mark your calendars for next year?

For additional race results of the [Running on Island Time 5K](http://www.spacecoastrunners.org) or to view upcoming races, visit www.spacecoastrunners.org. Article by Michelle Au. All race photos courtesy of Doug Carroll.



Top: The Youth Series kid's run has them dashing across the fields at top speeds. Left: Melissa Wade Dauberman displays his 20-24 age group clock award. Center: Keith Kowalske, Lisa Hamelin, Jonathan Howse and Cami Waldon enjoy the post-race party. Right: Pat Kiesselbach accepts her 3rd place AG prize.

Long Distance Relationships

What SCR Members Had to Say About Their Recent Out of Town Races



Making the Grade



WEATHER— It's July, so even though it's Maine, it can be hot. This year the weather was beautiful low 60's at the starting line - maybe mid 70's at the finish.



PROS— Low entry fees, but an extra charge for the shirt. The shirt is well worth the extra \$15 - nice tech shirts made of 100% recycled bottles with an original and interesting logo.

Same logos used for the medals. Unique awards (not that either of us got one) - lobster trap buoys. Scenic course, and beer and pizza at the end - need I say more?



CONS— For Florida folks, the hills are a bit of a challenge, but the cooler temps this year made it all ok! We also found the finish area way too crowded this year. Higher number of runners, but they didn't make changes from the past year to accommodate for this. Definitely needed more beer and food lines to get those tired, hungry, thirsty runners satiated.



Article by Christy Zieres

Shipyard Old Port Half Marathon
Portland, Maine—Sunday, 7/13/14

The race starts and finishes at the Ocean Gateway Terminal, which is used by Portland's cruise and large ferry ships. Starting corrals run down the pier providing a nice view of the bay, a bit of a cool breeze off the frigid water, and the ever present slight odor of fish. Having not spent a lot of time in cold water fishing ports, it's a very unique smell that I associate with Portland and don't mind.

The runners take an immediate left turn off the pier onto Commercial St. Runners run along the waterfront past piers and businesses down Commercial St for the first southern loop. Towards the end of Commercial, runners then turn right and head up hill and wind through beautiful neighborhoods with old homes lining the roads,

Long Distance Relationships

Shipyard Old Port Half Marathon continued



Left: Christy runs a colorful part of the course. **Right:** Time to celebrate! Christy and Loran enjoy a cold, post-race beer.



then back down hill to Commercial.

We ran back up Commercial past the start/finish line and headed north. Last year when we did this run, we stayed on the paved trail and ran out and back past the water treatment plant. This was not a pleasant odor, so the race directors re-routed this year. Instead we took a left and ran up another steep hill through more beautiful neighborhoods.

After getting up that hill, which volunteers promised me was the last big one, we did a big loop around Back Bay, which is on a hard packed dirt trail. Nice change of pace from the road. Runners do return back on asphalt trail, which goes by the water treatment plant, but the colorful graffiti on the walls, makes it ok for one trip :).

We finish up heading south down the trail to the pier, the finish line, and what we've been running for, the Shipyard beer!



I highly recommend making this a destination race - there were plenty of Space Coast Runners participating this year to attest to this. Portland is a fun, historic city where lots of adventures await. Sight-seeing on land and on water, shopping, lobster rolls, and have I mentioned the beer? We found quite a few quaint breweries to visit. And, even though it's a little pricy, I would suggest staying in the Old Port area. It was nice to park for the weekend and not worry about driving.



DIXIE CROSSROADS

WILD

SHRIMP SHUFFLE

CHAIN OF LAKES

**Titusville, Florida
October 11, 2014**

**7:45 A.M. • 5K RACE START
8:15 A.M. • 10K RACE START**

Benefiting  of Brevard

LOCATION:

Chain of Lakes
2300 Truman Scarborough Way
Titusville, Florida 32796

COURSES (NEW & IMPROVED)

The race will start and finish at the new pavilion near the newest entrance (on US1 north of Parrish Medical Center) of Chain of Lakes. The course is a combination of asphalt & cross-country trails encompassing the newest lake.

EARLY REGISTRATION

Before September 28, 2014 - \$23

REGISTRATION

September 29 through October 11, 2014 - \$28

EARLY PACKET PICK UP

Friday, October 10th from 4:00 p.m. - 7:00 p.m.
Parrish Health & Fitness, 2210 Cheney Hwy., Titusville, FL

RACE DAY SCHEDULE

6:15 AM Day of Race Registration/Package Pickup
7:45 AM 5K Race Start
8:15 AM 10K Race Start
9:15 AM Kids Fun Run

AWARDS 10K & 5K

Shirts guaranteed to pre-registered participants
• Top 3 Overall - male & female
• Top Master (40+) overall - male & female
• Top 3 Finishers age group - male & female

AGE GROUPS

• 8 yrs. & under • 9 to 10 yrs.
• 11 to 14 yrs • 15 to 19 yrs
• followed by 5 yr. age divisions through 80+

DOOR PRIZES

All participants and race volunteers are eligible for door prizes. You **MUST** be present to win. Door prizes will be drawn during the Awards Ceremony.

TITUSVILLE RACING SERIES

The Wild Shrimp Shuffle 10K & 5K is the first race of six in the Titusville Racing Series.

CONTACT: Marty Winkel 321-537-3526

MAKE CHECK PAYABLE & MAIL TO:

Space Coast Event Management
ATTN: Wild Shrimp Shuffle 10K & 5K
P.O. Box 2 • Titusville, FL 32781

SPONSORS:

Dixie Crossroads, Parrish Medical Center,
LivingWell Chiropractic



ONLINE REGISTRATION IS AVAILABLE AT SCEVENTMGT.COM

WILD SHRIMP SHUFFLE

Last Name _____ First Name _____ M.I. _____

Address _____

City _____ State _____ Zip _____

Telephone _____ Email _____ D.O.B. _____

5K OR 10K Male Female T-shirt: XS S M L XL XXL

WAIVER

I assume all risks associated with my participation in the Wild Shrimp Shuffle 10K & 5K including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled on my behalf, waive and release the directors, organizers, volunteers and sponsors of this race from all claims or liabilities of any kind arising out of my participation in the Wild Shrimp Shuffle 10K and 5K. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. For safety reasons, roller blades, roller skates, skateboards, bicycles, baby strollers, baby joggers, radio headsets and animals are PROHIBITED.

Signature (Parent, if under 18) _____

RUN A MILE WITH... *Joe Lento*

Name: Joe Lento

Family: Carmine and Angelo,
two sons, Wendy Lento, wife

Originally from: Miami, FL

Grew up where?:
Cocoa Beach, FL

Occupation: Business Owner

Dream profession:
Professional Surfer



Number of Years Running:
4

Began Running Because/
To: To get healthier and meet new people

I Knew I Was Hooked When:
I crossed my first finish line.

Race PRs (Personal Records):
5K—19:41

Most Satisfying Race Performance(s):
Sprint for Sight 5K PR

Favorite Race(s): Fall into Winter 5K

Why? Because the weather in the Fall is cool
and it's on the beach.

Favorite Race Distance: The 5K. I like to
run fast.



Favorite Place(s) to
Run: San Antonio, Texas,
Hill Country and Riverwalk
downtown



Running Goals: To run as
many races as I can.

Running Partner(s): My
family, my wife, Wendy and
sons, Carmine and Angelo

If I Could Go on a
Social Training Run
With Any Other
Persons, Dead or Alive:
Meb—he's a great runner.



Funniest or Oddest Thing I've Seen
While Running: Dogs that can run with their
owners faster than me.

RUN A MILE WITH... *Joe Lento*

Training Philosophies: No pain, No gain.
Train as much as you can, as hard as you can.

One Piece of Advice That I Would Give to a New Runner: Make sure to stretch out and warm up.

Other Sports & Interests: Surfing, weight lifting, and soccer

Favorite Reads: Running and fitness magazines

Favorite Movies: Comedies

When Nobody is Looking I Like to: Dance to old techno music

Favorite Meal: Cedar plank salmon with sweet potatoes and Brussel sprouts



Dream Vacation: Surf trip around the world brah



Why did you join SCR? Fun, challenging races

I Think That SCR Could Do A Better Job: Nothing



*"Triathlete's Choice Best of 2013" Finalist:
"Best Race" , "Most Scenic Race" , "Bucketlist Race"*



RocketMan Florida Triathlon

OCTOBER 12, 2014.

KENNEDY
SPACE
CENTER
VISITOR
COMPLEX

• **HALF IRON JUST ADDED** •



**New
course!**

CAPPED AT 1,000
REGISTER NOW!
ROCKETMANFLORIDA.COM

Presented by:



Looking Shady

Article by Michelle Au

Sunglasses #1



According to Wikipedia, “sunglasses are a form of protective eyewear designed primarily to prevent bright sunlight and -energy visible light from damaging or discomforting the eyes.” As many runners and walkers primarily wear sunglasses to protect their retinas, they have also blossomed into something else: a fashion statement. Nowadays many runners select sunglasses to match their latest workout outfit or want a pair of Aviators to match their favorite movie star.

Being actively involved in running the local 5Ks in Brevard, I noticed sunglasses were worn on every other runner/walker I encountered. So I decided it was time to point out these trendsetting fashionistas sporting their cute or cool looking sunglasses.

Sunglasses #1 – Blue Lens? How Cool! (continued next page) →



Although the lenses are not as big as what the movie stars wear, they still are one of my favorite looks as they are blue! Traditionally not the black lens we see on every person walking or running on the side of the street, these sunglasses look perfect for not only reflecting the bright rays, but sporting that fashion statement. Between the orange shorts and the blue lens, I think we have a Gator fan upon us. This guy is the epitome of cool, which makes this one of my favorite looks.

Sunglasses #2 – Mission Impossible

Not only does Melissa Taylor look like she can run, but she looks like she is running to a mission. The sunglasses worn in this picture look similar to something taken straight off of Tom Cruise's head in any of the Mission Impossible movies. These sunglasses help her pull off a strong and confident look that will make any runners or walkers in her way stand back. "Look out! I am coming through because I am on a mission to win!" I always loved playing "spies" when I was a kid, which makes this one of my favorite looks.

Sunglasses #3 – A Little Color Never Hurt Anybody

Dave Hernandez is fun. He is sporting the red sunglasses look. Although he is wearing a very tame outfit with nothing too bright or fancy, his sunglasses dictate otherwise. He is just telling the world that although he is serious about getting a PR, that he is still a fun guy. Who doesn't want to rock the red sunglasses look in the summer. Summer is known for "feelin' hot, hot, hot" and relaxing days, which encompasses what these sunglasses are trying to portray. These fun, summery sunglasses are perfect for this hot Firecracker 5K. I loved this look and can't wait to find my own colorful sunglasses.



Sunglasses #4 – So We Are Matching the Outfit, Huh?

This runner took the initiative to match his sunglasses to his outfit. Sebastian Aravena wants to look good as he crosses the finish line and gets those pictures taken by Doug Carroll. Who doesn't want to look good obtaining a CR or beating a friend that decided to do the 5K also. Notice in this picture that he is giving a thumbs up. This is because he matches and matching accessories to your



outfit is the newest craze for runners. Matching watches, compression socks and even shoelaces that match the running outfit is something runners are participating in for races. Matching is great, especially when all of the running gear colors are in sync, making this one of my favorite looks.

Sunglasses #5 – Save The Best For Last

Michelle Smurl is an excellent runner. She not only maintains a steady pace throughout the race, but can sprint through the finish line at the end. She is really good at this sport, and the sunglasses support this notion. Notice the sunglasses on the top of her head. You know she is good at running if she can weave through a crowd and sprint the last 400 meters and the sunglasses not fall off. She is a pro. If I tried doing that, they would fall to the ground and I would soon hear the shattering of the lenses into a million pieces. I hope one day to master this craft of the “sunglasses on the head” trick, thus making this my favorite look of 5K runners and walkers. All race photos courtesy of TriHokie Images and Doug Carroll.

U.S.A. BEACH RUNNING CHAMPIONSHIPS

10K • HALF MARATHON

November 2, 2014 | COCOA BEACH, FL

Feel irie...

“Love running on the beach, it's so peaceful, the sound of the birds, surf, and the first hints of sunlight! And it's a great race venue!” - Sharon S.

“Being outside on the beach at sunrise with a group of enthusiastic people is awesome.” - Kelly L.

Live reggae on the beach!

Medals to all finishers • Tech shirts to all pre-registered

Low-tide, out and back runs on hard packed sand

Open to all runners/walkers (No qualifying) • Barefoot division

REGISTER NOW!
RunOnTheBeach.com



Where in the World?

ARE SPACE COAST RUNNERS RUNNING



SEPTEMBER 2014



World Championship 70.3 9/7—
Mont-Tremblant, Quebec Cathy Friedel



**11th Annual Fire-
 fighter's 5K 9/7—**
Hollywood, FL
 Debbie Molina

**Michelob Ultra Boston
 13.1 Marathon 9/14—**
Boston, MA
 Pat Kiesselbach



**Air Force & Half Mara-
 thon 9/20—Dayton, OH**
 Shelley Christian, Pat Mister,
 Doug Nichols

**Beat the Blerch
 Half Marathon
 9/21—Carnation,
 WA**
 Barbara Linton



COLORADO



**Equinox Half Marathon
 9/21—Fort Collins, CO**
 Brett White, Dick White

OCTOBER 2014



**The Twilight Zone Tower of Terror 10-
 Miler 10/4—Lake Buena Vista, FL**
 Beverly Glenn



St. George Marathon 10/4—
St. George, UT
 RC & Susie Koontz



Wineglass Marathon 10/5— Corning, NY
 Deb Molina, Cheryl Ritter, Ron Ritter, Brittany
 Streufert, Marie Thomas, Micah Vanatta



Where in the World are Space Coast Runners Running?

OCTOBER 2014



John Holmes 50K
10/11—Croom Park/
Withlacoochee State
Forest, FL
Jim Schroeder



Towpath Marathon 10/12— Cuyahoga
Valley National Park, OH

Molly Kirk



Beachside Half Marathon 10/11—
Vero Beach, FL

Brittany Streufert, Shane Streufert



Mohawk Hudson River Marathon
10/12— Schenectady, New York

Howard Kanner, Steve Oliver, Kristin Tinker



Chicago Marathon
10/12—Chicago, IL

Mary Collins, Marisa
Flint, Amy Sequeira,
Christy Zieres

Jack's 50K Trail Race
10/25—Palm Coast, FL

Jim Schroeder



Marine Corp Marathon 10/26—
Washington, DC

Betsy Butler, Abe Oros

NOVEMBER 2014

New York City
Marathon 11/2—New
York City, NY

Steve Chin, RC & Susie
Koontz, Stephanie
Kutteroff, Shane Streufert



Wine & Dine Half
Marathon 11/8—
Lake Buena Vista,
FL

Michelle Au



Rock 'n Roll Savannah
Marathon & Half Mara-
thon 11/8— Savannah, GA

Mike Acosta, Les Dunne, Rene
Dunne, Lisa Hamelin, Kira
Juraneck, Susie Meltzer, Gina
Rall

Add your Next Race to the SCR Calendar! [CLICK HERE TO EMAIL US](#)



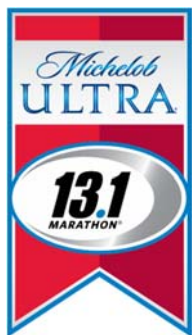
Where in the World are Space Coast Runners Running?

NOVEMBER 2014



Soldier Marathon 11/8— Columbus, GA

Shelley Christian



Michelob Ultra Ft Lauderdale 13.1 Marathon 11/9— Ft Lauderdale, FL

Pat Kiesselbach

Pensacola Marathon 11/9—Pensacola, FL

Harry Prosser (full)

Kimberley Prosser (half)



St. Augustine Half Marathon 11/14—St. Augustine, FL

Wade Dauberman, Beverly Glenn



Wild Sebastian 100 11/15 & 16— Sebastian, FL

Jim Schroeder

DECEMBER 2014



XTerra World Championship Trail Run 12/7—Oahu, HI

Bill Buonanni, Nancy Buonanni

Honolulu Marathon 12/14— Honolulu, HI

Cindy Bishop



Jacksonville Bank Marathon 12/28— Jacksonville, FL

Debbie Molina



Where in the World are Space Coast Runners Running?

JANUARY 2015



Key West Half Marathon 1/18—

Key West, FL

Shelley Christian, Dick White, Marlene White, Rachel White



Ocala Half Marathon

1/25— Ocala, FL

Rene Dunne

FEBRUARY 2015



Gasparilla Half Marathon 2/22—

Tampa, FL

Dick White, Marlene White, Rachel White

Distance Challenge

Rene Dunne

MARCH 2015



HITS Triathlon Ocala 3/28—Ocala, FL (Full Distance)

Wade Dauberman



Pro-Health
& FITNESS CENTER

SPACE COAST RUNNERS WOULD LIKE TO THANK HEALTH FIRST PRO-HEALTH AND FITNESS CENTERS!

They allow us to use a meeting room in one of their facilities for our SCR Board 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 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!



It Takes Less than a Minute to Add Your Race! [CLICK HERE TO EMAIL US](#)



Jan 31 & Feb 1, 2015

5K • 8K



1/2 Marathon

1/2 Relay & Marathon

+ Dunkin Dash Kids Run & Mascot Marathon



NEW FINISH AREA AT FRONT STREET PARK!

- 26+ bands • Post race concerts
- Tech tees & hats • Medals to Sunday finishers
- Costume contest
- Live webcast of the finish on Sunday
- Among the nation's greenest races!



REGISTER NOW!
TheMelbourneMarathon.com

Race Calendar **September**



Date	Race	Start Time	Location	Contact
Sept 6	Labor of Love 5k	7:30 am	Harmony Square, Harmony	cathy@gemsevents.com
Sept 6	Tunnel to Towers	7:30 am	Riverside Park, Vero Beach	t2verobeach@aol.com
Sept 13	Turtle Krawl 5k	7:30 am	Nance Park, Indialantic	turtlekrawl@seaturtlespacecoast.org
Sept 20	Eagle Pride 5k/1mile	7:30 am	Ascension Catholic Church, Melbourne	pamela4004@att.net
Sept 20	Ryan's Hope 5k	7:30 am	Palm Bay Regional Park, Palm Bay	runningal@cfl.rr.com
Sept 20	Panthers on the Prowl 5k/1mile	8:00 am	EFSC, Cocoa Campus	runsalot@cfl.rr.com
Sept 21	The Missing Peace 5k	7:30 am	Viera High School, Viera	jnixson@cfdfl.com
Sept 27	True Colors 5k	7:30 am	Eau Gallie Square, Melbourne	thempto@gmail.com
Sept 27	The Caracara 5k	7:30 am	Viera Wetlands, Viera	321-604-1138
Oct 10	Precious Mammaries 5k	7:30 am	Schechter Center, Satellite Beach	info@runningzone.com
Oct 11	Witch Way 5k	5:30 pm	Nance Park, Indialantic	witchway5k@indialantic.com
Oct 11	Wild Shrimp Shuffle 5k/10k	7:45 am	Chain of Lakes Park, Titusville	runsalot@cfl.rr.com

★ HAPPY ★ BIRTHDAY!

September 2014

Birthstone: Sapphire

Flower: Morning Glory

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Heide Jaksetic Tammy Swonger Rachel White Megan Stolen	2 Andy Dutra Kelly Hedgespeth Dawn O'Dell	3 Morris Johnson Eric Mckinley	4 Erin Coe Jesse Hall Barbara Linton	5 Darlene Deen Saylor Kelly	6 Laken Daniels David Maltby Bob Rall Ellen Webbe
7 Jessica Crook Joseph Doyle Rhonda Van Etten	8 Christopher Abreu Tina Kraver	9 Christine Ellegood Teen Sum	10 Melissa Hickman Ken Hill Robert Varnes	11 Jackson Bainbridge Philip Smith	12 Steve Chin Kayla Holst Chelsey Joiner Jeannine McElveen	13 Kelly Hunter
14 Kristen Clark Lori Rattay Veronica Sim Giles Williams	15	16 Erica Bernstein RC Koontz	17 Warren Lucas John Schmidt	18 Daniel Heidt Cheryl Ritter	19 Joe Deen Jim McClary	20 Karen Suarez
21 Ian Cook	22 Kyle Butler	23 Linda Cowart Payton Dingan Tom Sim	24 Garry Conrad Frank Kapr	25 Chris Bainbridge Karl Mitzlaff Brian Timmons	26 Elizabeth Gahres	27 Margaret Racine Micah Vanetta Rick Lorraine
28 Brenda Heidt Mendi Raymond Jaime Ruiz	29	30				

Make sure to wish these folks a Happy Birthday when you see them.
Watch out, our **highlighted** members are moving up in age groups!



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 541837, Merritt Island, FL 32954-1837

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.*