

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

# SPACE COAST RUNNERS

SEPTEMBER 2015



**Run A Mile With Cami Waldon**

**Race ROY Series!**  
The leaderboard is up.

**3 Ways Social Media Can Help Your Running Life**

**10 for 10**

**ART ANDERSON & MARISA FLINT SCORE 100% ISLAND TIME ATTENDANCE**

# SPACE COAST RUNNERS

**LISA HAMELIN**  
*Editor-in-Chief*

*Design Director*      **BRITTANY STREUFERT**  
*Contributing Editor*      **MICHELLE AU**  
*Contributing Editor*      **MARISA FLINT**  
*Contributing Editor*      **ANGELA LEEDS**  
*Photography*      **DOUG CARROLL**

## WEBSITE

Website: [SpaceCoastRunners.org](http://SpaceCoastRunners.org)

Website Editor      **LORAN SERWIN**  
[L.Serwin@cfl.rr.com](mailto:L.Serwin@cfl.rr.com)

Results/Calendar      **MATT MAHONEY**  
[MattMahoneyfl@gmail.com](mailto:MattMahoneyfl@gmail.com)

## SOCIAL MEDIA

Twitter **BOB RALL**

[Bob@RallCapital.com](mailto:Bob@RallCapital.com)

Facebook and Instagram **BRITTANY STREUFERT**  
[brittanystreufert@gmail.com](mailto:brittanystreufert@gmail.com)

**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](http://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, Twitter and now Instagram. 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!

**DICK WHITE**  
*SCR President*

## OFFICERS

*Vice President*  
*Secretary*  
*Treasurer*

**MARY RAMBA**  
**CYNDI BERGS**  
**CAROL BALL**

## BOARD OF DIRECTORS

*Member*  
*Member*  
*Member*  
*Member*  
*Member*  
*Member*  
*Member & ROY Chair*  
*Member*  
*Member*

**KAITLIN DONNER**  
**LISA HAMELIN**  
**MICHAEL HIGGINS**  
**HOWARD KANNER**  
**HARRY PROSSER**  
**BOB RALL**  
**RON RITTER**  
**LORAN SERWIN**  
**SHANE STREUFERT**  
**NANCY WINGO**



**SPACE COAST RUNNERS**  
P.O. Box 541837  
Merritt Island, FL 32954

## DEPARTMENTS

- 04 [From the Editor](#)**
- 06 [Presidential Inquiry](#)**
- 46 [Local Race Calendar](#)**
- 48 [Birthday Calendar](#)**

## RESOURCES

- 03 [SCR Board Members](#)**
- 08 [Local Fun Runs](#)**

## FEATURES

- 12 [SCR Central](#)**
- 21 [Long Distance Relationships](#)**
- 25 [British Triathlon Championship](#)**
- 34 [Runner of the Year Series](#)**
- 40 [Run a Mile with...](#)**
- 44 [Where in the World?](#)**
- 45 [Social Media Can Help Your Running Life](#)**



**Left:** Moms Run This Town was out in full force at the Brevard Running Group Challenge on August 5th.

**On Our Cover:** Art Anderson and Marisa Flint are presented with special awards by race director, Deb Wells for running all ten of the Running on Island Time races.

## RACE REPORTS

- 28 [Workman Warrior 5K](#)**
- 29 [I Run for Pizza 5K](#)**
- 37 [Running on Island Time 5K](#)**



**Good times at the ROY Kickoff Fun Run!**

## GETTING TO KNOW THE NEWSLETTER STAFF

### Marisa Flint



Running Space Coast

**Name:** Marisa Flint

**Favorite SCR series race:**

Space Coast Half Marathon

**Favorite Space Coast area to**

**run:** River Road and Enchant-  
ed Forest

**Running partner(s):** I've run  
with so many great friends that  
I don't want to list them and  
leave anyone out, so I'll just  
say they are all people I've met  
through SCR!

**Little known fact/secret about**

**yourself:** Nothing that I can  
think of, I'm pretty much an  
open book---or I'm just not  
that interesting ;-)



Marisa's Family  
& Friends



I am happy to say that the race season is officially underway! Running on Island Time is the first race in the Runner of the Year Series and it went off without a hitch earlier this month. Congratulations and big thanks to race director Deb Wells, for putting on a great event and for surpassing your participant numbers!



We have a new feature in the newsletter that you need to know about. We will be having contests (with prizes), starting this month! Check out page 12 to see our first one.

In addition, the 10th Annual Run to Work/Run to School day is Sept. 18th. Learn all about it on page 23 and try to encourage your friends and coworkers to join in. You never know, it could be the motivating factor to get someone new to become hooked on running!

Lastly, we are working on adding a complement to our Local Fun Runs page. The Local Fun Runs page lists the various, regular group runs that occur throughout the county. We would like to add a Local Running Spots page that lists great areas to run in the county. If you know of any hidden (or not so hidden) gems, please email me to add it to the list!

I love feedback (really I do!). Let me know what you like, don't like, what you would like to see in upcoming issues, etc.

Have a great September and see you next month.

Keep Moving Forward!

**Lisa Hamelin**  
Editor-in-Chief

[lisahamelin@gmail.com](mailto:lisahamelin@gmail.com)

## EDITOR'S CORRECTION

In the August newsletter, the Youth Series article misstated the number of qualifying races in the Youth Series as three. The correct number of races is five.



Our mailbox is always open to our readers. If you have a comment, correction or critique or would simply like to tell us what running topics matter to you most, email us by [clicking here](#).

*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](http://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**

# PRESIDENTIAL INQUIRY

**A Monthly Column from SCR President, Dick White**

## GREETINGS ALL!

The Summer Social Season is over and the New ROY Series has begun!

BIG Shout Out THANK YOU to Linda Cowart and Brittany Streufert for their creative ideas, planning and follow through to produce three GREAT Fun Run Events. I have never before seen 200+ runners come out on a Wednesday evening for fun and frivolity. I can't wait for next year!

On Saturday August 22, Running on Island Time 5K marked the beginning of the 34<sup>th</sup> annual ROY Series. What a Special Event to see a Sea of Red Space Coast Runners Race Team singlets for the First Time! I counted 6 SCR age group winners and several more took home awards! Go Team!!

I want to thank all of the members who responded to my request for input on our ROY series. I hope to get many more as the year goes on, as only from your opinions can we continue to deliver the BEST Race Series in Brevard County.

I received a strong suggestion from a long time member and former SCR board member that a Beach Run should be included in our series, as we are the Space COAST Runners. I can only reply that a two year old survey that only about 100 of our over 700 members responded to, decided that Fall into Winter 5K was not among their favorite races. I will tell all members to VOTE when your ballot arrives. Call your SCR friends and tell them to VOTE.

Another well thought out response stated that she likes the ROY series "as is". She went on to point out that 5 of the races are before the New Year and 5 after and that our series is very "family friendly". Having moved here from Maryland some 10 years ago, she shared that the Annapolis 10 miler gives a sweatshirt one year and matching sweatpants the next instead of always T-shirts. She closed by saying she was looking forward to the next 10 years of Space Coast Runners.

I Thank You so much for your kind words Jacquelyn and am so glad that you are as proud of this series as we are. The six 5K in the series are independent races and among the best 5K in the county. All 6 of the Race Directors are very dedicated to their charity benefac-

tors and the runners who support them. The SCR Marathon/Half Marathon has no equal, thanks to our partnership with Running Zone and their initiative to build it into the Gala Event that it has become. Our 3 club-owned and operated races, the Space Coast Classic 15K, Eye of the Dragon 10K and the Space Walk of Fame 8K are the longer races and the "backbone" of our series. We added the 2 mile races to SCC and SWOF in 2008 to allow them to be "family friendly" as 14 and under get ROY points for running the shorter events. Recently we extended that to allow 75 and older runners the option to run the 2 mile and still receive ROY points as well. The kiddie races that you described in your letter have always been a fun tradition with every child receiving multiple finisher awards.

As for the variations from the T-shirts, we gave out transition bags at the 2011 Eye of the Dragon 10K and had people tell us that they weren't going to race that year because "you don't have a T-shirt". I guess anything else we give has to be in ADDITION to the T-shirt.

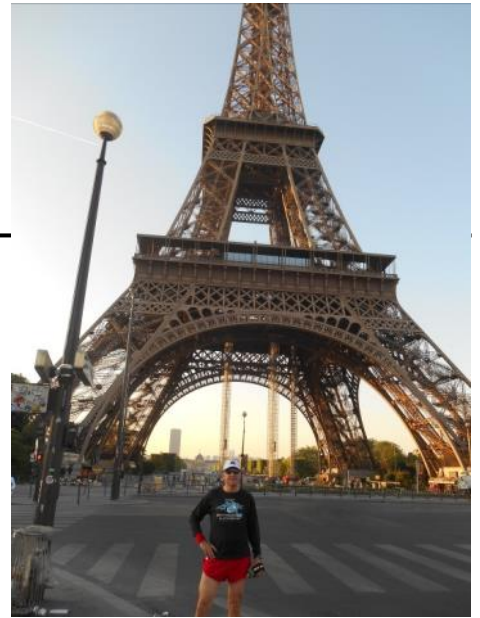
This year, we will be awarding finisher medals at the "Big 3" that, if you race all 3, will connect to each other and to a main "33K" Space Coast Runners medal to hang in your trophy case. I will be looking for you to pick up your trophy at the 2016 Space Walk of Fame.

Again, I invite input, questions, comments or complaints to be sent to me at [dickwhite@cfl.rr.com](mailto:dickwhite@cfl.rr.com) – if I can I will address it in this column. If you prefer, I will send an individual response. Please stop by the SCR tent at any of our races to say Hi.

See You There!

*Dick*

Dick White, SCR President  
[dickwhite@cfl.rr.com](mailto:dickwhite@cfl.rr.com)



# TURTLE KRAWL 5K



© Michael Nemnich



**SEPTEMBER 12, 2015**

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" Nemnich\*

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 3,000 registrants only!*

For more information and to register, visit: [TurtleKrawl.com](http://TurtleKrawl.com)

# Local Fun Runs & Walks



Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (triathlontrainingstore@gmail.com)
Sun	Oars & Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars & Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Sun	Murrell Road Running Group (MRRG) Spyglass parking lot, Viera	7:00 am	<a href="http://www.meetup.com/Murrell-Road-Running-Group/">http://www.meetup.com/Murrell-Road-Running-Group/</a>
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Christy Tagye (christytagye@yahoo.com)
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	Long Doggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon	Running for Brews Cocoa Beach, Hogan's Irish Bar	7:00 pm	Bo Trapnell (phogan330@gmail.com)
Tues (1st/3rd of each month)	Playalinda Fun Club Runs, Playalinda Brewing Company	6:30 pm	Donna Scott (225-8978)
Tues	Running for Brews Satellite Beach, Long Doggers	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Open Water Swim & Causeway Run, Squid Lips Beach/Eau Gallie Library	6:00 pm	Running Zone (erin@runningzone.com)
Wed	Cocoa Beach Fun Runs, Long Doggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:00 pm	Michael Higgins/Christine Ellegood (michaeldhiggins@gmail.com) (cellegood@gmail.com)
Wed	Daddy Ultra Runs, Cocoa Village	6:00 pm	Hernan Garcia (info@daddyultraruns.com)
Wed	Running for Brews Melbourne, Fia's Ristorante & Pizzeria	7:00 pm	<a href="http://www.meetup.com/Running-for-Brews-Melbourne/">http://www.meetup.com/Running-for-Brews-Melbourne/</a> - Marcus Smith
Thurs	Running Zone, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	Hoover Middle School, Indialantic	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	Running for Brews Viera, Long Doggers	7:00 pm	Sean & Sandra Christian (IDLifeteamChristian@gmail.com)

It's always better to run and walk with friends! Our fitness community offers several opportunities to find a group to train with. Please contact [lisahamelin@gmail.com](mailto:lisahamelin@gmail.com) to add your fun run!



# Local Fun Runs & Walks



Running for Brews, Viera



Palm Bay Rec Runners, Palm Bay



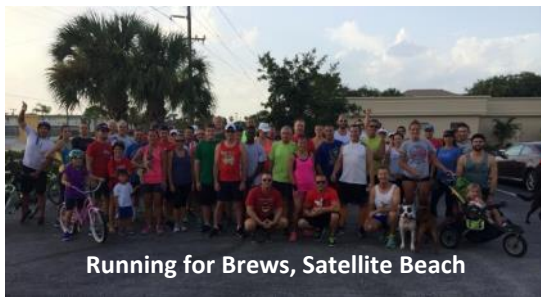
Long Doggers, Indialantic



Running for Brews, Cocoa Beach



Daddy Ultra Runs, Cocoa Village



Running for Brews, Satellite Beach



Running for Brews, Melbourne



Running Zone, Melbourne



Cocoa Beach Runners, Cocoa Beach



Up & Running Fitness, Indian Harbour Beach

# The 2nd Annual Caracara 5k

A TRAIL RUN BENEFITING THE CARACARA BIRDS



Photo by Doug Carroll

*September 26, 2015*

*Ritch Grissom Memorial Wetlands, Viera*

**Register at [www.thecaracara5k.com](http://www.thecaracara5k.com)**

Marty Winkel

321-537-3526

sceventmgt@gmail.com





# VOLUNTEER WITH SPACE COAST RUNNERS

*There's 2 Ways to Win!*

## **TOP VOLUNTEER PROGRAM** – *for those who like to volunteer & be a part of the action*

SCR will recognize the top two volunteers based on volunteer points accumulated during the 2015-2016 season. The top two members will receive an official SCR jacket & a \$50 Amazon gift card. Volunteer point standings will be posted at [spacecoastrunners.org](http://spacecoastrunners.org). Winners to be announced at Awards Night 2016.

## **RUN&1 PROGRAM** – *for those who like to race our events*

- ◆ Complete 8 of 10 Runner of the Year series races during the 2015-2016 season
- ◆ Volunteer at 1 SCR race or designated event during the 2015-2016 season.

All members who complete the above requirements will be automatically entered into an end of the race season drawing. Two members will receive either a FREE entry into the 2016-2017 SCR Runner of the Year series or into the Space Coast Marathon & Half Marathon in 2017 as a prize. Winners to be announced at Awards Night 2016. To check your participation, [click here](#).

### **RULES & RESTRICTIONS**

- Be an active member of SCR by May 1, 2016.
- Volunteer MUST sign-in with the designated volunteer coordinator at each event.
- Volunteer points can be accumulated from 8/22/15 to 5/1/16.
- You are not permitted to receive volunteer points and participate in a race on the same day. The only exception is the Space Coast Marathon & Half Marathon.
- Most volunteer shifts are 3-4 hours. You must be prepared to help out during the whole shift for which you are scheduled and fulfill your volunteer duties as described.
- You will forfeit your volunteer points if you do not complete your assignment or if you engage in inappropriate behavior.
- Another person may not volunteer on your behalf.

### **AREAS TO VOLUNTEER & EARN POINTS**

- Packet stuffing
- Packet pick-up
- Parking
- Race day registration table and Packet pick-up
- Course marshal
- Water station
- Finish line marshal
- Post-race food attendant
- Race prize/sponsor gatherer
- SCR tent attendant
- Set up crew
- Clean up crew

**For more information, please contact Volunteer Coordinator, Barbara Linton at [lintonbj@gmail.com](mailto:lintonbj@gmail.com).**

# SCR Central

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

## RIVER ROAD PHOTO CONTEST



**Who:** Anyone!

**What:** Space Coast Runners is looking for your best River Road scenery photograph.

**When:** Entries must be received by September 20, 2015. Winner will be announced in the October newsletter.

**Where:** Anywhere along River Road in Rockledge/Cocoa.

**How:** Submit your photo via email—[click here](#). One submission per person.

**Why:** Why not?! Winner will receive a \$30 gift certificate to Ryan's Pizza & Pub in Cocoa Village.

**welcome!**  
**NEW MEMBERS!**  
We look forward to running with you!

Laura Berner	Joe Godleski
Michael Berner	James Harrison
Scott Berner	Molly Irwin
Janet Berner	Emily Irwin
Bentle Bliss	Steve Jasen
Trey Bliss	Kara Kennedy
Thomas Bliss	Ashlyn Long
Jenna Bliss	Aubrey Long
Barbara Brotherton	Cody Long
Felicity Cunningham	Ashvika Maddikonda
Jim Cunningham	Jackson McGinnis
Mark Dent	Michelle McGinnis
Robin Fratto	Vanessa Orantes
Roz Freas	Javier Orantes-Murillo
Daniell Gardner	A. Perez
Danyle Gates	Beatriz Perez
Juliette Gates	Juan Perez
Garrison Gates	Derek Stough
Gary Gates	Donald Waldron
Steve Geiser	Rachel Waldron
Michael Girard	John Wall
Jack Girard	Wayne Wilkerson
James Girard	Ben Yeargin
Lisa Girard	Stacy-Anne Zeller

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 two locations:



Running Zone in Melbourne  
Daddy Ultra Runs in Cocoa

**SUNDAY RUN**  
SCR is running on the NORTH side.

**JOIN US on the SCR Fun Run**  
**Sunday Mornings at Cocoa Village**  
club announcements 6:25 AM | run 6:30 AM

(Photo credit: Steve Colella)

FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

# SCR Central

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

FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS



Pictured: Cocoa Beach Fun Runners/Walkers

## CBFRW wins Brevard Running Group Challenge

No doubt the summer fun runs presented by Space Coast Runners and hosted by Daddy Ultra Runs were a hot success. SCR crowned its first Brevard Running Group Challenge winners on August 5th in front of crowd of more than 175 participants.

Marty Winkel of Space Coast Event Management & Timing brought out his timing clock so everyone could get an "unofficial" fun run time. Runners from as far away as Iowa and Missouri came out to the challenge. After the run, participants socialized in the green space at Riverfront Park while the numbers were counted to determine the night's victor.

Sure, the proximity of the winners to the fun run's locale made competing a little more convenient, but the Cocoa Beach Fun Runners/Walkers still blew away the 17 other groups vying to take home the top prize. CBFRW were awarded a giant plate of cookies which nicely capped off the free pizza provided by SCR. Viera Pizza generously donated 50 tickets to an upcoming Brevard Manatees game to sweeten their prize winnings. Daddy Ultra Run's emcee and event coordinator, Linda Cowart announced that lucky Merritt Island representative, Bill Bounanni was the winner of the second plate of cookies as part of the random prize drawing. Others went home with raffle prizes that included race entries, pizza and a SCR prize pack.



### SCR SINGLET AVAILABLE AT RUNNING ZONE

For those really hot days when you have to brace the steamy humidity, there's nothing better to wear than the official Space Coast Runners singlet. It's super comfortable and undeniably stylish.

Pick one up the next time you're at the Running Zone.

### SEPTEMBER BOARD MEETING

September 21, 2015

7:00pm

Pro-Health Viera

All members are  
welcome to attend.

All Receive  
Wild Shrimp  
Finishers Medal



**Titusville, Florida**  
**October 10, 2015**  
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

**COURSE:**

The race will start and finish at the pavilion just south of the entrance off of US-1. The course is a combination of asphalt (pedways) & cross-country rails.

**EARLY PACKET PICK-UP:**

Friday, October 9th 4:30 P.M. - 7:00 P.M.  
at Pavilion near start / finish

**EARLY REGISTRATION:**

Before September 25, 2015 - \$23

**REGISTRATION:**

September 26 - October 9, 2015  
Day of Race - \$30

**RACE DAY SCHEDULE:**

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

**AWARDS 10K & 5K:**

Shirt 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 - 10 yrs.  
• 11 - 14 yrs.        • 15 - 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 five 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  
7 Indian River Ave. #605 • Titusville, FL 32796

**SPONSORS:**

Dixie Crossroads • Parrish Medical Center  
Titusville Total Healthcare  
(Dr. Wurzler, Chiropractor)



ONLINE REGISTRATION IS AVAILABLE AT [SCEVENTMGT.COM](http://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) \_\_\_\_\_ Date \_\_\_\_\_

# SCR Central

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

TELL US  
WHERE YOU ARE  
RUNNING AND  
RIDING



Do you track your running and bicycling performance? If so, consider using Strava - a free app for iPhone and Android - and you could help create better bicycle and pedestrian facilities throughout the Space Coast and Florida.

The Florida Department of Transportation (FDOT) and the Space Coast Transportation Planning Organization (SCTPO) are using data from Strava. Personal information is not shared, but the data can highlight trends and routes, revealing the effectiveness of existing facilities and identifying where bike lanes or traffic calming measures are needed.

More information:

⇒ [www.strava.com](http://www.strava.com)

⇒ <http://www.wired.com/2014/06/strava-sells-cycling-data/>

## SPECIAL SCR MEMBER RACE DISCOUNTS

- ◆ Take advantage of 15% OFF the [12-Hour Tick Tock Ultra & Team Relay](#) in Lakeland on September 26th. Enjoy a fully-supported, beautiful course, custom medals, cash prizes, and fantastic after party! Use code **SpaceCoastRunner** when you register.
- ◆ Receive a 20% discount on all [Virtual Strides](#) events by entering the club member discount code **SCR20** during registration. Up next on September 27 is the "Cranio Care Bears" virtual 5k/10k/Half Marathon.
- ◆ [Best Damn Race](#) which offers 5K, 10K, Challenge, and Half Marathon distances is offering \$5 off registration to any of their events. Use code **RUNFAST**. Cape Coral is 12/13/15, Jacksonville is 1/16/16, Safety Harbor is 2/6/16, and Orlando is 3/5/16.
- ◆ Enjoy two discounts for the [Publix Florida Marathon & 1/2 Marathon](#) weekend. Save \$5 on the Florida Today 6K & 8K runs with code **JUSTFORSCR**. Save \$10 on the marathon, half marathon or relay by using code **SCRPERKS**. Both discounts available thru 1/6/16.
- ◆ Save \$10 on the [Town of Celebration Marathon & Half Marathon!](#) This year's event will take place on January 31st, 2016. Register today to guarantee your spot in the race. Use code **SCR**.
- ◆ Registration is open for the 3rd annual [Tomoka Marathon, Half Marathon & 5K](#) in Ormond Beach on Saturday, March 26, 2016. Save 10% on either race with code **SCR10**.
- ◆ [Vacation Races](#) is extending a 15% discount to all SCR members on this fantastic race: Lake Powell Half Marathon, 10/17. Use coupon code **15SCR1978**. To save 15% on upcoming 2016 races, use code **16VACRC145**.

Please note: Discounts are negotiated exclusively for Space Coast Runners members only. Sharing and distributing is highly discouraged and jeopardizes our ability to bring these added benefits to our membership.

# SCR Central

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

## BRING BOSTON TO BREVARD

The film 'Boston' is set to be released in 2016. Directed and produced by Jon Dunham, the director of Spirit of the Marathon, the film will highlight the 2014 Boston Marathon while also delving into its history since the race began in 1897.

This will be the first time the event has been the focus of a feature-length movie.

To view the Boston film trailer, [click here](#).

Space Coast Runners is pairing up with the BOSTON fundraising team to help fund the movie. The first 100 teams (or individuals) to



raise \$2500 will get a free screening of the movie in our city!

We want to make that happen. To help us reach our goal, show your support by donating online at: <https://crowdrise.com/SpaceCoastRunners>.

## Fashion Police:

"Not afraid to throw some shade"



It's not easy to run safely and fashionably under the hot Florida sun. However the recent Running on Island Time 5K race showcased two athletes who knew exactly how to wear gear that protects from the unrelenting sunshine.

Spotted on the course were runners -- Kacee Weber who opted for a pink floppy topper while Tony Bowman played it cool with his oversize hat fashioned out of a sweet straw weave. Both runners realized that large hats can both protect your skin from looking like leather and shade your eyes from diseases like cataracts. Since the damage is cumulative, it's never too late to start. Be both stylish and safe when you run!

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.

WE'RE NOW ON



Instagram

@SPACECOASTRUNNERS

## Advertise in this newsletter.

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

To advertise your business or race in the SCR newsletter contact Lisa Hamelin, Editor-in-Chief at [lisahamelin@gmail.com](mailto:lisahamelin@gmail.com).



# Pink Ribbon Walk & Exploration Tower 5K

## Port Canaveral, Florida

a charity benefit in the fight against cancer

# October 3, 2015



- Pink Ribbon Walk & Exploration Tower 5K/Run
- Butterfly Release
- Shrimp Peeling Contest
- Bed & Bathtub Race
- Ninja Challenge Course & Kids Zone
- Active Living Health Fair
- Craft & Vendors Village
- Concerts and Food
- Space Coast Art Festival Hands On Crafts
- Fireball Run Cars on Display



Visit [PortCanaveral.com](http://PortCanaveral.com) • 321-323-4460 • [PinkRibbonWalk5K@gmail.com](mailto:PinkRibbonWalk5K@gmail.com)


# SCR Central

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

## SNODGRASS MASTERS TERRAIN FOR WIN



© Kimberly D'Angiolillo

**August 8, 2015—Geneva, FL**

The Masters of All Terrain: Off Road Running Half Marathon VII was held in the Little Big Econ State Forest which is located in Seminole County about 3 miles east of Oveido. Here runners found trails that are known as some of the most rugged in the Orlando area.

Keith Snodgrass of Melbourne recently turned fifty. Hitting the half century mark did little to slow him down on the trails. Snodgrass placed first overall at the race in a time of 1:31:55. By finishing strong, he was able to ward off Jason Kolasinski, 29 who was only three seconds behind. Congratulations Keith!

**BREVARD COUNTY INVITES YOU to be a part of RUN@WORKDAY on Sep. 18th.**



To find out all the details on Brevard County's event [click here.](#)



On August 20, Running Zone's regularly scheduled Thursday night run was given an extra boost of fun as it played host to our "Runner of the Year" series kickoff. Everyone was invited to pick up their Running on Island Time race packet early and then join in on the fun run.

Runners could participate in a Scavenger Hunt while traversing the Wickham Park course. Upon return everyone was greeted with Bizarro pizza and cold beers. RZ's Denise Piercy and Erin Schuck cajoled twenty-five of the folks there to remove their shoes and form a team of five. The ladies then mixed everyone's shoes up, spread them out and the five teams had to race one-by-one to find their shoes and sprint back to tag their next team member. Unfortunately, Janet Erlacher's shoes mysteriously disappeared. Rick Suarez denied any wrongdoing.

It was a great night. View the fun run pictures on the Space Coast Runner's [Facebook page.](#)



**Saturday**  
**October 17<sup>th</sup>**  
**8:00 AM**  
**Space Coast**  
**Stadium**

**5800 Stadium Parkway**  
**Viera**

**WILL RUN FOR CHOCOLATE**



**WON'T STAND FOR VIOLENCE 5K**

Hosted by Zonta Club of Melbourne  
<http://www.zontaspacecoast.org/>



*This campaign is to raise awareness of violence against women and girls around the world. Zonta International and its nearly 30,000 members in 63 countries worldwide are committed to preventing and ending violence against women and girls.*

**TIMETABLE:**

Friday, October 16<sup>th</sup> 10:00 am – 6:30 pm  
 Packet Pickup & Registration at **Running Zone**  
 3696 N. Wickham Road in Melbourne, Just south of the King Center

Saturday, October 17<sup>th</sup>  
**Space Coast Stadium- 5800 Stadium Pkwy. Viera**

6:45 am Packet Pickup & Registration  
 7:45 am Registration ends  
 8:00 am 5K Start

\*Awards Ceremony immediately following the race

FEES:	Until 10/16	Race Day
5K Adult Reg	\$25.00	\$30.00
5K Child Reg	\$15.00	\$15.00
(Age 12 & Under)	SORRY, NO REFUNDS	

Register Online at:  
<https://secure.runningzone.com/zonta5k/>



**AWARDS:**

M-F: Top 3 Overall, Top Masters (40+),		
Age Groups (Top 3 M-F)		
8 & Under	30 - 34	60 - 64
9 - 11	34 - 39	65 - 69
12 - 14	40 - 44	70 - 74
15 - 19	45 - 49	75 +
20 - 24	50 - 54	<b>Award for brightest</b>
25 - 29	55 - 59	<b>orange outfit/costume</b>

**Zonta's Zero Tolerance For Violence 5K OFFICIAL ENTRY FORM**

Send completed entry form with fee to: **Zonta Club of Melbourne, PO BOX 417 Melbourne, FL 32902**  
 Make check payable to: **Zonta Club of Melbourne**

Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (daytime) \_\_\_\_\_ Email address \_\_\_\_\_  
 Sex:  Male  Female Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_  
 Please check shirt size: Sizes:  XS  S  M  L  XL  XXL

**INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED**

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

\_\_\_\_\_  
 SIGNATURE

\_\_\_\_\_  
 SIGNATURE OF PARENT FOR THOSE UNDER 18

\_\_\_\_\_  
 DATE

# Sponsor Spotlight

SCR is proud to showcase its 2015-2016 "Runner of the Year" Series Sponsors. These companies are committed to sponsoring our three club races and series events.

---



Virtual Strides offers virtual races that benefit a different featured charity each month. Participants register online, complete their run or walk whenever and wherever they want, and then upload their results to the website. All registrants receive a custom bib and a 4" medal after they upload their results or at the end of the race period, whichever comes first. Founded by SCR Member Mark Petrillo, Virtual Strides has had participants from all 50 states and several other countries, and has raised nearly \$50,000 for various [charities](#) so far in 2015.

SCR Members are encouraged to use promo code **SCR20** to save 20% off of their Virtual Strides event registrations, past or present. Group runs for those interested in receiving their medals in person are organized in Cocoa Village once per month on a Sunday and can be found on the SCR [Facebook](#) page, as well as emailed out to SCR members monthly.

For more information or to register for any of Virtual Strides' events, visit [VirtualStrides.com](http://VirtualStrides.com).

---



**Fee-Only Investment  
Management and  
Financial Planning Services**

Contact Us:

Online: [www.RallCapital.com](http://www.RallCapital.com)

Phone: (321) 549-7255

Email: [Bob@RallCapital.com](mailto:Bob@RallCapital.com)

Fax: (888) 452-8851



The Rall Capital  
Management Team



Fee **FO** Only





# Half Marathon Training Camp



**Train with  
Coach Abe Oros!**

**Half Marathon Camp  
begins Sept 8<sup>th</sup>**

12 week program ~~\$350~~  
**One-time Introductory Offer  
\$300!**

**Half Marathon  
Register HERE!**

\*\*Use code URFMTHON for  
the option to pay by check  
1st day of camp



## OUR GOAL

Get you to the starting line  
healthy, physically and  
mentally prepared!

### All Levels Welcome

**Beginners to experienced runners  
who want a new PR**

What *does* this camp include?

- ✦ 3 training days with Coach Abe!
- ✦ Personalized training plan
- ✦ **S**trength **F**or **R**unners at CFRA!
- ✦ Yoga for Athletes at CFRA!
- ✦ Mental strategies

**Lots more info @  
[uprunningfitness.com](http://uprunningfitness.com)**

# Long Distance Relationships

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



## Farralls Victorious at Dash to the Vineyards

By Dave Farrall

All runners either plan vacations around running or running around vacations. With our vacation plans to Helen, Georgia, I decided to look for a race nearby and ended up with a race that was “HELL IN” Georgia. I found the Dash to the Vineyards 5 and 10K in Young Harris, Georgia. It was only 25 miles from our timeshare and the price was right. We signed up--Lisa would do the 5K and I would do the 10K.

As a typical flatlander I did not consider the terrain. As we drove closer to Young Harris we realized what the course would be like—hilly! That was an understatement. I had emailed the race director earlier to see if there would be packet pick up on Friday before the Saturday race. She said “no” because she would not have the numbers until Saturday morning.

We had a slight logistical problem. Lisa’s 5K was an out and back (ended where the 10K finished) and my 10K was

a point-to-point. Both races had packet pick up from 7 – 7:50 AM and an 8:00 start time. We didn’t know if we would have enough time to get me to the registration area, get my packet in the car and then have Lisa drive to her race and get ready. The race director told us that it was only a two-mile drive to Lisa’s starting line. For the runner it would be 6.2 miles. Lisa made it in plenty of time.

We had discussed our strategy for the hills. We would take the advice that Rebecca Sparks had told me many years before—just look straight ahead and try to keep the same pace. She said if I looked up at the top it would play with my mind. After the race, we discussed this. We both tried to do what Rebecca had recommended, but looked up at the top of the hills occasionally.

We both scouted out the competition at our individual start sites. Both of us saw a lot of “gray haired” folks and thought “OMG—so much competition!” We both thought



DAVE FARRALL



PHOTO OF CRANE CREEK VINEYARDS



LISA FARRALL

# Long Distance Relationships

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

we had no chance for awards. We had discussed earlier what we thought the size of the field would be and the number of entrants in our respective age groups. I tried to find out the number of participants in our age group weeks before the race. I could only find a partial list of participants. What I found out on race day was half-correct. I thought if there was a large field of runners, then the age groups would be small and vice versa. Lisa told me that there would be a small field and you know that women are always right. It turned out that both races only had 60 participants.

The driveway to the start of the 10K was about one-half mile long and consisted of rolling hills. I knew I was in trouble because as soon as we crossed the starting line, up the hill we went and that was just the start of what was to come. The course consisted of rolling hills and long, steep hills, very little flat ground. Along the course I saw markings for a half-marathon. That would be a half-marathon I would have second thoughts about doing.

As I was cresting the hill at mile 5, I looked over and saw

the 1 mile marker for the 5K. I realized how rough the course would be for Lisa. I basically had a downhill run with a right turn into the vineyard and about a 1/10 of a mile to the finish line.

The results and the awards were the fastest I had ever seen. It was purely manual, too. I received an index card requesting my name, age, time and race number. I gave it to the score table and they placed the card on the score board under my age group. The 5K runners had white cards and the 10K runners had yellow ones. After announcing the overall winners for both races, the race director said the top three people who had cards in each age group should go to the award table and pick up their awards. The awards consisted of a commemorative wine-glass from the Crane Creek Vineyard and a ribbon.

The bottom line was that Lisa got first in her age group and I got second. This was not bad for two flatlander walkers in a runner's world. At the race finish, there was a Mizuno tent with a display and free rubber wristbands which read "Every Mile Changes You"—how true!

**SAVE THE DATE: PLAN YOUR EVENT >>> SEPTEMBER 18, 2015**



What will you be doing on **September 18, 2015**? How about joining in on the Road Runners Club of America (RRCA) **10th Annual RUN@WORK Day** and/or the **4th Annual RUN@School Day**?

Everyone can use a little extra encouragement and motivation to get out and exercise for at least 30 minutes a day. RRCA started this event ten years ago to do just that. Companies, friends, groups, schools and more will be organizing their own events across the nation.

Space Coast Runners has been invited to participate in Brevard County's RUN@Work Day which will be held on Friday, 9/18 at the Viera Regional Community Center at 4:30pm. We've created a SCR Facebook Event with all the details. Everyone is invited so please RSVP if you plan to attend. There are two courses from which to choose: 2 Mile or 4 Mile. The event will be timed but is non-competitive. Ice cold water will be waiting for you at the completion of your run. What more could you ask for? Join us!

For more detailed information on how to host a RUN@Work Day as well as event planning tools that you can order, visit <http://www.rrca.org/programs/run-at-work-day/>



Join Hope Ministries in "helping hearts heal" at the Third Annual Ryan's Hope 5K Run/Walk. Hope Ministries would like to present the community with a Ryan's Hope Scholarship that would give someone the opportunity to get the help they need through Addiction Recovery Counseling, Education and Counselor Training.

**Saturday October 3, 2015 • 8:00 AM**

### ***Event Location***

**Goode Park**  
1300 Bianca Drive  
Palm Bay, FL 32907

### ***Early Registration (with Guaranteed T-Shirt)***

Before September 19, 2015 - \$20

### ***Registration***

September 20, 2015 - October 3, 2015 - \$25

**ONLINE REGISTRATION IS AVAILABLE AT**

***[www.uprunningracemanagement.com](http://www.uprunningracemanagement.com)***

### ***Awards***

September Shirts guarantees to pre-registered participants only

Top 3 Overall Male/Female

Awards 3 deep in 5 year Age Groups

(9 & under, 10-14 thru 75 & up)

### ***Contact Information***

**Peggy Briede (321) 537-7204 (Hope Ministries/Sponsorship Info)**

**Bobbie Jentz (321) 394-1821**



# British Triathlon Championships

by Anne Dockery

St Neots, Cambridgeshire, England

10/05/2015 05/10/2015 in USA

**S**o this triathlon was a birthday present to myself (I hit 67 on the 11th May). I was in the UK caring for my mum for a few weeks and I thought I might as well give it a go but, with only 5 days before the race, I was suddenly faced with a few problems.

As the water temperature was likely to be 56F wetsuits were compulsory. Needless to say I had never worn a wetsuit. Could I hire one? No! Off I went to a wonderful tri shop in Horsforth, Yorkshire and got myself fitted. Getting in to it was a task... I knew I was going to have difficulty getting out of it, let alone swimming!

I popped to the local pool to try it out a couple of times but pools are warm and I found it all very claustrophobic and scary. I also got back ache! Who knew how tough it is to do the breast-stroke in a wet suit?? I was getting a tad nervous at this point... a tad? why not forget about it???

Bike? I managed to find a very helpful bike store who were going to sort out a road bike for me and a helmet. Ok.

Hotel... not many places left but found one outside of the town. Rather an expensive taxi ride but, well it was my birthday pressie.

All set.

## WHY?

I gathered my stuff together, had a couple of 'dry' runs getting out of the suit and on Saturday morning enjoyed the train ride through the lush British countryside.

I will not bore you with all the multitude of things that went awry that day. Suffice it to say that by the late afternoon I had managed to collect the bike, buy a helmet in town and cycle along a very narrow, hilly country road to the race site. I was a very nervous bunny!



At the sign up tent I was introduced to Chris, one of the organizers. Thank you Chris! What a star. He took me around the transition site, showed me where we entered the swim and gave me as many helpful tips as he could manage. (I put my hand in the mucky looking water. Chilly! Did I mention the swim was in the River Ouse? I hoped the dogs and swans would be out of the way in the morning....) Chris arranged for my bike to be kept overnight so I did not have to cycle down the next morning.

All I had to do was get a taxi (for the seventh time) back to the hotel and relax!!!

I managed to eat a little food and enjoyed talking to the very experienced and helpful triathletes staying at the hotel. With all that advice I knew I would be out of that wetsuit in double quick time!

Now, I have to point out that this was the UK championship triathlon for masters, some of whom wanted to get a place in the team for the World championship in Chicago later this year (in my dreams too!). Many had already represented UK in international triathlons. My but they looked strong and wiry.

I had been told I would not drown in a wet suit but I was ill prepared for a 750 yard swim and I found myself gabbling away to anyone who would listen about how frightened I was feeling. Needless to say everyone was very encouraging and more tips came my way. I did listen, I really did.

I set up my transition and suddenly realized why people take friends and family with them. I could have done with a warm coat, shoes and a hot cup of tea whilst waiting by the river. The swans were still there and a few dogs... hmmm.

## British Triathlon Championships *continued*

I had managed to get my wetsuit on despite my cold hands. I also had a special hat for my head to keep it warm and I was very grateful for it at this point.

After what seemed an age it was time for my wave to get into the water.. I began to feel a bit better. It is the waiting that is so nerve wracking. I followed my instructions. Wade out a little and duck your head under two or three times whilst blowing out hard and get over the cold water shock. Pull out the front of the suit and let the water in so you get it warmed up a bit before you start. Well I survived all that. It was damned cold but bearable and the wetsuit felt much less claustrophobic in the cold water. Ok , here we go.

Once swimming I calmed down a little, zigzagged my way up to the turning buoy and even began to think this is not too bad. I was the last lady in the last female wave. qaNNo sharks or alligators to fear here. Suddenly I felt like a mullet chased by tarpon. The water was alive with much thrashing and sleek bodies and I was in the middle being hit by fast moving arms and legs. The wave behind me was the 40-50 year old men full of championship competitiveness. There was no free water to get to and , I have to admit , I did panic. If only I could do the breaststroke for a while. Or the backstroke.... not allowed in this race. If you are on your back you are rescued! I swallowed water and completely lost my ability to do more than keep afloat. Then the hoard mostly got past and I just had to keep going and get out of the water. The exit looked so far away but I suddenly knew I was going to get there come hell or high water.

As I came out up the ramp my legs turned to jelly. Thank heaven there were volunteers helping us else I would have had to crawl up the bank on my hands and knees. I grabbed the fence and wondered how on earth I was going to get to my bike let alone ride it! As to getting

my wetsuit off????? I gradually made my way and managed to unzip but my hands were so cold and shaky that I could not even pull the top part down. I got to my bike and tried to work the bottom part off as I had been shown but I had no strength, got cramp and fell to the floor!

I was but a yard from the fence where spectators were gathered to see these super fit oldies.

A young lad suddenly started up a cheering party for me. Come on lady you can do it! You can do it! I could not help but laugh. Quite made my day. My transition time was nearly 7 minutes but no one could have felt happier than I did as I lifted my bike off the rack to a loud roar of well dones and hurrahs! I shouted thank you to them all, waved goodbye as I moved rather awkwardly towards the bike exit. I had survived the swim. I would finish the race.

The bike ride was beautiful, very hilly for a Florida girl and the roads were narrow and winding. Cars were not kept away so I

took it very cautiously but it was a real pleasure cycling through that countryside. It was pain free as my legs, feet and hands were so cold that I could not feel anything.

I was so glad to get to the run which was twice around a field and I felt my legs again at about mile two. The run saved me from being last of all the ladies and I ended up 233rd lady out of 234 who finished.

There were seven women in my Ag and I was 7th of course. The winning lady finished in 1:36:49

My time was 1:57:13

I so nearly bottled out of this race in the couple of days before it. Thank heaven I didn't. I so enjoyed it and it has made me determined to go back and enter one of the championship races again next year, only this time I will make sure I am not last! It is a wonderful thing to have a challenge. I have so much to learn. Just a pity I was not on the Beachside tri course prior to this race. I have already learnt so much from them but have a long way to go yet!



October 3, 2015 • Start: 7:30am • Schechter Center, Satellite Beach



*Everyone's a Weiner!*

[runningzone.com/series](http://runningzone.com/series)

## REGISTER TODAY!

Kids 12 years & younger can come out for a morning of fun! Parents can run with their children (with signed waiver) free of charge.

- Run 1.31 miles (Half) or 2.62 miles (Full)
- Try the **Double Dog Dare** & run both races!
- **New** Finisher Medal Designs!
- Receive a **Double Dog Dare** medal for completing both!
- 'Kids Only' event!
- Long Doggers will provide fun food after the run!
- **LARGEST SCHOOL PARTICIPATION WILL RECEIVE \$250 FOR THEIR SCHOOL!!!!**



  #doubledogdare

Stop by Running Zone • 3696 North Wickham Road • Melbourne, Florida 32935 • 321-751-8890



**BRING IN YOUR RACE NUMBER AFTER THE RACE & RECEIVE A**

**FREE PACK OF SPORT BEANS & 10% OFF A PAIR OF KIDS SHOES!**

OFFER EXPIRES  
10/31/15



## NEW FINISHER MEDALS!



HALF MARATHON (1.31) MEDAL



MARATHON (2.62) MEDAL



DOUBLE DOG DARE MEDAL

## REGISTER TODAY!

**RUNNING ZONE** 

Stop by Running Zone • 3696 North Wickham Road • Melbourne, Florida 32935 • 321-751-8890



### OVERALL MEN

Marc Eckert, 19:16  
 Jarod Vogt, 20:23  
 Ja-Sun Watts, 21:38

### OVERALL WOMEN

Dina Viselli, 21:42\*  
 Michelle Longstreet, 25:15  
 Jahn-Na Watts, 25:22

### MASTERS

Rob Longstreet, 22:11  
 Solange Whitehead, 28:40

### TEAM DIVISION

Up & Running Fitness  
 Space Coast Runners  
 #NAME?

\*Indicates course record

It was a balmy, humid 90 degrees on August 1, 2015. The sun was rising into the sky at 7:30 am as the Workman Warriors 5K was about to start. Runners and walkers were prepping their iPods and tying their shoes as they mentally prepared for a course that was off road on the trails of Wickham Park.

This was the 6th annual race and it drew racers from Arizona, Tennessee, Ohio and Pennsylvania. The fun run benefits a worthy cause: the Sentinels of Freedom – Space Coast. The organization is a non-profit that helps US Armed Forces who have suffered severe injuries in the line of duty on or after 9/11/2001. The program provides them medical, educational, social and vocational assistance while helping them transition back into civilian life.



*Dina Viselli and her son celebrate with Matt Mahoney and Michelle Longstreet.*

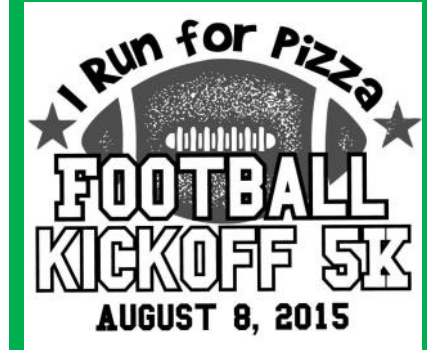
This not so typical course was on all natural terrain and not the asphalt so many runners are used to. The race started and men, women and children began their descent into the trails. Even with the different turf under runners' feet, Marc Eckert from Tennessee managed a 6:13 pace placing first with 19:16. Females were also fast with Dina Viselli coming in first (21:42) with a pace of 7 minutes which was a new course record!

Dog tags were awarded to overall and top three winners of the race. This was one of the hottest 5Ks of the summer, but it was fun, had a unique 5K course, and for a wonderful cause. For complete race results, [click here](#).

Race report by Michelle Au.



## Where's the Pizza?



### OVERALL MEN

John Cacciatore, 16:32  
Kyle Butler, 16:39  
Egan Kattenberg, 16:42

### OVERALL WOMEN

Kaitlin Donner, 18:34  
Alison Nolan, 18:49  
Amanda Beach, 19:08

### MASTERS

Shane Streufert, 17:04  
Julie Hannah, 19:56

### TEAM DIVISION

Set Goals Not Limits  
Long Doggers Club  
Running Zone

**P**izza and football have proven to be a winning combination for the I Run for Pizza: Football Kickoff 5K.

Celebrating its 11th anniversary, over 800 people came out to race for pizza at The Avenue Viera and many wore shirts to support their favorite football team. The race began at 7:00 a.m. near Belks, moved down the street toward the government complexes, and then looped back to the Avenue. Once runners crossed the finish line, they were treated to a Tailgate Party that was sponsored by Pizza Gallery & Grill.

In addition to pizza, runners were invited to check out the special photo booth with fun props by Simple Media Productions, help Zippy the Gecko Mascot cheer on the kids in the Kid Run, and pick up a free Bondi band to keep looking stylish while running.

The I Run for Pizza “Football Kickoff” 5K raised money for the Sun-tree Viera Youth Football & Cheerleading League as well as WEGO Ministries. For complete race results, [click here](#).

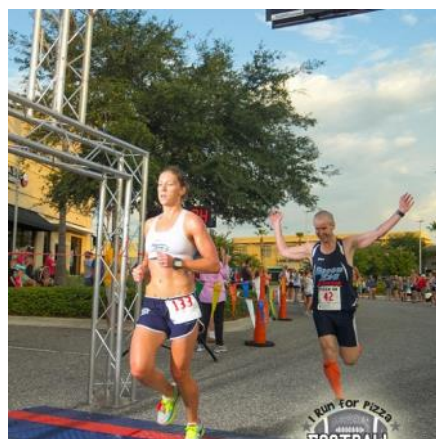
Race report by Angela Leeds. Photos provided by Barry Jones at TriHokie Images at Smugmug.com.



Top: Catherine Waldenberger and Carol Souve pose in the photo booth.

Left: Kaitlin Donner wins for the women and is followed at the finish by Jonathan Howse.

Far Left: John Cacciatore finishes first.





Visit [www.WitchWay5K.com](http://www.WitchWay5K.com) for more information.

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

## 8th Annual Witch Way 5K Walk/Run October 10, 2015

**FRIDAY, OCTOBER 9, 2015**

10:00 a.m. – 6:30 p.m. *Early Packet Pickup & Registration at Running Zone*



**RACE DAY – SATURDAY, OCTOBER 10, 2015**

4:15 p.m. *Race Day Registration & Packet Pickup at Nance Park (A1A & 4th Ave.)*

5:15 p.m. *Race Day Registration Ends*

5:30 p.m. *5K Start*

6:30 p.m. *Awards & After Party at Indialantic Long Doggers with Trick or Treating at Indialantic Businesses*

Proceeds to benefit: ■ Indialantic Beautification Programs

■ Space Coast Volunteers in Medicine ■ No Limits Academy



**COURSE:** Posted on [www.WitchWay5K.com](http://www.WitchWay5K.com)

**ENTRY FEES:** (Sorry, no refunds)

**Thru October 9, 2015:**

Adults – \$27; Kids Under 12 – \$20

**Race Day October 10, 2015:**

Adults – \$32; Kids Under 12 – \$25

**AWARDS: MALE & FEMALE**

■ Personal Record Challenge

■ Overall – 1st, 2nd, 3rd

■ Masters (40+) – 1st

■ Age Groups – 1st, 2nd, 3rd

**AGE GROUPS:**

5-8      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+



## 8th Annual Witch Way 5K Walk/Run 2015 Official Entry Form

To register and pay by credit card, go to [RunningZone.com](http://RunningZone.com). To pay by check, complete this form and mail to Running Zone, 3696 N. Wickham Rd., Melbourne, FL 32935. Make checks payable to: **The Town of Indialantic.**

For more information, email us at [witchway5K@indialantic.com](mailto:witchway5K@indialantic.com) or call 321-723-2242.

Date \_\_\_\_\_ Payment Type:  Cash  Check – Check # \_\_\_\_\_

DOB \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Gender:  Male  Female

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Shirt Size:  YM  S  M  L  XL (*Sign up early – shirts can only be guaranteed for the first 650 entries.*)

In consideration of my entry form being accepted, I intend to be legally bound, and do hereby, for myself, my heirs and executors, waive and release all rights and claims for damages which I may have or may hereafter accrue to me against the Town of Indialantic, Running Zone Race Management, Inc., and the officers, agents, employees, representatives, successors, and assigns of each, as well as all sponsoring organizations and their representatives, for any and all damages or injuries which may be sustained or suffered by me in connection with any association or entry or participation in the Indialantic Witch Way 5K Run. If I should suffer injury or illness, I authorize the officials of the race to use discretion to have me transported to a medical facility, and I take full responsibility for this action. I attest that I am physically fit and have sufficiently trained for the competition of this event. 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 whatsoever. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

\_\_\_\_\_  
APPLICANT SIGNATURE OR 18 AND UNDER, PARENT/GUARDIAN SIGNATURE



When Dr. Seuss wrote, “Here are some who like to run. They run for fun in the hot, hot sun,” he surely could have had in mind this first race of SCR’s 2015-16 series, Divine Mercy’s Running on Island Time. Heat and humidity were the hot topics as runners, walkers, and spectators lined up for the tenth running of this race. Merritt Island senior and state champion cross country contender Steven Cross scorched the course, followed by almost 500 participants, a record for this favorite local race.

This race has grown over its ten years. First run in a slightly hilly area in south Merritt Island, it had to be relocated after runners outnumbered available parking spots. Starting with around 200 runners at the first race, it has more than doubled in the years since, and as race director Debbie Wells says, “We are pleased to be able to host the race and are very grateful for Space Coast Runners selecting our race as part of their series.” Wells points out that directing this race is not a one-woman production, and she relies on her dedicated volunteers to make the race the success that it is. Because of the race sponsors, she is able to direct the proceeds to classroom needs. Fitness is a part of Divine Mercy’s mission, and Wells describes taking care of oneself as part of “being a good steward of time and talent”. The 5k is an extension of their fitness philosophy that includes a morning mile club that involves both students and families, as well as their wonderful sports program.

This race is an SCR favorite in part due to the postrace celebration, which includes refreshments served by volunteers, and unique awards for the overall and age group winners,. This year, hand-painted plaques were awarded to the only two runners to have completed all ten races, SCR members Art Anderson and Marisa Flint. Both runners are featured on our newsletter cover this month.

Now that the SCR series is off to a sizzling start, the next race in the ROY series race is the well-loved Turtle Krawl 5k on Sept.12.

Race report by Marisa Flint. Photos by Deb Wells, Nicki Biamonte and Christine Black.



### OVERALL MEN

Steven Cross, 15:39\*  
John Davis, 16:43  
Shane Streufert, 16:59

### OVERALL WOMEN

Jordan Michaels, 20:21  
Erin McCarthy, 20:38  
Monet Madeux, 21:00

### MASTERS

Gary Gates, 17:48  
Cheryl Ritter, 22:29

### GRAND MASTERS

David Knauf, 19:13  
Annie Caza, 22:51

### SENIOR GRAND MASTERS

Michael Miller, 22:37  
Anne Dockery, 23:33

### WALKING DIVISION

R.C. Koontz, 40:52  
Sandy Allen, 38:08

### TEAM DIVISION

Merritt Island XC  
Running Zone  
Team Black Sheep

*\*Indicates course record*

For complete results, click [here](#)

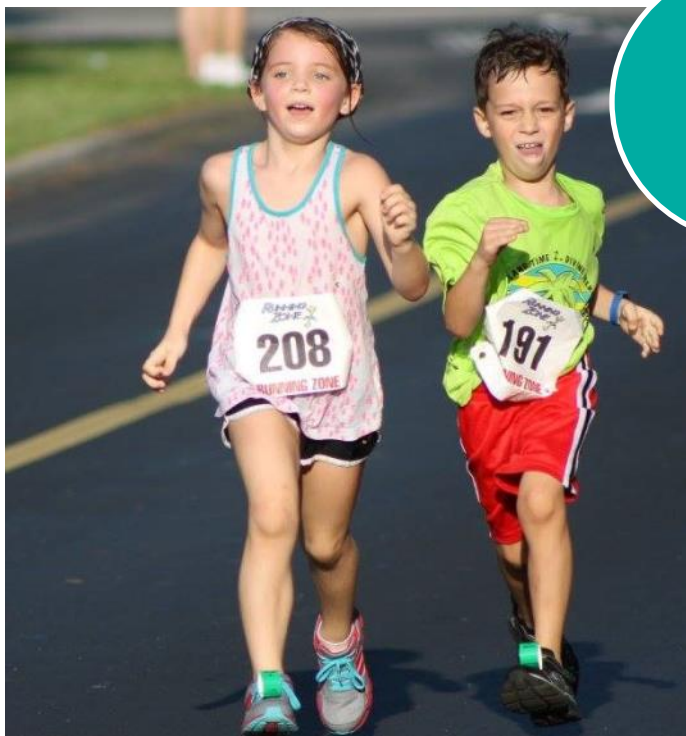




17-year old Steven Cross set a course record for the second straight year



Race registrations were up 25% this year





# Stomp thru the Swamp

**Saturday, September 26, 2015**

**F. Burton Smith Park**

7575 West King Street (Hwy 520) Cocoa, FL. 32926

Proceeds will benefit Brevard County Parks and Recreation Youth Programs  
and the Boy Scouts of America Central Florida Council

**Race Starts at 8:00 am**

**5k Adult for ages 16 and up \$10.00**

**3K Jr for ages 8 - 15 \$5.00**

**(Pre-Registration Required)**

Website for Registration and Race Details: <https://registration.brevardcounty.us>

Area: Central & Key Word Search: Stomp



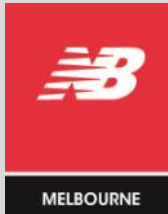
For more information or to register please contact  
Chris Allison 321-633-1874  
Christopher.Allison@brevardparks.com  
840 Forrest Ave. Cocoa, FL. 32922



## SCR MEMBER DISCOUNTS!

Receive a discount from these local businesses  
when you mention you're a Space Coast Runner.

**SAVE 10%**  
at these local  
businesses



**SAVE 10%**  
off one item per member



**GET MOVING!**  
Group Fitness & Personal Training





# Runner of the Year Series

AND THE RACE FOR POINTS IS ON!

## 2015—2016 ROY Men's Leaderboard

### OVERALL

- 1 John Davis
- 2 Shane Streufert
- 3 Steve Hedgespeth

### AGE GRADED

- 1 Gary Gates
- 2 Shane Streufert
- 3 John Davis



Gary Gates

## 2015—2016 ROY Women's Leaderboard

### OVERALL

- 1 Kristen Klein
- 2 Cheryl Ritter
- 3 Annie Caza

### AGE GRADED

- 1 Anne Dockery
- 2 Annie Caza
- 3 Carol Ball



Annie Caza and Cheryl Ritter

## UPCOMING SERIES RACE SCHEDULE

09/12/15	Turtle Krawl 5K
11/7/15	Space Coast Classic 15K & 2 Mile
11/29/15	Space Coast Marathon & Half Marathon
12/12/15	Reindeer Run 5K
01/30/16	Tooth Trot 5K
02/27/16	Eye of the Dragon 10K & 2 Mile
03/26/16	Downtown Melbourne 5K
04/09/16	Space Walk of Fame 8K
05/01/16	Eat My Crust 5K

## Davis and Klein dash their way to top of the leaderboard



John Davis

Famous for its festive island atmosphere, the Running on Island Time 5K kicked off the start of the 2015-2016 ["Runner of the Year"](#) series. The 5K hit runners with hot temps and high humidity, demanding they sweat it out every second of the race.

The top Space Coast Runner to cross the finish line was last year's overall Runner of the Year, John Davis, 37. The 5K specialist finished second overall and told us, "The race started out really fast with some young

If you have any series questions, please email Loran Serwin at [lserwin@cfl.rr.com](mailto:lserwin@cfl.rr.com).



# Runner of the Year Series

IF YOU THINK IT'S FUN, YOUR KIDS WILL TOO

cross country runners up front.” Davis’ first mile split was 5:09. “I hit the mile in second place and thought another high schooler was right behind me. I didn’t realize it was my training partner, Shane until we passed some runners going the other way and everyone yelled, ‘Go Shane!’ I finished fairly strong and ran 20 seconds faster than the week before in Orlando so overall it was a good start to the season.”

He is followed in the series standings by Shane Streufert, 43 of Viera and Steve Hedgespeth, 37 of West Melbourne.

For the ladies, Kristen Klein, 34 of Indian Harbour Beach came out of the gate running strong. She sits atop the leaderboard for the very first time as a SCR member. Last season’s most improved runner, Cheryl Ritter, 46 of Viera finished seven seconds behind Klein to take second

place in the standings. Annie Caza grabbed third as she was once again racing after dealing with recent injuries.

In the [Age Graded](#) division, 50-year old Gary Gates and 67-year old Anne Dockery are in first place. Their fast finishing times of 17:49 and 23:29 respectively led them to the top. Gate’s PLP (performance level percentage) was 82.8 and Dockery’s was 91.4. Second place is held by Shane Streufert who was only .6 behind Gates and Annie Caza. Third place is rounded out by John Davis and Carol Ball.

198 SCR members participated at the race. This means they are all still in the running for the “Ran All Races” award given at the end of the season.

Please note: the series standings reflect your age on August 22, 2015, the date of the first race of the 2015-2016 ROY series season.

## SPACE COAST RUNNERS

# Youth Series

### Kids beat the heat at the Running on Island Time 5K

The first Space Coast Runner Youth Series race was held on Saturday, August 22<sup>nd</sup> around 9:00am at the Running on Island Time 5K. A dozen or so children lined in up in the grassy area behind the Space Coast Runner’s tent to participate in the Youth Series. Although it was balmy and humid, the children still ran their hearts out and finished with smiles. Look for the next youth event at the **Turtle Krawl September 12.**

The Youth Series are free kids runs for children 12 years or younger, which are held after the adult Space Coast Runner races. Little runners who participate in these races will receive “little feet” participation awards.

For more info, contact Rachel White at (321)292-2999 or [click here](#) to email.



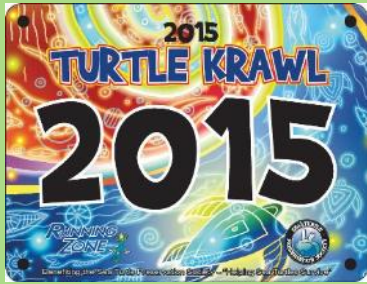
**IT'S FREE!**  
Bring the Kids to run

Next Youth Series race will be held at:  
Turtle Krawl 5K—approximately 8:45 AM (ages 12 & under)



# Runner of the Year Series

PEOPLE LOVE TURTLES. WHY NOT RUN FOR THEM?



## FEATURED RUNNER OF THE YEAR SERIES RACE

Last year, 2,425 runners and walkers finished what has become the largest 5K in Brevard County and the second SCR Runner of the Year series race.

The [course](#) has been changed slightly this year to remove any areas where there could be congestion from the large turnout. Awesome [tech shirts](#) featuring artwork from local artist Michael "Nemo" Nemnich are guaranteed to the first 3000 registrants, and [award medals](#) will be given out five places deep to overall and age group award winners. Participants also have the option of purchasing a turtle-shaped [finisher medal](#), which has a moving shell that exposes Nemo's beautiful artwork.

**WHERE** ▶ Nance Park, Indialantic  
[111 S Miramar Ave, Indialantic](#)

**WHEN** ▶ 7:30 AM - Saturday, September 12

**COST** ▶ Online registration for SCR members is \$25 online through 9/10

**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 – 15:21.6 (2014)      Female: Kaitlin Donner – 17:23.3 (2013)

Reigning Team Competition Champs — Running Zone

**SCR YOUTH SERIES** ▶ Free runs of either ¼ , ½ or 1 mile distances, plus a finish line sprint for the little ones. 8:45 am start time - Prizes for all participants.

**ONLINE RACE REGISTRATION** ▶ <http://turtlekrawl.com/>



## 2015 TURTLE KRAWL FINISHER MEDALS



## 5th Annual 5K Run/Walk

### SPRINT FOR SIGHT



~ All proceeds benefit ~



**Brevard  
Association for  
the Advancement  
of the Blind**

Saturday, November 7, 2015 4:00 PM

Gleason Park, Indian Harbour Beach, FL 32937

Medals for first 3 in each age group

Amazing prizes

Awesome tech race shirts

Fast Course!

Fabulous Food

Grand Prize!



Live music by "Outtasight"

Register at [www.runningzone.com](http://www.runningzone.com) or [www.baabhelpfortheblind.org](http://www.baabhelpfortheblind.org)

or pick up a race application at BAAB office:

674 South Patrick Drive Satellite Beach, FL 32937

(321) 773-7222

# Sponsorship Opportunities!

Local businesses—here is a great opportunity for you to help support Space Coast Runners and the three SCR-owned races.

Your sponsorship support helps Space Coast Runners put on the best events possible for the running and walking community and at the same time we'll be sure to promote your business in exchange!

The three races help benefit great local organizations—the Eye of the Dragon proceeds benefit the SCR High School Scholarship fund. Spacewalk of Fame proceeds help benefit the Space Walk of Fame Foundation. Space Coast Classic proceeds benefit the Space Coast Basket Brigade.

For further information, please contact Lisa Hamelin at [lisahamelin@gmail.com](mailto:lisahamelin@gmail.com)

## Space Coast Runners Sponsorship Levels

**Eye of the Dragon 10k/2  
mile**



**Spacewalk of  
Fame 8k/2  
mile**



**Space Coast Classic 15k/2  
mile**



	Olympic \$3000	Gold \$1500	Silver \$900	Bronze \$600	Supporter \$300
<b>Sponsorship Benefits</b>					
<b>Recognition on Start/Finish Line Banner</b>	Name and logo (large)				
<b>Free Race Entries with T-Shirts</b>	18 (6 to each of the 3 races)	9 (3 to each of the 3 races)	6 (2 to each of the 3 races)	3 (1 to each of the 3 races)	1 (Pick one of the 3 races)
<b>Recognition on Race T-shirt</b>	Name and logo (large)	Name and logo (large)	Name and logo (medium)	Name and logo (small)	Name (small)
<b>Recognition on SCR Website (for the entire season)</b>	Name and logo (large)	Name and logo (large)	Name and logo (medium)	Name and logo (small)	Name and logo (small)
<b>Recognition on Individual Event Websites (for the entire season)</b>	Name and logo (large)	Name and logo (large)	Name and logo (medium)	Name and logo (small)	Name and logo (small)
<b>Recognition on all Race Applications/Marketing Materials</b>	Name and logo (large)	Name and logo (large)	Name and logo (medium)	Name and logo (small)	Name (small)
<b>Recognition in SCR Newsletter (distributed to over 800 active members)</b>	Full page Sponsor Spotlight article	1/2 page Sponsor Spotlight article	1/2 page Sponsor Spotlight article	1/2 page Sponsor Spotlight article	1/2 page Sponsor Spotlight article
<b>Recognition on SCR Social Media</b>	Sponsor Spotlight article	Sponsor Spotlight article	Sponsor Spotlight article	Sponsor Spotlight article	Sponsor Spotlight article
<b>Race Packet Inclusion</b>	Yes	Yes	Yes	Yes	Yes
<b>Recognition at Event</b>	Yes	Yes	Yes	Yes	Yes



**FEBRUARY 6|7, 2016**

**REGISTER NOW**  
THEFLORIDAMARATHON.COM

**ALL THE SAME GREAT MUSIC & FUN  
BUT, MELBOURNE MUSIC MARATHON IS NOW  
THE FLORIDA MARATHON & 1/2 MARATHON!**



**1/2 Marathon • Full • 5K • 8K • MASCOT MARATHON • DUNKIN' DASH KIDS RUN**



**Saturday join us for our kick off races!**

USATF Certified 1/2 and Marathon Courses

Boston Marathon Qualifier Race - One of the Highest BQ rates in Florida

Tech Shirts to All Runners + Running Caps & Medals to All Sunday Runners

Post-Race Concert on Both Days

**Pollo Tropical, Pizza, & Florida Beer** to all Sunday Finishers

Run Both Days for the Floridiot Challenge Medal!

**20+ Musical Acts on Course!**



**Run/Walk with Official Race Ambassador Jeff Galloway  
in his exclusive East Central Florida endorsed event!**

*"One of the prettiest half-marathon courses around."  
-Bill Rodgers (4x NYC and Boston Marathon Winner)*

## RUN A MILE WITH

### **CAMI RAE WALDON, 30**

Satellite Beach, FL

**Originally from:** Vancouver, Washington

**Grew up:** Puyallup, Washington

**Family:** My husband, Aaron, and I have three kids: Kaylee (7), Cael (6), and Kade (4).

**Occupation:** Home Manager. I dislike the term "stay-at-home-mom", we get out and have fun.

**Dream Profession:** If I could go back and do it all over again, I would've become a medical researcher specializing in curing autoimmune diseases, specifically type-1 diabetes. Type 1 Diabetes currently affects 1.25 million Americans, including about 200,000 youth. Every day is a challenge. I didn't know anything about it until my daughter was diagnosed at age 4.

**Number of years running:** I started running consistently a year and a half ago

**Began running because:** I had a friend training for the St. George marathon. She started from scratch, she wasn't going for time, and I started training with her. I remember the first time we ran 16 miles, I couldn't believe it. What I loved more was how running seemed to balance the rest of my life out. I was a happier mom, I could handle the ups and downs of my daughter's diabetes better, and I seemed to have more energy. Life became a little brighter.

**I knew I was hooked when** I ran my first real 5k at Running on Island Time last year, and even though it was ouchy and hot, I still managed to place in my age group. It felt great. :) I ditched my headphones for the Turtle Krawl, and managed to place again. I called my husband, and blurted out, "I LOVE THIS!". That's when I knew I had caught the bug.

**Race personal records (PR):** Downtown Melbourne 5K - 22:24



### **SCR FUN FACT:**

In Cami's first year as an SCR member she completed all 10 of the "Runner of the Year" series races.



## RUN A MILE WITH CAMI WALDON

**Most Satisfying Race Performance:** When I ran the Excalibur 10-miler and still had a great run despite running the Eye of the Dragon 10k the day before. Maybe it was the beautiful course, or meeting a new friend along the way, or unexpectedly placing in my AG... I really enjoyed running that race.

**Favorite Race:** Why? Space Coast Classic, for the distance and the weather! Also, the race director is pretty cool... *\*Editor's Note – I didn't even pay her to say that!\**

**Favorite Race Distance:** Why? 15k/Half Marathon. It's just long enough to run fast without killing yourself. I guess I should say I prefer that distance pain over the 5k or marathon pain.

**Favorite Place to Run:** Tropical Trail, Cocoa Village, anywhere with friends.

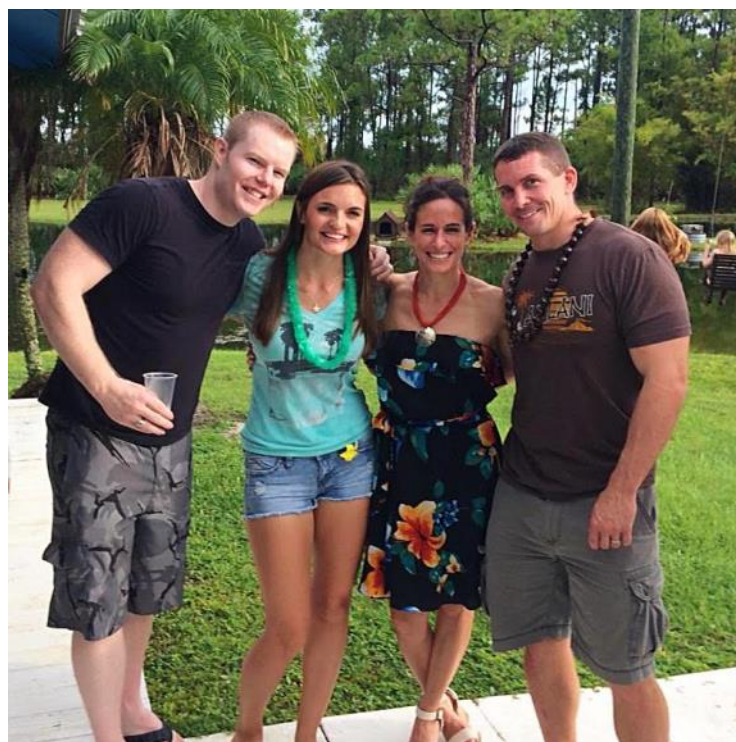
**Running Goals:** To ride that line between still loving to run and pushing myself to reach my best... without getting injured.

**If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:** Aaron's mom. She passed away right before I met Aaron, and I would love to meet her. I would bring Aaron and the kids along of course. :)

**Funniest or Oddest Thing I've Seen While Running:** I really liked seeing Peter Pan running with his Shadow (wearing all black) right behind in matching cadence during the Disney Marathon. The Disney Marathon was also odd in the fact that you could catch rides on the run. A great, funny, and odd race all-around.

**Training Philosophies:** The training is your cake, the better you mix the different ingredients, the better you will be as a runner. The racing is the icing on top.

**One Piece of Advice That I Would Give to a New Runner:** Give yourself two months of hard training, and accept that pushing your limits will help you rise to a new level. Then, if you are happy where you are, you can coast and enjoy the ride, or continue to strive for more.



## RUN A MILE WITH CAMI WALDON

**Other Sports & Interests:** Family time, the beach, paddle boarding.

**Favorite Reads:** Scott Jurek's "Eat and Run" was pretty good.

**When Nobody is Looking I Like to:** Sing to my music while out on the run.

**Favorite Meal:** The all-time most wonderful food in the world is pasta salad. It's like the hot guy in the room, nothing else on the table matters. Except I am married, but Aaron's aware of my pasta salad obsession.

**Dream Vacation:** I've been everywhere I've ever wanted to go and I am super happy just hanging out in my own backyard. Seriously. Dream vacation is walking 2 minutes from my front porch to the sand with my family. We are so happy to live here! A close 2nd is the Belize Keyes scuba diving off a boat in the middle of the ocean with friends. That was fun.

**Why did you join SCR?** For running friends. :)

**I Think That SCR Could Do A Better Job:** Talking Running on Island Time into starting at 7am. No? Ok... All joking aside, SCR is amazing. I am grateful to be a part of it!



## THANK YOU

### HEALTH FIRST PRO-HEALTH & 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](http://Health First Pro-Health & Fitness Center).

# Walt Disney World® Marathon Florida's Finest Team Search

## Search of Florida residents to race Walt Disney World® Marathon as Florida's Finest Team Member



### The Walt Disney World® Marathon Weekend takes place January 7-10, 2016

The Marathon Race Committee will select Florida residents to compete in the race as part of the Florida's Finest Team.

#### Florida's Finest Team Members receive:

- Florida's Finest goody bag
- VIP bus transportation to start
- Seeded number
- A front starting position
- One-room hotel accommodations for two (2) nights
- One (1) one-day Park Hopper for Magic Kingdom® Park, Epcot®, Disney's Hollywood Studios®, or Disney's Animal Kingdom® Theme Park
- Invitation to the VIP Reception
- Access to the Hospitality Suite
- Access to the finish line VIP Tent

#### One guest of the Florida's Finest Team Member will receive:

- One (1) one-day Park Hopper for Magic Kingdom® Park, Epcot®, Disney's Hollywood Studios®, or Disney's Animal Kingdom® Theme Park
- Invitation to the VIP Reception
- Access to the Hospitality Suite
- Access to the finish line VIP Tent
- Guaranteed Entry into the Marathon, Half Marathon or Family Fun Run 5K (fee is not waived) during the Walt Disney World® Marathon Weekend. Guest race application must be submitted by **November 1, 2015**.

The race committee is currently in the process of selecting this year's Florida's Finest Team. Final selection will be made by **October 15, 2015**. The Team, with a brief biography on each, will be announced in the **November/December 2015** edition of **Florida Running & Triathlon**.

To be considered, athletes must be Florida residents and submit the following by **September 30, 2015**.

1. Running resume, which includes applicant's contacts: home address, work, cell and home phone numbers, and e-mail address
2. Date of birth and age on January 10, 2016, race day
3. Running career highlights
4. Marathon(s) completed 2009 thru 2015 (include race name, date and time)
5. Lifetime PRs at various distances (include race name, date and time)
6. PRs from 2009 thru 2015 if different from lifetime PRs at various distances (include race name, date and time of each PR)
7. If applicable, master PRs (include race name, date and time of each PR)

Please send application materials via email to:

**[lorraineevans@cfl.rr.com](mailto:lorraineevans@cfl.rr.com)**

or mail to:

**Florida's Finest, Lorraine Evans**  
**8640 Tansy Drive**  
**Orlando, FL 32819**

This magical opportunity is open to all Florida residents. To participate in the 2016 Walt Disney World® Marathon as Florida's Finest, submit the information today.



[rundisney.com](http://rundisney.com)

# Where in the World?

ARE SPACE COAST RUNNERS RUNNING



**September 5**

**ARX Half Marathon**  
Asheville, NC

Daryl Gilbert, Beverly Glenn

**September 13**

**Ventura Half Marathon**  
Ventura, CA

Christine Ellegood

**September 26**

**Dare to Ascent Trail Marathon**  
Georgetown, TX

Nan Pond

**September 27**

**Berlin Marathon**  
Berlin, Germany

Shane Streufert

**October 3**

**Ironman Maryland**  
Cambridge, MD

Cyndi Bergs, Linda Cowart, Suzie Enlow, Kelly Miller, Theresa Miller, Christy Tagye, Christy Zieres

**Jacksonville Marine Corps**  
**½ Marathon**  
Jacksonville, FL

Kelley Lake

**October 10**

**Beachside Half Marathon**  
Vero Beach, FL

Lisa Rose, Scott Rose,  
Brittany Streufert

**October 11**

**Chicago Marathon**  
Chicago, IL

Mike Acosta, Naweed Akram,  
Susie Meltzer, Karen Suarez

**October 17**

**Baltimore Running Festival**  
Baltimore, MD

Cristina & Ed Engel

**October 17**

**Flyers 5K Benefiting Flyers**  
**Charities**

Philadelphia, PA

Kim Guodace

**October 18**

**Detroit Free Press/Talmer Bank**  
**Marathon**

Detroit, MI

Ron Abel

**October 25**

**Lighthouse Loop Half Marathon**  
Ponce Inlet, FL

Kelley Lake

**October 25**

**G.O.A.T.Z. 50K**

Omaha, NE

Nan Pond

**November 1**

**TCS New York City Marathon**  
New York City, NY

Suzie Biery, Betsy Butler, Jay Claybaugh, Lisa Hamelin, Julie Hannah, Christine Kennedy, Dana Maughn, Karen Stout

**November 7**

**Savannah Marathon & Half**  
**Marathon**

Savannah, GA

Ragan Krupp, Tricia McBride,  
Marie Thomas

**November 14**

**St. Augustine 10K**  
St. Augustine, FL

Ragan Krupp

**December 13**

**Islamorada Half Marathon**  
Islamorada, FL

Kelley Lake

**January 9**

**Walt Disney World Half Marathon**  
Lake Buena Vista, FL

Les Lake, Kelley Lake

**January 17**

**Key West Half Marathon**  
Key West, FL

Lisa Rose, Scott Rose

**January 31**

**Town of Celebration Half Marathon**  
Celebration, FL

Kelley Lake

**February 13**

**Donna Half Marathon**  
Jacksonville, FL

Kelley Lake

**March 13**

**First Watch Sarasota Half**  
**Marathon & Relay**  
Sarasota, FL

Kelley Lake

**March 29**

**Storm the Campus 10 Miler**  
UCF, Florida

Kelley Lake

**May 8**

**Tinkerbelle Half Marathon**  
Anaheim, CA

Kelley Lake

See your next  
out-of-town race listed  
in the newsletter.

It's easy!  
Just click on the link.

[Click here](#)

# Social Media Can Help Your Running Life

By Angela Leeds

When I first decided to take fitness seriously, I went to the Internet. Well, to be honest, it wasn't when I FIRST decided; it was when I FINALLY decided.

By then, I had a gym membership, a running trail, workout videos, and cute clothes. What I was missing was accountability. For all the world to see, I posted that I was focusing on my health and fitness for the next 90 days. The days were not associated with any one program, just a doable time frame for me.

Day 1 of 90, Day 2 of 90, Day 3 of 90, Day 12 of 90: I fell off the fitness wagon for almost two weeks, but I refused to start over. This was real. Few people probably really even noticed and a few more were probably annoyed, but those 90 days changed my fitness habits forever.

There are a lot of jokes out there about what and why runners post online, but the fact is— if it keeps you going, there are three reasons to keep doing it.

1. **Collaborate**—Online running groups can offer advice on running trails and races around the globe. Members can also tell you when your favorite online store is having a sale or when that knee might need some KT Tape. Recently, I joined a Scavenger Hunt with my online running group. Ten groups with about 20 people each, located all over the United States, had three weeks to find about 50 things on our walks/runs and post the pictures through an App. It made running a team sport, and I started noticing the beauty of my trails again.
2. **Motivate**—When you post your successes, you are encouraged to keep going. And, you may be inspiring someone else. A few weeks into my 90 day challenge, my friends started to join me on runs and at races. Now, we have a Facebook page where we encourage each other to set goals. Seeing others push through their barriers motivates me that I can push through my own weak spots.
3. **Participate**—Talking about running and wanting to run are nothing if you do not know where the races or running groups are. Sign up online, post a status letting your friends know to join you, savor the painful joy of moving one foot in front of the other, and then study your online running photos to check your time and form.

Always post your finish line photos, so the whole process can start again: ask advice to shave a few seconds off your time, encourage others to join you, and run again knowing that THIS time you will have an accomplishment worth posting.

# Race Calendar



9/5	<b>Sister Run 5K</b>	7:30 am	Ryckman Park, Melbourne Beach	tllnp@yahoo.com (Terre Luce)
9/12	<b>Turtle Krawl 5K</b>	7:30 am	Nance Park, Indialantic	turtlekrawl@seaturtlespacecoast.org (Mark Petrillo)
9/12	<b>Space Coast Mud Run</b>	7:00 am	Wickham Park, Melbourne	events@hbca-brevard.org (Elysee Schofield)
9/19	<b>Eagle Pride 5K &amp; 1 M</b>	7:30 am	Ascension Catholic School, Melbourne	4haleys@gmail.com (Heather Haley)
9/26	<b>Caracara 5K</b>	7:30 am	Ritch Grissom Memori- al Wetlands, Viera	angela@undergroundrunners.com (Angela Cobb)
9/26	<b>Stomp Thru The Swamp 5K</b>	8:00 am	F Burton Smith Park, Cocoa	christopher.allison@brevardparks.com (Chris Allison)
9/27	<b>Mustang Trot 5K</b>	7:30 am	Jefferson Middle School, Merritt Island	info@runningzone.com
10/3	<b>Long Doggers Kids Marathon</b>	7:30 am	Schechter Center, Satellite Beach	info@runningzone.com (Denise Piercy)
10/3	<b>Exploration Tower 5K</b>	7:30 am	Exploration Tower, Cape Canaveral	pinkribbonwalk5k@gmail.com
10/3	<b>Ryan's Hope 5K</b>	8:00 am	Goode Park, Palm Bay	pegbriede@gmail.com (Peg Briede)





# 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.*

# HAPPY BIRTHDAY

## SEPTEMBER

Welcome to those in **RED**,  
who are moving up to a  
new age group!

<b>1</b>	Heide Jaksetic, Megan Stolen, Rachel White	<b>16</b>	R.C. Koontz, Erica Bernstein
<b>2</b>	Kelly Hedgespeth	<b>17</b>	Robin Williams, Warren Lucas, Joseph Wingate, Makena Rose
<b>3</b>	Doina Tanase, Morris Johnson, <b>Eric Mckinley</b> , Rachel Tate, <b>Amy Aldridge</b>	<b>18</b>	Cheryl Ritter, <b>Daniel Heidt</b> , Heather Felix, Laura Berner
<b>4</b>	<b>Barbara Linton</b> , Katrina Morrell, Sammy Fischel	<b>19</b>	Joe Deen
<b>5</b>	Darlene Deen, Patrick Wingate	<b>20</b>	Karen Suarez
<b>6</b>	Ellen Webbe, <b>David Matlby</b> , Bob Rall, Laken Daniels, <b>Shelley Freeman</b> , <b>Helen Marren</b> , Trey Bliss	<b>21</b>	Ian Cook
<b>7</b>	<b>Rhonda Van Etten</b>	<b>22</b>	Kyle Butler
<b>8</b>	Tina Kraver, Ashley Philbeck	<b>23</b>	Tom Sim, Mark Tinker
<b>9</b>	Christine Ellegood, Teen Sum, George Oswald, Rio Zecman, Ginger Kolasky	<b>24</b>	
<b>10</b>	Ken Hill, <b>Melissa Hickman</b> , Robert Varnes	<b>25</b>	Brian Timmons, Chris Bainbridge, <b>Debbie Wells</b>
<b>11</b>	Philip Smith, Molly Irwin	<b>26</b>	
<b>12</b>	Steve Chin, <b>Jeannine McElveen</b> , <b>Shane Shagena</b> , Tammi Jerdonek, <b>Steve Geiser</b>	<b>27</b>	<b>Rick Lorraine</b> , Micah Vanatta, Steve Jasen
<b>13</b>	<b>Kelly Hunter</b>	<b>28</b>	Mendi Patterson, Brenda Heidt, <b>Jessica Vanatta</b>
<b>14</b>	Veronica Sim, Maria Agid, Giles Williams, Lori Rattay, Kristen Clark	<b>29</b>	
<b>15</b>		<b>30</b>	