

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

# SPACE COAST RUNNERS

September 2017



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**Runner of the Year Series  
2017/2018 kicks off**

**Run a Mile with  
Jeff Hizer**

**New Local  
Fun Runs**



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**On Our Cover:** Twelve year-old, Dylan Nolan of Odessa races towards the finish line to secure his first place age group finish in 18:29.

**Above:** SCR members, Dodie Johnson and Rick Foresteire sync up strides as they finish the first race in the 35th Runner of the Year Series. See page for the full race report.

Photo credits: Divine Mercy Catholic Academy

## SCR Membership Information

Renew your annual membership with no extra fees!  
The website no longer charges any additional online fees.  
Now, save the cost of a postage stamp and renew online.

[www.spacecoastrunners.org](http://www.spacecoastrunners.org)



## Running Safety Tip

**Run against traffic so you can observe approaching automobiles.**

**By facing on-coming traffic, you may be able to react quicker than if it is behind you.**

# SPACE COAST RUNNERS

**LYN DOWLING**  
*Editor-in-Chief*

*Design Director*            **BRITTANY STREUFERT**

*Contributing Editor*       **MARISA FLINT**  
*Contributing Editor*       **ANGELA LEEDS**  
*Contributing Editor*       **KRYSTI DIXON**  
*Race Results*               **ANNE DOCKERY**  
*Photography*               **DOUG CARROLL**  
*Advertising*                **LISA HAMELIN**

## WEBSITE

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

*Runner of the Year Series* **LORAN SERWIN**  
[L.Serwin@cfl.rr.com](mailto:L.Serwin@cfl.rr.com)

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



## Where to find Space Coast Runners on Social Media?

Like us on [Facebook](#) to stay updated on our weekly and monthly events and everything run related on the Space Coast.

Follow us on [Instagram](#) and [Twitter](#) for ongoing pictures, tweets and updates from SCR. Feel free to tag us in your posts by using **#spacecoastrunners**.

Check out the [SCR Blog](#) on our website for good stories and interesting tidbits.

**LISA HAMELIN**  
*SCR President*

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## SPACE COAST RUNNERS

*P.O. Box 541837*

*Merritt Island, FL 32954*

## Simple math:

### Running + kids = a smart move

In addition to many other faults and failings, I am mathematically challenged.

I suspect that deep down, the real reason I never covered a lot of football was that its scores come in threes, sixes, sevens and occasionally twos, which are far too complicated to add. Earned run averages? On-base percentages? Power statistics? Three strikes, you're out. And don't even get me started about majorities, pluralities and the Electoral College. You see my name on election stories about once every four years. Maybe.

That leaves running, where the math is pretty basic: the smaller the number, the better the time. Sixteen minutes beats 20 minutes. How easy can it be? Plus, we have people like Don Piercy, Elizabeth Ring and Marty Winkel with their computerized wizardry, so that at something as relatively low-key as a 5K, we get numbers and standings after the event happens, as in "right away." That does not happen in other sports at the community-scholastic level.

I swear to you, by the time I have trudged to his tent or other hiding place, Don the CPA has his hand out with results, usually without even looking up from the screen, except to say, "Merry Christmas" after the Jingle Bell. That is concentration. Or training. Or habit, depending on your perspective. Ask Denise. Thanks, Don.

Another matter should be considered here, and you may be sick of seeing it elsewhere, which is that smart kids run. The number of engineers, tech types, financial advisors, entrepreneurs, physicians, educators, military professionals, marketing geniuses, etc., that you see in those results sheets is incredible and inspiring.

Think of how many of them have done a lot of math in their lives; they're all about numbers, she wrote, shuddering. You do kind of understand the insistence that times be correct down to the last hundredth, though.

But if you consider why they run, aside from the obvious benefit of physical health, it becomes a little clearer. That most basic of human maneuvers, to place one foot in front of another to move oneself, is a means to uncomplicate life and, without sounding

too metaphysical, put things in perspective. It clears the head at the same time it makes you think.

Hey, no less a philosopher than Amby Burfoot said starting lines taught him not to fear "any new beginnings."

Maybe that's it.

That leads to the subject of expanding the field by making more people aware that running can do this for them. It goes to "smart kids" too, but more literally.

After every race in this organization's Runner of the Year Series, and in some others, come opportunities for children to follow suit, and they are joyous things to behold: Kids doing what kids do best, which you know because you once were a kid in a department store. In our case, "Grand Way Paramus" meant "run like hell," but I digress.

We have in this organization the intelligence, the skill and the experience to expand our community, to make people of every age better by letting them run, and, if SCR President Lisa Hamelin has her way, by showing them how to do it.

The kids we reach will get off their screens, away from their problems and into the fresh air to spend a few precious minutes testing themselves, learning a little more about simple numbers and just plain thinking without interference.

And what will we have contributed to the greater community if we can reach children in neighborhoods not normally known for "jogging" (I know, repulsive word) and give them something of their own, however basic?

In other words, SCR will help create more smart kids, for the present and the future. That its leaders think of such things was reason enough to join this organization.

Just don't make me calculate splits.

*- Lyn Dowling*



*Voted One of the Top 50 Running Stores in America*

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**Runners • Walkers • Triathletes**

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**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**



# LISA'S Musings

A Monthly Column from SCR President, Lisa Hamelin

## Your Board of Directors are busy bees!

There is a lot that goes on behind the scenes and so I thought I'd share just a few of the things that we are up to.

We have a Strategic Planning committee that is continuing work on the long-term plans for the club and ways to implement them. One area that we are focusing on is updating our documents; we want to ensure that all of our documentation is up-to-date and consistent. Another area is giving back to the community. We have always done this, but are looking into additional and innovative ways to continue and expand this. We have a long list of plans and can't wait to show our members the fruits of our labor over time. And a lot of this happens with the membership supporting, as this is your club.

We are partnering with various organizations to provide free or low-cost fun and informative events, such as Runners Nutrition Night at Health First, a free introductory class at Pure Barre Viera and the movie premiere of Boston An American Running Story, along with Pizza Gallery's Pizza with a Purpose. Let us know if you have any suggestions for future events!

We are also partnering with race directors and organizations in Brevard with Shoebox Recycling. We will be collecting gently used shoes (can be any kind of shoe, except for flip flops and boots) at races and sending them off to find their Sole Mates; people in need of a pair of shoes in the United States and countries around the world. Stay tuned for announcements at various races that will be supporting this effort.

And finally, coming up in March will be our 40th Anniversary, so we want to do something special for that – plans are in the works for a big celebration! A fun run is being planned as part of it. Perhaps there will be cake...

Running on Island Time was nice and overcast, which helped us from melting! Personally, I haven't been at the local race scene in quite a while, so it was really great to see familiar faces and lots of new ones too. Hope to see everyone at the second race of the series, the Turtle Krawl!

See you on the road.

- Lisa

Lisa Hamelin, SCR President  
lisahamelin@gmail.com

### SEPTEMBER BOARD MEETING

September 18, 2017 — 7:00pm,  
ProHealth Merritt Island

Learn more about your club. All members are invited and encouraged to attend this meeting.

### Advertise in this newsletter.

\* FREE Ad \* \$25 Half Page \*  
\$50 Full Page (includes 1 eBlast)

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



### 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, send the staff an email — [info@spacecoastrunners.org](mailto:info@spacecoastrunners.org).



We would love to feature YOU in an upcoming issue! To share your "Run a Mile with" story, please contact SCR via email at [socialmedia@spacecoastrunners.org](mailto:socialmedia@spacecoastrunners.org).

# LOCAL FUN RUNS

spotlight run of the month

Email [info@spacecoastrunners.org](mailto:info@spacecoastrunners.org) to add or update your fun run information.

Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (mcbergs@att.net)
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)
Mon/Wed/Fri	Base of the bridge over 95 on Fay Blvd-East side, Port St John	5:00 am 5:30 am	Kim Badgett (kbadisrunning@gmail.com) - 321-626-2257
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	Florida Beer Company Taproom Fun Run Club, Cape Canaveral	6:30 pm	Madeline Marx, Maddym1984@gmail.com
Mon	Running for Brews Melbourne, Vincinos Ristorante & Pizzeria	7:00 pm	Larry Miller (lmiller4435@gmail.com) 321-749-7591
Tues	Cocoa Village 6 miles @ 6am	6:00 am	Keith Dutter 321-576-3699
Tues	Iron Oak Post Run Club, Downtown Melbourne	6:00 pm	321-327-8479
Tues (1st/3rd of each mo.)	Playalinda Fun Club Runs, Playalinda Brewing Company	6:30 pm	Donna Scott (225-8978)
Tues	Running for Brews Satellite Beach, Beef 'O' Brady's	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Tues	Long Doggers Locals Running Club, Satellite Beach	7:00 pm	Erickson Jaquays, 321-773-5558 (eriksonjaquays@gmail.com)
Wed	Pineapple Park, Eau Gallie	6:00 am	Running Zone (erin@runningzone.com)
Wed	Intra Run Club, Eau Gallie, Intracoastal Brewing Co.	5:45 pm	Amy Ustjanowski (amy@theyogiperogi.com)
Wed	Cocoa Beach Fun Runners/Walkers Long Doggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:30 pm	Judd Spitzer (juddls@gmail.com) and Craig Piepmeier (cpiepmeier@gmail.com)
Wed	Village Idiot Pub, Cocoa Village	6:00 pm	321-301-4487
Wed	Run Amok Run Club, Space View Park, Titusville	6:30 pm	Becky Shealy Ahrens—Becky.ahrens@icloud.com <a href="http://www.facebook.com/groups/1423502080999358">www.facebook.com/groups/1423502080999358</a>
Wed	Long Doggers, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	Cocoa Village 6 miles @ 6 am	6:00 am	Keith Dutter 321-576-3699
Thurs	Running Zone, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	CrossFit Rise Above, Melbourne (1st Thurs of month), Chase Bank, Indialantic (all other Thursdays)	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)
Thurs	The Downtown Melbourne   lululemon run club	7:00 pm	Bryan Clarke (321-956-3089)
Fri	Find Your Fitness with Gina 5K Fun Run, 2101 S. Waverly Place, Melbourne	5:30 pm	Gina: <a href="http://goo.gl/1vxqSL">http://goo.gl/1vxqSL</a>

# LOCAL FUN RUNS

spotlight run of the month

THURSDAY NIGHT

## ***Downtown Melbourne lululemon run club***



The Lululemon run club made its debut on Thursday, August 24th. Ten runners and walkers showed up to be a part of the inaugural fun run.

Lululemon's Jordan, Cameron and Tori told SCR that it's quite common for the brand's stores to host running events. In fact, they've been asked by their customers for quite sometime about hosting one.

The fun run course is setup to be 3 miles which consists of a double out & back so if you only want to do 1.5 miles it's easy. All levels of runners and walkers are invited to participate. And once you've done the run, they would love to hear your feedback.

So if you're in the downtown area on Thursday evenings, come get your run on with Lululemon. The store is not open during or after the fun run.



**MEETS WEEKLY AT LULULEMON DOWNTOWN MELBOURNE, LOCATED AT 520 E. NEW HAVEN AVENUE.**

**RUN STARTS AT APPROXIMATELY 7PM AND RUNS AROUND DOWNTOWN. ENJOY A COLD WATER FOR REFRESHMENT AFTERWARDS.**

**FACEBOOK EVENTS HAVE BEEN CREATED FOR EACH RUN. CHECK THERE FOR ALL THE NEWS.**



# SCR Central

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



## Welcome New Members

We look forward to running with you.

- .....
- |                       |                       |
|-----------------------|-----------------------|
| <b>Carrie Adragna</b> | <b>Melinda Gibson</b> |
| <b>Derek Beckett</b>  | <b>Michael Gibson</b> |
| <b>Courtney Carr</b>  | <b>Vesper Gibson</b>  |
| <b>John Carr</b>      | <b>Ann Hinkley</b>    |
| <b>Eileen Conway</b>  | <b>Allison Kervin</b> |
| <b>Sara Faro</b>      | <b>Kyle Reed</b>      |
| <b>Holly Gibney</b>   | <b>Logan Reed</b>     |
| <b>Payton Gibney</b>  | <b>Taylor Reed</b>    |
| <b>Astrid Gibson</b>  | <b>Laura Walker</b>   |
| <b>Lorelei Gibson</b> |                       |
- .....

Photo credit: Marissa Flint

## TURTLE KRAWL 5K

SEPTEMBER 9, 2017  
7:30 a.m. - Nance Park, Indialantic

To Benefit: The Sea Turtle Preservation Society

© Michael Nemnich

**Beautiful technical shirts** (including women's fitted sizes) featuring original artwork by local artist Michael "Nemo" Nemnich\*

**HUGE sea turtle medals** for nearly 200 Award Winners, including age group winners 5 places deep

**Awesome sea turtle finisher medals** are available for \$15 while supplies last!

**Can't make the race?** Run or walk the Turtle Krawl VIRTUAL 5k anytime, anywhere you want!

**Finish line DJ** spinning great tunes

**ICE COLD** washcloths for finishers

**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 2,500 registrants only!

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



SCR has several committees led by our board members in need of volunteers.

For more information, please contact Lisa Hamelin via email: [lisahamelin@gmail.com](mailto:lisahamelin@gmail.com)

get involved.  
join a committee.

# SCR Central

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



## HERE'S YOUR CHANCE!

Win an entry into the

# SOLD OUT

## Space Coast Half Marathon

The family of Christian Lake, the young collegiate runner who passed away on July 19th, have generously donated his race entry to Space Coast Runners. SCR is holding a Facebook auction beginning September 1 and ending at 9pm on Tuesday, September 5. Highest bidder wins.

Christian ran at Florida Tech so all proceeds of the auction will be donated to their cross country program in his name. To place a bid, you must comment in the auction post which is located on Facebook at:

If you do not have a Facebook account, you probably know someone who does. Ask them to post your bid.

### Rules:

- Starting bid is \$50.
- Highest bid at 9:00pm on September 5, 2017 is the winner.



FOLLOW US ON >>TWITTER: @SPACECSTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

# Run Camps

Looking to improve your running times? Wanting to join a group of like minded athletes? Here's a look at your options on the Space Coast.



## RunFit4Life

Whether you're training for a marathon, half marathon, 5K or just learning to run, RunFit4Life Running Camp can help you. Contact: Ceal Walker  
<http://www.runfit4life.com>

## Peak When It Counts

A 12-week training program designed for all fitness levels, whether you are new to running, have miles under your belt and are looking to be more competitive in the sport; obtain a new personal best; add strength and flexibility. Contact: Elizabeth Ring  
<http://uprunningfitness.com/peak-when-it-counts/>

## Set Goals Not Limits

Offers private and group coaching to help you reach your running goals. Either option of training offers ways for you to train that are most convenient to you and your schedule. Contact: Doug Butler  
<http://setgoalsnotlimits.com>

## AN EVENT FOR KIDS 12 & UNDER!



PRESENTED BY

**Health First**



 @kidsmarathonandhalfmarathon

**SEPTEMBER 30, 2017 | 7:30 AM | SCHECHTER CENTER, SATELLITE BEACH**

- Parents run free with signed waiver
- Fun medals for all finishers!
- Try the Double Dog Dare & receive an extra medal
- Long Doggers will provide food after the run!
- Largest school participation receives \$250 for their school

Benefits: Satellite High School JROTC

**REGISTER AT  
[RUNNINGZONE.COM/SERIES](http://RUNNINGZONE.COM/SERIES)**

# SCR Central

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

FRIDAY, SEPTEMBER 15TH  
EARN UP TO \$15 OFF SHOES!

RRCA  
**run@work DAY**

Don't make Don Piercy be the only one running on the treadmill on Sept. 15th!

Help keep Running Zone's treadmill going on RRCA Run@Work Day. They're doing a special promotion where you can receive up to \$15 off a new pair of shoes for your "time".

Full details can be found on the event's Facebook page:  
<https://goo.gl/SmV5ih>



## Health First



## Fueling for Your Peak Performance

SCR Runner's Nutrition Night hosted by Health First  
Thursday, Aug 10 | Holmes Regional Medical Center



SCR president, Lisa Hamelin introduces April Kashdan.



The food demonstration and sample

**April Kashdan**, a Health First dietitian spoke to forty members of Space Coast Runners about nutrition and leading a healthy lifestyle. She provided valuable information and tips on eating at home, on the run and on the road along with meal suggestions. Members were able to ask questions throughout the talk and were even treated to a demonstration and tasting on how to make a Southwestern Rice & Bean Salad. It was delicious. Carol Ball was the winner of a Health First gift pack that was given away at the end of the night's free presentation.

# BREVARD'S ONLY 5K WITH PACERS!



## SPRINT FOR SIGHT



## PLATINUM SPONSOR:



Brevard Association for the Advancement of the Blind  
**7th ANNUAL 5K RUN/WALK**  
[www.baabhelpfortheblind.org](http://www.baabhelpfortheblind.org)

**SATURDAY OCTOBER 7 2017 AT 7:30 AM**

**Gleason Park, 2055 South Patrick Drive  
Indian Harbour Beach, FL 32937**

### TIMETABLE:

**Friday, 10/06/17 — 4:00 PM—6:30PM**

Packet Pickup & Late Registration at CrossFit Rise  
Above 1054 Cypress Ave. Melbourne, 32935

**Saturday, 10/07/17— Gleason Park**

6:30 AM Packet Pickup & Late Registration

7:15 AM Late Registration for 5K ends

7:30 AM 5K Starts!!!

**\*Award Ceremony immediately following race.**

### AMENITIES:

- The 7th Annual Sprint for Sight T-shirt
- Great Beachside location
- PRIZES!!!!
- FREE Refreshments
- Fun Race Packets
- D-tag scoring
- DJ
- Grand Prize Drawing
- Fast Course & Pacers

### AWARDS: Medals and Prizes for

M-F: Top 3 Overall., Masters (40+), Visually Impaired, Top 3 in each age group  
Top Team awarded a plaque

**T-shirts limited to the first 150 entrants**

FEES:	Until 9/30	After 9/30
Adults	\$22.00	\$25.00
Students	\$18.00	\$18.00
Visually Impaired	\$18.00	\$18.00

**SORRY, NO REFUNDS**

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

### SPRINT FOR SIGHT 5K OFFICIAL ENTRY FORM:

**BAAB—ATTN: Sprint for Sight, 674 S. Patrick Drive, Satellite Beach, FL 32937**

Team Name \_\_\_\_\_  
(Minimum 5 members on a team with at least one of the opposite sex)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

Phone (daytime) \_\_\_\_\_

Email address: \_\_\_\_\_

Sex : Male Female Visually Impaired \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day: \_\_\_\_\_

Please check shirt size: XS S M L XL XXL

**For questions please call 321-773-7222**

### RACE MANAGED BY:



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 for 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 participant in the Sprint for Sight 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

# SET YOUR SIGHT ON A NEW PR

# SCR Central

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



## SPACE COAST CLASSIC 15K & 2 MILE

Check out the 2017 Space Coast Classic 15K & 2 Mile finisher medal (*shown left*). The 32nd running of the Space Coast Classic will take place on Sunday, November 5th in Indian Harbour Beach. It's Brevard's only 15K race so do not miss out.

Registration is open for this Runner of the Year Series race at <https://goo.gl/nQAYkv>. The Children's Hunger Project is the race beneficiary.



Congratulations to John Davis who was part of a relay team that broke the Ultra course record at the Reebok Ragnar Relay Colorado which ran from Copper Mountain to Aspen/Snowmass on Aug. 25-26. The relay runs 200-ish miles.

## Space Coast Runners RACING TEAM



**Congratulations to the SCR Racing Team!**  
They took third place at the Running on Island Time 5K.



ENTER SOON AS RACE  
HAS SOLD OUT THE  
PAST TWO YEARS



2017 Evil Twin Sister Jeannie  
Bottle Finishers Medal

THIRD ANNUAL RON JON

## COCOA BEACH HALF MARATHON

SUNDAY, OCTOBER 29, 2017 | 7:30AM START TIME



SUNDAY, OCTOBER 29, 2017

## CENTRAL FLORIDA'S ONLY ALL COASTAL HALF MARATHON

START TIME 7:30AM  
FINISH ON I DREAM OF JEANNIE LANE AT LORI WILSON PARK

- VOTED BREVARD'S BEST RUNNING EVENT BY READERS OF FLORIDA TODAY NEWSPAPER
- NAMED AS CENTRAL FLORIDA'S BEST HALF MARATHON BY SPACE COAST LIVING MAGAZINE

[COCOABEACHHALFMARATHON.COM](http://COCOABEACHHALFMARATHON.COM)



### RACE DAY AMENITIES

TECH SHIRTS  
TO ALL REGISTERED  
RUNNERS



◀ AWESOME  
EVIL TWIN SISTER JEANNIE  
BOTTLE FINISHERS MEDAL



CUSTOM  
EMBROIDERED EVENT  
RUNNING CAP TO ALL  
REGISTERED RUNNERS



LIVE MUSIC  
ON THE COURSE AND  
GREAT AFTER PARTY!

PIZZA  
AND FLORIDA BEER AT  
THE FINISH LINE

# SCR Central

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



## Kinnunen Kills at ITU Multisport World Championships

SCR member, Joel Kinnunen represented the United States in the men's 50-54 age group division in two events at the 2017 ITU Multisport World Championships. In the Age Group Long Distance Race, Kinnunen finished in 6:36:44 and placed 48 out of 821 participants overall and fourth in his age group.

In the Age Group Sprint Triathlon, Kinnunen completed the course in 1:05:39. He was fifth in his 50-54 age group and 70 out of 681 finishers. We asked Joel to tell us about his Canadian experience and he told us the following...

It was an honor for me to wear the stars and stripes at the ITU Multisport World Championships Festival in Penticton, British Columbia, Canada. I qualified for the Draft Legal Sprint Duathlon by winning my age group at the national championship race in Bend, Oregon and qualified for the Long Course Triathlon by placing third

in my age group at the Miami Man Triathlon in November, which served as the national championship last year.

It was a challenge to train for a short, very hard and fast duathlon and a long course triathlon at the same time. It was also challenging to recover from one race to the other as the races were only a week apart, but in the end I had two good races in Penticton, placing fifth in the duathlon and fourth in the triathlon.

This was the first year that the ITU has held a World Championships festival with multiple events at the same location instead of holding events at different times and in different locations around world. Next year the festival is in Denmark and I hope to once again represent the USA and perhaps improve on my results.

***Congratulations Joel! Well done.***





# EXCLUSIVE SCR RACE DISCOUNTS

*save \$ = run more races*

- ◆ **NEW!** **Bee Healthy Virtual Run** presented by Virtual Strides. Receive a 20% discount on all [Virtual Strides](#) events by entering the club discount code **SCRmember20** during registration. Choose 5k/10k/Half Marathon distances all of which benefits the Planet Bee Foundation.
- ◆ **NEW!** You don't want to miss the 2018 [Sarasota Music Half Marathon](#) on 2/4/18. 20 bands along the run through Selby Botanical Gardens and over the Ringling Bridge. Wicked cool medal and T-shirt, then a rockin' after-party with live music, massages, beer garden and tons of fun! SCR gets \$5 discount with code: **SCR5**.
- ◆ **NEW!** Beautiful Tybee Island, GA, has their annual [Critz Tybee Run Fest](#), offering something for everyone—a 1 mile, 2.8 mile, 5k, 10K, and half marathon! This February 2 & 3, 2018 race should be great weather. Get an 18 percent discount with code **SCR18**.
- ◆ Use code: **SPACECOAST032017** to receive 10% off any **Sommer Sports** event like the Nightmare on the Clermont Trails 5K. The discount is available to SCR members through 9/30/17.
- ◆ The **AthHalf** on **10/22/17** in Athens, GA will have you enjoying a gorgeous autumn-time run through downtown, the UGA campus, past the "Pumpkin Patch Church" and the gorgeous Greek houses. There will be live music throughout the course to keep you energized and having fun! Get \$10 off the half marathon or the half marathon/5K combination registration using code: **SPACECOAST**.
- ◆ The **Bay State Marathon** in Lowell, MA, on 10/22/17, is a double loop of a fast, flat course, where each year 25% of the field gets a BQ. All that, along with a mean average temperature of 47°, make this a great choice for a New England Fall marathon. Get 10% off the full or half marathon with code: **BSM2017SCR**.
- ◆ **EXTENDED!** [Vacation Races](#) is extending a 15% discount to all SCR members. Save on upcoming 2017 races like the Grand Canyon Half Marathon (10/17) use code **16RC84784**.
- ◆ **EXTENDED!** [MultiRace](#) will extend a 10% discount to all its events! Use code: **SCR17**. (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor).
- ◆ Receive a 10% discount to the [Pumpkinhead Trail Relay](#) at Pine-land Farms (128 mile, 8 person relay teams) on 9/8 & 9/9/2017, in New Gloucester, Maine. Unique trail relay race in the woods of Maine! Grab your tent, running shoes, and 7 friends to complete this fun two day relay race. Each person on the team must complete three independent loops during the race. Use code: **Space-CoastRunners**
- ◆ [Atlas Trail Series](#) is extending a 10% discount to SCR. With miles of amazing trails, incredible food and camp life at every main hub, and 3 days of racing, you and your friends will form memories to last a lifetime. Do this trail event in St. George UT, 10/27-29/2017. Use Code: **space4atlas10**
- ◆ [St. Pete Run Fest 2017](#) is offering SCR members a 5% discount to either the half marathon, half marathon relay or 5K race. It's two full days of festival fun, including running events, a health & fitness expo, local food, music and craft beer. The fun begins on November 19, 2017. Use Code: **TIAPET5**
- ◆ Ready for a cool seashore marathon? [Rehoboth Beach Marathon](#) in DE is for you! Held on 12/2/17, it should deliver a cool run. The after-party includes unlimited food (breakfast items, Mac & Cheese, burgers, veggie burgers, fruit, and other assorted items). Each person 21 and over gets 3 beer tickets. Get \$15 off using code: **spacecoast2017**.
- ◆ SCR members save \$2 on this fun, all-Santa race. Race the [Run Run Santa 1 Mile](#) in Viera (Dec 23) or Vero Beach (Dec 24) or both! Use code: **RRS2SCR** to receive the discount.
- ◆ The 5th [Tomoka Marathon](#), a Boston Marathon Qualifier, will take place in Ormond Beach, FL on Saturday, March 24th, 2018. Save 10% when you enter code **SCR10** for any of the 3 distances.

# Exclusive SCR Race Discounts

- ◆ **EXTENDED!** Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPACEMOAT**. Events are on 10/22 (Half Marathon).
- ◆ MultiRace will extend a 10% discount to all its events! Save on the [Key Biscayne Half Marathon & 10K](#) on 10/01/17. Use code: **SCR17**
- ◆ Run the inaugural [Sunrise Half Marathon & 5K](#) on 3/25/18 in South Florida. This first time event will take place in the centrally located Markham Park and Sawgrass Industrial Park in Sunrise, Florida. Come and see why over a million people visit Markham Park each year. Save 20% on the half by using code **SCR20**.

*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.*



**DECEMBER 23, 2017**

**Viera's first & only all-Santa race!  
The 2nd annual 1 Mile race will run  
at 7:30am on 12/23/17.  
Space is limited. Register today.**

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



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# RUN LOCAL



## *Chain of Lakes Park*

Chain of Lakes Park is located in North Titusville. The park is open from 7 am until dark. It is a huge park with lots of places to run. There is a paved 3 mile walking trail that brings you over a few bridges. To get to the paved walking paths and trails, turn right at the first stop sign and park behind Eastern Florida State College and across from the baseball/softball fields.

The paved walk is nice, but there is not a lot of shade, so bring a hat and sunglasses! There are also a few trails. I would recommend just exploring and following the trail, the one I ran didn't have a color to follow, but was very easy to stay on.

There was plenty of wildlife to see. While on the run we saw cranes, birds, and even a gator in the water.

There is also an observation tower that you can climb and look out of!

Amenities include: 7 softball fields, 8 soccer fields, two playgrounds, and clean restrooms.

**Chain of Lakes is located at  
2300 Truman Scarborough Way  
Titusville 32796**

**Report & photos by Krysti Dixon**

# Chain of Lakes Park continued





# Surfside's Sprint for Shade

## 5K, 1 Miler & Challenge

Sunday, October 22<sup>nd</sup>, 2017 - 7:00 am

David R Schechter Community Center  
(1089 S Patrick Dr. Satellite Beach, FL 32937)

*Bring the whole family out to the David R Schechter Community Center on October 22<sup>nd</sup> to help Surfside Elementary's Parent-Teacher Organization raise funds for the purchase of shade structures for Surfside Elementary School's playground and blacktop!*

### AMENITIES:

- Visors guaranteed to those registered before Oct. 8<sup>th</sup>, 2017
- Medal for all FINISHERS (5K & 1 Miler)
- Challenge medal for those who complete the 5K and 1 Miler
  - Earn up to 3 Medals!!!
- Post-Race Breakfast Goodies!

### TIME TABLE:

**Packet Pickup at Running Zone** (3696 N. Wickham Rd.)

Friday, October 20<sup>th</sup> – 10:00 am – 6:30 pm

Saturday, October 21<sup>st</sup> – 10:00 am – 5:00 pm

**Sunday, October 22<sup>nd</sup>** - David R Schechter Community Center

(1089 S Patrick Dr. Satellite Beach)

5:45 am Race Site Packet Pickup & Registration Opens

6:45 am Late Registration for 1M & Challenge Ends

7:00 am 1 Miler Start!

7:15 am Later Registration for 5K Ends

7:30 am 5K Start!

*\*Awards Ceremony following the races*

### FEES:      *Until 9/23      Race Day*

**5K**                      \$20                      \$25

**1 Miler**                \$15                      \$20

**Challenge**            \$25                      \$30

**Save \$5 with No Visor Option**

**SORRY, NO REFUNDS**

### AWARDS:

*\$200 to the PE department of the school w/ most participation (excluding Surfside Elementary)*

### 5K:

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

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

### 1Miler:

Top 5 Male & Top 5 Female Finishers

## Surfside's Sprint for Shade Official Entry Form

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

Make Checks Payable to: **Surfside PTO**

Event:  5K     1 Miler     Challenge

RACE MANAGEMENT BY



First \_\_\_\_\_ Last \_\_\_\_\_

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

Phone (daytime) \_\_\_\_\_ Email address \_\_\_\_\_

School \_\_\_\_\_ Grade Level \_\_\_\_\_

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

Visors:  Youth     Adult     No Visor Option – Save \$5

### 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 Surfside's Sprint for Shade 5K and 1M Fun Run/Walk. 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

# Long Distance Relationships

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



## The Pikes Peak Ascent

According to Wikipedia, The Pikes Peak Ascent is a racing event that begins at the base of Pikes Peak, in Manitou Springs, Colorado, and climbs over 7,815 feet to the top of the 14,115 foot peak. Florida flatlanders brought the heat to the Pikes Peak Ascent. "13.32 miles 7,815' straight up" and the 2nd or 3rd hottest PPA in race history made for a gorgeous summit day with beautiful weather, reported Shelley Williams who was there cheering for her husband, Josh.



The following personnel ran from Brevard county.

*M35-39 Paul Sikoski, Indialantic, FL 4:04:30*

*F25-29 Lauren Aline Helton, Indian Harbour Beach, FL 4:24:29*

*M35-39 Joshua Williams, Melbourne, FL 4:00:09*

*M30-34 David Plath, Melbourne, FL 4:27:50*

Additionally, SCR member Charlotte McClure who relocated from Brevard County to Colorado a few years back also took on Pikes this year.

*F45-49 Charlotte McClure, Colorado Springs, CO 4:38:46*

Congratulations on this elevating race challenge!



# SCR Runner of the Year SERIES

# Runner of the Year Series

Article by Brittany Streufert



In its 35th year, the Space Coast Runners “Runner of the Year” Series showcases 10 races around Brevard County, ranging from 2 miles to the marathon distance. SCR Members score points based on their finishing place overall or in their age groups.

As we head into the 2017/2018 season, eight-time series winner, John Davis is on the verge of making history. With last season’s title, he tied Doug Butler as one of the most winningest runners in ROY series history. John Davis is 39 years old.

Although he’ll readily admit that he never thought he would make it to compete 8 years in the series, much less win it as many times, those of us who know John know his fierce competitive nature. As his times dropped he began to believe he could win a series title. In his early running days, John was coached by Doug Butler who pushed him to get faster. Still, Butler’s ROY title record seemed insurmountable to the new runner.

Davis kept at it and became one of the top local runners at the races. “After a few seasons I thought, holy crap. I might actually have a shot at getting eight”, he said. As he notched series win after series win, it became a goal. In 2012 his streak of four title wins was broken which he says gives Doug Butler an edge in the record book. Butler’s 8 title wins were consecutive. Plus, he graciously admits, “I’m not at the same level of runner competitiveness that Doug Butler ran in his day. I have a lot of respect for what he accomplished.”

When asked if he felt any pressure during the 2016/2017 season with the record on the line he shook his head. “I actually felt less pressure. It’s the only season I’ve scored 1,000 points at every race I had to run in the series.”

So what lies ahead for John Davis in 2017/2018? He knows that coming into the season he has some work to do and that he has no room for error given the competitive landscape in Brevard. “The SCR series is a solid line up of races. I like that there is a variety of distances. SCR is doing a good job.”

As the leaderboard appears after the ROY kickoff at the Running on Island Time 5K, many will be watching to see if John Davis can make it number nine.

MARK YOUR  
CALENDAR!

# SCR Runner of the Year SERIES

2017—2018

## Running on Island Time 5K

Saturday, August 26, 2017

**Overall Male & Female Winners:**  
**William Maltin & Jennifer Absher**

## Turtle Krawl 5K

Saturday, September 9, 2017

## Space Coast Classic 15K & 2 Mile

Sunday, November 5, 2017

## Space Coast Marathon & Half Marathon

Sunday, November 26, 2017

## Reindeer Run 5K — 12/9/17

Saturday, December 9, 2017

## Tooth Trot 5K

Saturday, January 27, 2018

## Eye of the Dragon 10K & Tail of the Lizard 2 Mile

Sunday, February 18, 2018

## Downtown Melbourne 5K

Saturday, March 24, 2018

## Space Walk of Fame 8K & 2 Mile

Saturday, April 7, 2018

## Eat My Crust 5K

Sunday, May 6, 2018



# Runner of the Year Series

330 FINISHERS AT THIS YEAR'S RUNNING ON ISLAND TIME 5K

## 2017—2018 ROY Leader Board

### OVERALL

- 1 Derek Beckett
- 2 Steve Hedgespeth
- 3 Shane Streufert

### MASTERS

- Jonathan Howse

### GRAND MASTERS

- Keith Snodgrass

### SENIOR GRAND MASTERS

- Matt Mahoney

## 2017—2018 ROY Leader Board

### OVERALL

- 1 Jennifer Absher
- 2 Eileen Conway
- 3 Erin Canfield

### MASTERS

- Annie Caza

### GRAND MASTERS

- Betsy Fisher

### SENIOR GRAND MASTERS

- Anne Dockery

Please note: the series standings reflect your age on August 26, 2017, the date of the first race of the 2017-2018 ROY series season. If you have any series questions, please email John Davis by clicking [here](#).

## 2017/2018 ROY UPDATE

### Space Coast Marathon Relay

Runner of the Year (ROY) points will **NOT** be awarded to participants running in the Marathon Relay which will debut at the 2017 event.



**Anne Dockery (9735) speedily secures her position atop the Senior Grand Master leader board for the ladies.**

The 35th **SCR Runner of the Year Series** kicked off at the Running on Island Time 5K which was hosted by Divine Mercy Catholic Academy in Merritt Island. The race saw an influx of new SCR members running and placing in the top overall competition as well as in the age groups.

Many thought this would be the start of John Davis' quest for a ninth ROY overall title but the fast thirty-nine-year-old was a no show. Overall women's ROY winner from last year, Alison Nolan did not run the race either.

Instead, new member Derek Beckett captured 1,000 ROY points for being the first SCR member across the finish. He was followed by Steve Hedgespeth and Shane Streufert who are no strangers to the leader board.

In the ladies' race two of the top three positions are

# Runner of the Year Series



## Turtle Krawl 5K

### FEATURED ROY SERIES RACE

It's the largest 5K race in Brevard County! Organizers are anticipating 2,500+ participants this year. They'll be awarding stunning sea turtle medals to Age Group Winners 5 places deep along with Masters, Grandmasters, Great-Grandmasters and the Top 10 Competitive Walkers

**WHERE** ▶ Nance Park, Indialantic

**WHEN** ▶ 7:30 AM—Saturday, September 9th

**COST** ▶ **Save \$5.** Early discounted registration for SCR members is \$25 thru 9/7/17.

**WHAT TO EXPECT** ▶ Fast times and turtle costumes galore. The atmosphere is always rocking at the Krawl. Get there early to see the beautiful sunrise. Enjoy a fantastic post-race party with lots of drinks and muffins.

**SCR YOUTH SERIES** ▶ Featuring 1/4 mile and 1/2 mile distances for the little runners. 8:45 am start time (12 & under).

### ONLINE RACE REGISTRATION

[Click here.](#)

### COURSE RECORDS

Male: Chris Cacciapaglia - 15:21.6 (2014)

Female: Kaitlin Donner – 17:23.3 (2013)

Competitive Walker: Michael Petrillo — 34:24.1 (2012)

Reigning Team Competition Champs — Running Zone

new members. Jennifer Absher makes her debut in first followed by another new face, Eileen Conway. Nineteen-year-old Erin Canfield sits in the third position.

There was a bit of drama behind the Grand Masters position. Joe Hultgren arrived late to the start having thought the race started at 7:30. He more than hustled his way around the course in 19:47 but lost the award at the race since his gun time was 1:03 behind Keith Snodgrass who ran 20:16. We'll have to see what the official ROY points master rules are for this scenario. Age graded results have yet to post so stay tuned for them on

the website.

Will this be a season of surprises for the top spots? Only time will tell. Remember, you must run at least five qualifying races on our schedule to be eligible to place in the Runner of the Year series. The open division male and female winners receive an award of \$200.

Series is open to all **active** members of Space Coast Runners. Inactive? No points. Visit our website for all the [official series](#) info.



Join us for the next race in the 2017-18 Running Zone Foundation Race Series:

PRESENTED BY  
**Health First**

Health Plans

# Ghostly Gecko 5k



Saturday, October 28, 2017

Eau Gallie Civic Center, Melbourne, FL



- Best Halloween Costume Contest
- Fun Ghostly Gecko Awards
- Food & Beer after the Run at Squid Lips
- Free Lil' Goblins Kids Run with Zippy the Gecko
- Halloween Trick or Treat Bags for all Finishers
- Random Giveaway of a Drone!

Benefits Eau Gallie High School Health & Wellness Academy



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

#ghostlygecko5k



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



## ShoeBox Recycling

Drop your gently worn shoes off at any of the upcoming Runner of the Year Series races. We'll be collecting them at the SCR tent. Your shoes are destined for reuse around the world. Here are some guidelines to joining the #ReuseMovement:

### GUIDELINES

#### YES

- Gently-Used Pairs
- Men's/Women's/Kids' Sneakers
- Soccer Cleats
- Casual Shoes
- Dress Shoes
- Work Boots
- Sandals
- Heels
- Flats
- Loafers

#### NO

- Damaged/Wet
- Single Shoes
- Women's Fashion Boots
- Metal Spikes
- Flip Flops/Plastic Shoes
- Slippers
- Ski/Winter Boots
- Skates/Blades





# Running for Wristbands this year!

The Space Coast Runners' Youth Series aims to teach young children an active lifestyle and nurture a love of running. Kids were given their first opportunity of the 2017/2018 season to get out and run at the Running on Island Time 5K. This year's big enticement were the limited-edition race wristbands. A wristband is awarded at each race as the child crosses the finish.

Kara Springer, an SCR member and Divine Mercy Catholic Academy Athletic Director reported about 30—35 kids participated in the kids' races on Saturday, August 26. They participated in the quarter mile, half mile and a nail biting diaper dash. Springer added, "The kids were excited to show off their new blue bracelets. A couple even wore them to school on Monday!"

**Learn more** about the SCR Youth Series and download the waiver needed to participate in each race by clicking [here](#). If you would like to volunteer to assist Allyson Lyons with the Youth Series or would like to find out more about what's involved, please email us at [info@spacecoastrunners.org](mailto:info@spacecoastrunners.org).



**Collect All 9!**  
wristbands awarded at the finish line

# Gold Rush 5K

Saturday, September 23rd, 2017

5:00pm - Start

Gleason Park

1233 Yacht Club Blvd., Indian Harbour Beach



*Proceeds of the race will directly benefit newly diagnosed children and their families who are just beginning their cancer journey.*

## Timetable

**Friday, September 22<sup>nd</sup> – Running Zone**

(3696 N. Wickham Rd Melbourne, FL)

10:00 am – 6:30 pm Packet Pickup & Registration

**Saturday, September 23<sup>rd</sup> – Gleason park**

(1233 Yacht Club Blvd., Indian Harbour Beach)

3:45 pm Packet Pickup & Registration Opens

4:45 pm Late Registration Ends

5:00 pm 5K Start!!!

\*Awards Ceremony immediately following the race

## Awards

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

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+

*No Kid Should Know Cancer Inc. is a nonprofit organization that focuses on increasing awareness about childhood cancer while helping local families who have a child who has been recently diagnosed with cancer. We not only strive to provide financial assistance, but also opportunities for fun events for them to share during such a difficult time.*

## Amenities

- **Cool Race T-shirts – (must be registered by 9/8/17 to guarantee shirt at race pick up)**
- **Water & Refreshments**
- **Awesome Awards**

\*Register Online at [secure.runningzone.com](http://secure.runningzone.com)

## Fees

		<b>Race Day</b>
<b>5K Adult</b>	<b>\$25</b>	<b>\$30</b>
<b>5K Child (12&amp; under)</b>	<b>\$15</b>	<b>\$15</b>

## Gold Rush 5K - OFFICIAL ENTRY

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

**Make check payable to: No Kid Should Know Cancer**

RACE MANAGEMENT BY



First \_\_\_\_\_ Last \_\_\_\_\_

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

Phone \_\_\_\_\_ Email address \_\_\_\_\_

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

Shirt Size:  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 Calvary Chapel 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



Report by Lyn Dowling

### 5K OVERALL MEN

William Maltin, 16:14  
 Derek Beckett, 16:23  
 Steve Hedgespeth, 17:28

### OVERALL WOMEN

Jennifer Absher, 19:59  
 Eileen Conway, 22:02  
 Erin Canfield, 22:33

### MASTERS

Shane Streufert, 17:41  
 Annie Caza, 22:40

### GRAND MASTERS

Keith Snodgrass, 20:16  
 Betsy Fisher, 23:13

### SENIOR GRAND MASTERS

Matt Mahoney, 21:17  
 Anne Dockery, 23:53

### TEAM AWARDS

Running Zone  
 Viera Pizza Race Team  
 SCR Racing Team

### COMPETITIVE WALKING

Dave Farrall, 36:41  
 Betty Herring, 41:41

For complete race results, [click here](#).

## And the 35th ROY Season has started!

**W**hat do you do when you're visiting Brevard County from New Jersey on a late-August morning? You find a race and run, of course, and if you're William Maltin, you win.

The lanky Maltin, who arrived in Titusville Friday and ran an event with which he had been unfamiliar Saturday morning, was the first first-place winner in the 2017-2018 Space Coast Runners Runner of the Year Series, taking the Running on Island Time 5K in 16 minutes, 13 seconds.

He finished 10 seconds ahead of Derek Beckett of Melbourne. Steve Hedgespeth of West Melbourne was third (17:27).

Jennifer Absher of Melbourne, who also had never raced Island Time before, finished ahead of all other women at 19:59, followed by Eileen Conway of Rockledge (22:04) and Erin Canfield of Titusville (22:32).

Shane Streufert of Viera, who was fourth overall, won the male masters title in 17:40 and Annie Caza of Indialantic took the women's version at 22:41.

Keith Snodgrass of Melbourne was male grandmasters champion at 20:16. Betsy Fisher of Cocoa Beach was female grandmasters winner at 23:13.

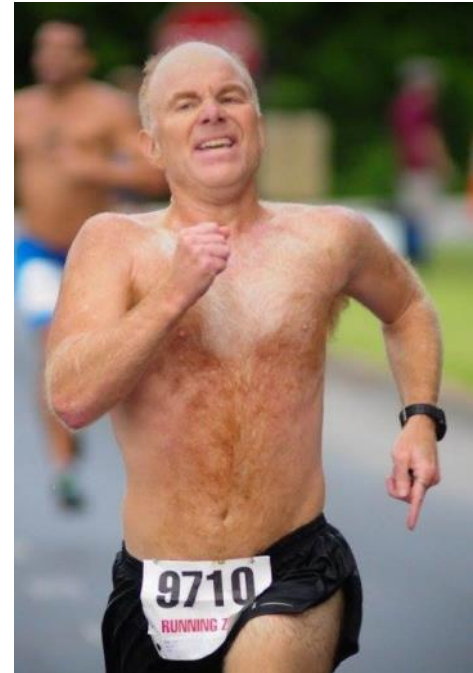
"I was happy with my time; I did a (personal record) but he really was moving," Beckett said of Maltin, a former Temple University runner.

Like Maltin, Absher expressed satisfaction with the overcast, relatively cool weather ("Perfect. It wasn't too hot."), the flat course and the hospitable atmosphere provided by volunteers from Divine Mercy Catholic Academy, which benefits from the race.

"I liked that the course went through the neighborhoods, and that made it safe," she said. "I was really happy with everything."



Melbourne Beach's Deb Green



**Above:** Sean Black finds his final gear as he races to the finish.

**Left:** The overall women's winners — Jennifer Absher, Eileen Conway and Erin Canfield.

Come Join Us in the **Fight Against Breast Cancer!** Racing...Raffles...Pizza...Fun!



**benefits**  
**For the Girls Scholarship fund**  
to help breast cancer patients, prevent lymphedema & supply compression garments they could not afford

# For the Girls 5k

Doctor of Women's Health  
Physical & Occupational Therapy Services

Saturday evening  
September 30, 2017  
5:00 pm  
Wickham Park



Click here to register online at Running Zone! <https://goo.gl/uzLyUU>



## Runners Celebrate Nancy Rowan's life at Runningal Memorial Red Solo



Report by Angela Leeds

### OVERALL MEN

Joe Matuszcak, 14:03  
Steven Raymond, 14:13  
Daniel Taurasi, 15:37

### OVERALL WOMMEN

Allison Palmer, 16:30  
Kristine Brasher, 17:01  
Madison Kerr-wong, 18:16

### MASTERS

Art Layne, 16:34  
Patti Spoerle, 18:56



**A**lmost 400 runners and walkers gathered in Port Orange for the 4th annual Red Solo Kup 4k. The race began with a tribute to Runningal Nancy Rowan, who passed away last December.

She was the founder of the Red Solo 4Kup and a longtime runner, and many were there to honor her memory.

With a slight change of start and end, the course twisted through the Pavilion at Port Orange and ended up near The Running Elements, the sponsor of the race. Although a bit humid, runners were pleased to find an overcast sky above throughout the 2.48 miles. At the end, runners who had run 2015, 2016, and 2017 were given a medal with a special charm attached. All runners were treated to donuts and given a red solo cup of beer for breakfast.

All proceeds from the Red Solo Kup went to the Children's Home Society of Florida.



Runningal Nancy Rowan

Top: Rory Rowan and Allison Palmer congratulate each other at the finish line.. Left: Valerie Eastman, Patty Garten, Carol Souve, and Angela Leeds celebrate at the end. Right: First place finisher Joe Matuszcak crosses the finish line.



Report by Lyn Dowling

### OVERALL MEN

Jacob Dordick, 10:18.8  
Derek Beckett, 10:23.4  
Zeke Zauner, 10:45.2

### OVERALL WOMEN

Kaitlin Donner, 11:28.8  
Alison Nolan, 11:31.7  
Jennifer Absher, 12:23.0

### MASTERS

Shane Streufert, 10:54.2  
Tracy Dutra, 13:24.5

### TEAM DIVISION

Running Zone  
Viera Pizza Race Team  
The Has Beens

### SCHOOL PARTICIPATION

Indian Harbour Montessori  
Surfside Elementary  
Manatee Elementary

For complete race results, [click here](#).

To view race video, [click here](#).

Photo credit: Trihokie Images  
Race video: Simple Media



## Dordick and Donner win race with new name, new distance on a new day

Welcome to the local race circuit, Jacob Dordick. It was nice to see you fly by again, Kaitlin Donner.

Dordick, who had never raced the Tailgate 2 Miler, formerly I Run for Pizza 5K, finished at 10 minutes, 18 seconds, in front of Derek Beckett of Melbourne (10:23) and Zeke Zauner of Palm Bay (10:45) to win overall honors in the new-course/new-name, second event in the Running Zone Foundation Race Series Aug. 20 in Viera.

Donner, a Satellite Beach resident who has won women's titles in three of the past four Tailgate-Pizza races, started in front and returned in front at 11:28, ahead of Alison Nolan of Indialantic (11:31) and Jennifer Absher of Melbourne (12:23).

Shane Streufert of Viera (10:54) was male masters champion and Tracy Dutra of Viera took female masters honors at 13:24.

"It was fun to run something shorter than a 5K. I like shorter distances sometimes," Dordick said as others called the shorter course and faster pace "trying" and "really challenging."

Instead of taking runners through the streets of Viera, the shorter course was located entirely in and around The Avenue Viera, including a turn around the facility's lake, which was welcomed by some runners as cooling on a muggy morning. More than 1,100 runners participated.



**DIXIE CROSSROADS**  
**WILD SHRIMP SHUFFLE**  
**10K & 5K • RUN/WALK**  
**CHAIN OF LAKES**

**Titusville, Florida**  
**October 14th, 2017**  
**7:45 A.M - 5K RACE STARTS**  
**8:15 A.M - 10K RACE STARTS**

**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 trails .25m 5K .5 10K

**EARLY PACKET PICKUP:**  
 Friday, October 13th 4:30 P.M - 7:00 P.M at Pavilion near start / finish

Sign up to run and bring a canned good or other non-perishable food item.

**RUN VIRTUAL:**  
 Can't make it to the Wild Shrimp Shuffle on Oct. 14th? Sign up & run virtual & receive your WSS shirt & medal. It will be mailed to you on Oct. 1st.

**EARLY REGISTRATION:**  
 Through September 30, 2017 - \$25

**REGISTRATION:**  
 October 1, 2017 - October 13, 2017 - \$30  
 Day of Race - \$35  
 Virtual 5K or 10K - \$35

**RACE DAY SCHEDULE:**  
 6:15 A.M Day of Race Registration / Packet Pickup  
 7:45 A.M 5K Race Start  
 8:15 A.M 10K Race Start

**AWARDS 10K & 5K:**  
 All 10K & 5K finishers receive a Wild Shrimp finisher medal. 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+

**CONTACT:**  
 Marty Winkel (321)-537-3526  
 Runsalot@cfl.rr.com

**MAKE CHECKS PAYABLE & MAIL TO:**  
 North Brevard Charities Sharing Center, Inc.  
 4475 South Hopkins Avenue  
 Titusville, FL 32780

**SPONSORS:**

- Dixie Crossroads
- Insight Forensics
- Playalinda Brewing Company



**Proceeds Used To Support:**  
**North Brevard Charities**  
 "To bridge the gap and provide emergency assistance to individuals and families"

**ONLINE REGISTRATION AVAILABLE ON [SCEVENTMGT.COM](http://SCEVENTMGT.COM) OR GO TO <https://runsignup.com/Race/FL/Titusville/WildShrimpShuffle10K5K>**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M.I \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Telephone \_\_\_\_\_ Email \_\_\_\_\_ DOB \_\_\_\_\_

5K  10K  5K or 10K Virtual  Male  Female  T-shirt: XS  S  M  L  XL  XXL   
 **2016 Discount**

**PAYMENT ENCLOSED \$ \_\_\_\_\_**

If you registered for the 2016 WSS (Canceled due to Hurricane Matthew) you can receive a \$10 discount for the 2017 WSS. Please check  **2016 Discount**. Let us know if you need a confirmation for your 2016 entry.

**WAIVER**

I assume all risks associated with my participation in the Wild Shrimp Run 10K & 5K including but not limited to injuries, contact with other participants including registered participants and volunteers, the effects of the weather, traffic, and hazards of the roads, all such risks are known and appreciated by me. Having this waiver I, for myself and anyone entitled on my behalf, waive and release the directors, organizers, volunteers, Brevard Parks and sponsors of the race from having all claims or liabilities of any kind arising out of my participation in the Wild Shrimp 10K & 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 \_\_\_\_\_



## Jeff Hizer

Native Floridian, runs to stay healthy

**Name:** Jeff Hizer

**Age:** 51

**Originally from:** Melbourne, born and raised

**Occupation:** Software Development Analyst

**Began running because:** Originally I started to lose weight and improve my fitness level. Shortly after starting running, I also found out that there is a link between continued physical exercise and neurological disorders. Parkinson's runs in the males in my family, so I am hoping that continued activity will help to delay the onset like it has for other people who have been diagnosed with it.

**I knew I was hooked when:** I crossed the finish line for my first half marathon.

**Race personal records (PRs):**

5K - 22:08, 10K - 50:24, Half Marathon - 1:56



**Most satisfying race performance:**

Probably Excalibur 2017. It's the first race where I really felt I could push myself to achieve more than I realized. I was feeling a little worn out after passing mile 7 and started to wonder how I was going to finish. When I hit mile 8, something changed, I felt a new level of energy and I finished the last two miles running fast-

er than I ever had. I think of that race whenever I start to feel like I can't maintain my pace.

**Favorite local and/or out-of-town race:** The Space Coast Half Marathon will probably always be my favorite since it was my first one I completed.

**Favorite race distance? Why?:** Each distance has something special about it. Shorter distances I like to push myself a little harder, but longer distances give me more of a sense of accomplishment.

**Favorite Place(s) to Run?** Tropical Trail is always a good place to see everyone else out running. I also like the Causeway bridges.

**Training philosophy:** Just remember there is always room for improvement.

**Running partners:** Timothy McGee. He is always pushing me to keep improving.

**If I could run a mile with any other person(s), dead or alive:** A group of adaptive athletes so I can hear what running means to each of them.

**Funniest or oddest thing I've seen while running:** Running the Disney World Half Marathon. There was a couple in the same corral, she was dressed as Han Solo and he was Princess Leia. They were really funny.

**One piece of advice that I would give to a new runner:** Don't start out trying to do too much, build up over time. Pay attention to your body, it's ok to skip a run if your body doesn't feel right.



**Favorite movies:** Pretty much anything science fiction. Stargate has always been a personal favorite, and of course all of the Star Wars movies.

**Favorite meal:** Cuban Roast Pork. I can eat that every day.

**Other sports & interests:** Started doing triathlons last year. That is something else I never thought I could do but really enjoy.

**Dream Vacation:** Spend a month traveling around Europe.

**Why did you join SCR?** To meet new people and hear what they like about running.

# Domestic Violence Awareness Month Doubleheader on 10/7/17!

Registrants of both races receive special recognition and raffle ticket!



JOIN THE CAMPAIGN TO END VIOLENCE AGAINST WOMEN

*Will Run for Chocolate*

# 5K RUN | WALK



## Saturday October 7, 2017

Partnered with Brevard County Sheriff's Office

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Register Online at [Secure.runningzone.com](http://Secure.runningzone.com)  
or  
[ZontaSpacecoast.org](http://ZontaSpacecoast.org)

RACE MANAGEMENT BY **RUNNING ZONE**

**Location and Time:**  
Registration opens at 6:45am Race Begins at 8:00am  
Field of Dreams  
3053 Fell Road, West Melbourne, FL 32904  
(Minton Road Across from Calvary Chapel)



## Run Domestic Violence Out of Brevard 5K Run/Walk



Saturday, October 7, 2017  
Race Starts at 5:00pm  
McKnight Family Sports Complex  
960 Cogswell St.  
Rockledge, FL 32955

Run along the beautiful Don Griffin Recreational Trail and raise awareness about domestic violence!

Benefitting The Salvation Army Domestic Violence Program

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### Registration Info

Register by 9/22/17 for guaranteed race shirt and special pricing discounts for individuals and teams at: [www.runningzone.com](http://www.runningzone.com)

**On Race Day:**

- 3:45 pm - Packet Pickup & Registration
- 4:45 pm - Late Registration for 5K ends
- 5:00 pm - 5K Start

RACE MANAGEMENT BY **RUNNING ZONE**

# FULL MOON 5K

CRANE CREEK GOLF RESERVE  
NOVEMBER 4, 2017  
8 PM

*Wear Your Best Caddyshack Apparel!*



5K, 1 Mile & Free Kids Run  
475 W. New Haven Ave, Melbourne, FL 32901  
Registration: [caddyshack5k.com](http://caddyshack5k.com)



# SCR OUT-OF-TOWN RACE RECAP

email your results to:  
[info@spacecoastrunners.org](mailto:info@spacecoastrunners.org)



## 15TH RACE THE TRAIN

North Creek, NY on August 5  
Skip Oswald  
Marion Oswald **1st AG**

## HOWL AT THE MOON CLERMONT CLAY LOOP 10 MILE

Clermont, FL on 8/5/17  
Alison Nolan 27 1:04:21 **1st Female**  
Holly Davis 21 1:04:23 **3rd Female**  
Micah Vanatta 49 1:22:06  
Jennifer Absher 30 1:13:41 **1st AG**  
Jack Lee 46 1:15:09 **2nd AG**  
Lisa Rose 42 1:32:37  
Scott Rose 43 1:32:36  
Maria Dishaw 47 1:56:59  
Marisa Flint 51 1:57:14  
Nancy Lee 50 2:02:05  
Mark Bergs 52 2:22:25  
Cyndi Bergs 47 2:22:26

## RUTH ALLEN MEMORIAL RUN 4 MILE

Deansboro, NY on 8/12/17  
Skip Oswald 65 38:02 **3rd AG**  
Marion Oswald 60 45:26 **1st AG**

## RED SOLO KUP 4K

Port Orange, FL on 8/12/17  
Christine Kennedy 52 21:55 **1st AG**  
Valerie Eastman, 25:17  
Angela Leeds, 26:45  
Carol Souve, 34:34  
Patty Garten, 34:39

## BLUE MOUNTAIN SIZZLER 5K

Cortland Manor, NY on 8/13/17  
Skip Oswald 28:20 **3rd AG (60-99)**  
Marion Oswald 31.40 **2nd AG (60-69)**

## WOODSMEN'S FIELD DAYS 10K

Boonesville, NY ON 8/18/17  
Skip Oswald 65 1:05:14  
Marion Oswald 60 1:11:47 **2nd AG**

## NEWS & SENTINEL HALF MARATHON

Parkersburg, WV on August 19  
Bob Rall 2:12:42  
Gina Rall 2:02:41



MARION OSWALD ENJOYS POST RACE FESTIVITIES  
AT THE WOODSMEN'S FIELD DAYS

# EMAIL US YOUR RACE TIMES!

[info@spacecoastrunners.org](mailto:info@spacecoastrunners.org)

# WHERE IN THE WORLD

are Space Coast Runners  
running?

## September 2017

September 24  
**Berlin Marathon**  
Berlin, Germany

John Ouweleen  
Micah Vanatta



## October 2017

October 8  
**Chicago Marathon**  
Chicago, IL

Doug Nichols



October 15  
**Detroit Free Press Marathon & Half Marathon**  
Detroit, MI

Mike Acosta, Carol Ball, Cristina Canales, Molly Kirk, Bob Rall, Gina Rall, Corinne Rios, Brittany Streufert, Shane Streufert, Marie Thomas



October 15  
**PNC Milwaukee Half Marathon**  
Milwaukee, WI

Hilary Eisbrenner



October 21  
**Urban Bourbon Half Marathon**  
Louisville, KY

Hilary Eisbrenner



## November 2017

November 5  
**New York City Marathon**  
New York, NY

Holly Davis, John Davis, Lori Kruger



To keep this feature going we need your help. Please take the time to email us info on your next out-of-town race.

Email the newsletter at [info@spacecoastrunners.org](mailto:info@spacecoastrunners.org).

To have your results listed in the newsletter, please email us that info too.

It helps make Anne Dockery's research job a lot easier!

## THANK YOU

**HEALTH FIRST  
PRO-HEALTH & FITNESS  
CENTERS!**

*They allow SCR to use a meeting room in one of their facilities for our 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 three locations — Merritt Island, Melbourne, and Viera. It's like having three gyms in one!

For more info, visit [Health First Pro-Health & Fitness Center](http://Health First Pro-Health & Fitness Center).

## GET YOUR NEXT RACE LISTED

email your race,  
date & city/state or  
country to:

[info@spacecoastrunners.org](mailto:info@spacecoastrunners.org)



# 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**



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



ALL ABOUT YOU PHYSICAL THERAPY, LLC  
Specializing in Orthopedic and Sports Injury Rehabilitation

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



**SAVE \$10 on a zoo membership**



**SAVE 10% on Hammer products at Nutrition Leaders in Indialantic**



ENDURANCE FUELS & SUPPLEMENTS

**STAY CONNECTED WITH SPACE COAST RUNNERS**



FOLLOW US ON  
*Instagram*




follow us on  
**twitter**



Find us on  
**Facebook**

# Race Calendar

## DATE · EVENT · TIME · LOCATION · CONTACT

9/2	Be Your Own Superhero 5K	7:30 am	Wickham Park, Melbourne	stacey@acftherapyassociates.com
9/9	Turtle Krawl 5K 	7:30 am	Nance Park, Indialantic	turtlekrawl@seaturtlespacecoast.org
9/9	Cocoa FD 9/11 110 Floor Climb	6:00 pm	Cocoa High School Tiger Stadium, Cocoa	aclark@cocoafl.org
9/16	Eagle Pride 5K & 1 Mile	7:30 am	Ascension Catholic School, Melbourne	ascensioneaglepride@gmail.com
9/16	Cats on the Prowl 5K	7:30 am	Cocoa YMCA, Cocoa	<a href="https://goo.gl/3rwCkC">https://goo.gl/3rwCkC</a>
9/23	Rainbow Run 5K	7:30 am	Eau Gallie Civic Center, Melbourne	Up & Running (321) 426-8112
9/23	Run with Hope 5K	7:30 am	Church at Viera, Viera	runwithhope5k@gmail.com
9/23	Gold Rush 5K	5:00 pm	Gleason Park, Indian Harbour Beach	nokidshouldknowcancer@gmail.com
9/30	Long Doggers Kids Marathon & Half Marathon (2.62, 1.31 mi)	7:30 am	David L. Schechter Center, Satellite Beach	info@runningzone.com
9/30	For the Girls 5K	5:00 pm	Wickham Park, Melbourne	brittanystreifert@gmail.com
10/7	Sprint for Sight 5K	7:30 am	Gleason Park, Indian Harbour Beach	herickson@cfl.rr.com
10/7	Will Run for Chocolate, Won't Stand for Violence 5K	7:30 am	Field of Dreams Park, West Melbourne	scoutantferry@ymail.com
10/7	Mullet Festival 5K	8:00 am	Scout House, Mims	<a href="https://goo.gl/MmxHLH">https://goo.gl/MmxHLH</a>
10/7	Run Domestic Violence Out of	5:00 pm	McKnight Family Sports Complex, Rockledge	Cindy.Mitchell@uss.salvationarmy.org



# 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.*