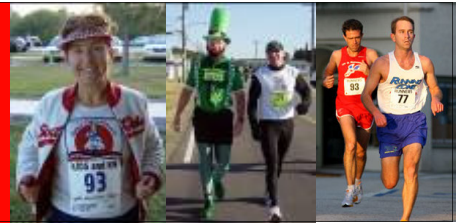


# ON-LINE WITH THE SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL



VOLUME 31, ISSUE 5

May 2009

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Women working hard as they cover the back half of the course at the 27th annual Downtown Melbourne 5K on April 4. The unique race, that benefits The Haven, has separate start times for men and women. Story and results start on page 27. Cedric Ching photo.

SUPPORT  
OUR RACES &  
SPONSORS



<http://runningzone.com>



<http://mahoney4.home.netcom.com/scr/08sc15k.pdf>



<http://www.spacecoastmarathon.com/>

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## Who Are We?

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## Calendars

Racing & group runs at <http://mahoney4.home.netcom.com/scr/cal.htm> Applications and ads are also in this newsletter.

## Multi-Sport Minded?

Patti Sponsler keeps tabs on local multi-sport athletes and their activities at <http://www.spacecoastmultisport.com/>

## ROY Series

Friendship, increasing fitness and fun in abundance are yours as you partake of the 2008-09 Runner of the Year Series. Check out the ROY calendar on **Page 4** or get complete series info at <http://www.spacecoastrunners.org/roy.html> **Youth Series Page 5**

## Matt's Chat

Matt Mahoney offers a place for us to share all things running and racing at <http://sports.groups.yahoo.com/group/spacecoastrunners/>

EYE OF THE  
DRAGON 10K  
& TAIL OF THE  
LIZARD  
2-MILER



# WHO WE ARE



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The **Space Coast Runners (SCR)** is a nonprofit organization incorporated under the laws of the state of Florida whose purpose is to promote fitness and running at the community level. SCR is a chapter of the Road Runners Club of America.

**SCR ONLINE:**  
<http://www.spacecoastrunners.org>

**SCR CLUB MEETING:** All members are encouraged to attend the monthly club meetings which are held at 7:00pm on the **second Monday** of the month at the **Cocoa Public Library**, 2nd floor.

**ADVERTISING:**  
 The On-line newsletter is published 11 months a year and ad rates are \$50/page; \$25/half-page & \$10 for a business card. Buy 10 months and the 11th is **FREE!** Deadline is on the **15th** of the month prior to publication. Call Patti @ 784-2075 or e-mail psponsler@cfl.rr.com.



*Material in this newsletter may not be reprinted or used on a non-SCR website without permission from Space Coast Runners.*

### Space Coast Runners Membership Application

Mail to: Space Coast Runners, Inc., P.O. Box 2407, Melbourne FL 32902-2407  
 Cost: \$15/year for students, \$30/year for individuals, \$35/year for family.  
 Membership fees include \$1.25 towards RRCA.

Name: \_\_\_\_\_ Address: \_\_\_\_\_ D.O.B.: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_ Phone(\_\_\_\_) \_\_\_\_\_ Age: \_\_\_\_ Sex: \_\_

Family Members (if Family Membership) names, D.O.B. and sex: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Check one: Family Membership \_\_\_\_\_ Single Membership \_\_\_\_\_ Student Membership \_\_\_\_\_

Check one: New Member \_\_\_\_\_ Renewal \_\_\_\_\_ Address change \_\_\_\_\_

Please call my family to volunteer for an event during the year: Yes \_\_\_\_\_ No \_\_\_\_\_

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 effect of the weather, including heat and/or humidity, traffic and the conditions of the road, such as risks of 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 through that liability may arise out of negligence or carelessness on the part of the persons names in this waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_



## CAROL'S CORNER

Dear Space Coast Runners –

This month I will be stepping down as your President. I have been proud to serve the past three years. They have been years of personal growth and satisfaction. With the support of an active and diligent Executive Committee and Board of Directors, I have worked hard to improve the club, enhance its community presence, and strengthen its financial foundation. There have been many logistical improvements and a few challenging decisions made, and my hope is that these will positively affect the future and direction of our Club.

Board Member Cyndi Bergs has risen to the challenge and accepted the nomination for SCR President. I have agreed to serve as Vice President for one year. Marlene White would like to resign as Treasurer, so there is an opening for that position. Cedric Ching has agreed to remain as Secretary. All present Board members will be staying on, plus Linda Cowart would like to serve on our Board. Since SCR Bylaws allow up to 13 Board Members, we will have openings for up to 3 more. We would love to have some new ideas and opinions. If you have interest in joining the Board, please let me know prior to the Annual Meeting on May 16<sup>th</sup>. See you there!

Carol (cball1@cfl.rr.com)



## Space Coast Runners 39<sup>th</sup> Annual Meeting and Runner of the Year Celebration Dinner

Saturday evening, May 16, 2009, 6 p.m.

Indian Harbour Beach Community Center

Tickets: \$10/ adults, \$5/under 12

Mail to:

“ROY Tickets”

516 S Plumosa St #15, Merritt Island, FL 32952

(Checks payable to Space Coast Runners)

### PLEASE PURCHASE MY MAY 4

**NO TICKETS WILL BE SOLD AT THE DOOR**

### MENU

- \*Chicken Parmesan
- \*Baked Ziti w/ meat
- \*Baked Ziti w/ 3 cheeses
- \*Italian Vegetable Medley
- \*Caesar Salad
- \*Garlic Bread
- \*Rolls and Butter
- \*Iced Tea
- \*Lemonade

### AGENDA

- \*State of the Club
- \*Golden Shoe
- \*Hall of Fame
- \*2009 SCR Scholarships
- \*\*\*\*\*Dinner\*\*\*\*\*
- \*Annual Financial Report
- \*Election of 2009/2010 Officers and Board Members
- \*Ran Every Race Awards
- \*Youth Series Awards
- \*RUNNER OF THE YEAR Awards



# 2008-09 SPACE COAST RUNNERS RUNNER OF THE YEAR SERIES

## Fall Into Winter 5K

Congrats to all finishers and overall winners Kara Niedermeir (22:14) and Mickey Hooke (18:56) !

## Space Coast Classic 15K

Congrats to all finishers and overall winners Jessica Crate (57:23) and John Davis (55:26) !

## Space Coast Marathon and Half Marathon

Congrats to all finishers and overall winners Marathon: Ryan Woods(2:34:22) and Mary Middlebrooks (3:06:59). Half:David Wishart (1:10:04) and Lindsay Hattendorf (1:22:58)

## Reindeer Run 5K

Congrats to all finishers and overall winners Jessica Crate (18:00) and Christian Minor (15:55)

## Run for the Light 5K

Congrats to all finishers and overall winners Jessica Crate (17:58) and Doug Butler (16:54)

## Tiger Dash 5K and 10K

Congrats to all finishers and overall winners 10K: Tracy Smith, (39:53) and Nicholas Arjoon, (34:50) 5K: Dana Slomins, (21:25) and Seth Rosenina, (16:44)

## Eye of the Dragon 10K and Tail of Lizard 2-Miler

Congrats to all finishers and overall winners 10K: Tracy Smith, (40:55) and Tom Stuart, (36:50) 2-Miler winners: Sarah Day, (13:46) and Nick Flint, (13:26)

## Downtown Melbourne 5K

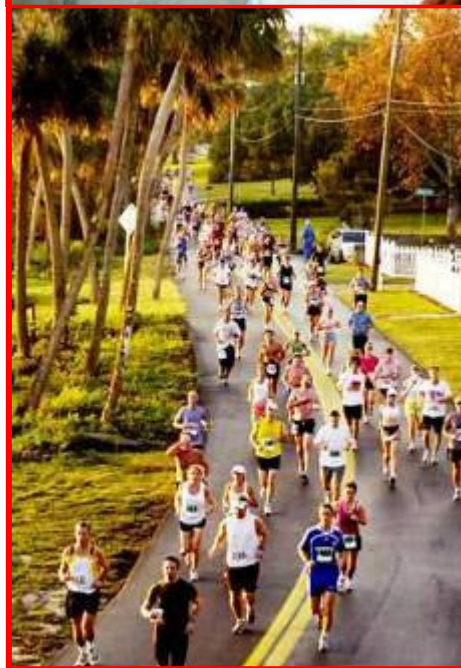
April 4, 2009

Congrats to all finishers and overall winners Tracy Smith (19:18) and Tyler Subasic (17:29)

## Space Walk of Fame 8K

April 11, 2009

Congrats to all finishers and overall winners Tracy Smith (31:50) and Tyler Subasic (27:21)



**You don't have to be fast...  
To have a blast!!**

The Runner of the Year Series offers you more than just a chance to rack up points for year-end Series awards. It also offers you nine races of varying distances that provide a goal for and gauge of fitness levels.

The races, themselves, provide an opportunity to enjoy a 'catered' workout; socialize with fun and like-minded individuals and enjoy the unique amenities that are provided by each Race Director.

Once you start, you might become addicted! For complete Series information click <http://www.spacecoastrunners.org/roy.html>

# SCR YOUTH SERIES



The Space Coast Runners Youth Series consists of seven non-competitive FUN RUNS for youth ages 12 and under. The purpose is to include children in organized runs and encourage participation and an interest in running and fitness. We offer distances of a quarter-mile, half-mile, and one-mile; with some children entering all three events! If they wish, parents may run along with their children. Runs are after the associated adult race is completed.

Children will receive "little feet" participation awards at each run. All children who complete four of the seven runs will be recognized and receive an award at the SCR Runner of the Year Awards Dinner in May.

There will be NO Charge for these runs, but parents will be required to sign a waiver on the day of the run for their children to participate and a separate entry form is required for each race. Entry forms are available at <http://www.spacecoastrunners.org/roy/youth.htm> and contact Carol Ball at [CBall1@cfl.rr.com](mailto:CBall1@cfl.rr.com) if you have questions.

## 2008-09 YOUTH SERIES EVENTS

### Fall Into Winter

Coconuts on the Beach  
Cocoa Beach

Saturday, September 20, 2008  
Approx. 8:15 am

### Run for the Light

Windover Farms, Melbourne  
Saturday, January 31, 2008  
Approx 8:45 am

### Downtown Melbourne

New Haven Ave, Melbourne  
Saturday, April 4, 2009  
Approx. 9:00 am

### Space Coast Classic

Windover Farms, Melbourne  
Saturday, November 8, 2008  
Approx. 9:00 am

### Eye of the Dragon

Eau Gallie Civic Center, Melbourne  
Saturday, March 14, 2009  
Approx. 9:15 am

### Space Walk of Fame

Space View Park, Titusville  
Saturday, April 11, 2009  
Approx. 9:15 am

### Reindeer Run

Cherie Down Pk, Cape Canaveral  
Saturday, December 13, 2008  
Approx. 8:45 am

# THE PASSING LANE

*With Ron Hoar*

## ANOTHER MORNING AT A RACE

As I drove home from the Downtown Melbourne 5K I contemplated the morning's experience. I sometimes record interviews with runners for my radio program—so I get to talk to both spectrums of age--young and old. That Saturday I had talked with both some of the younger runners as well as some of the old stalwarts.

We older runners sometimes wonder what old workhorses like us, slowed by age, have to offer. We sometimes hear that we're an inspiration to younger runners.

I was approached after the race by Kurt Holst who told me that he gets inspiration from my columns and from seeing us older runners at the races. He said he just hopes he can still be running as we are when he reaches age 70. Now that was rewarding! Hearing remarks such as those fortify our own desire to keep churning out the miles.

But it's not a one way street. We receive as well as give. We older runners are rewarded when we see the many younger runners. We take comfort as we observe their efforts--their dedication, their progress. They are devoting time to a lifestyle that will bring them great paybacks--as it has us--with better physical and therefore mental health. We older runners have experienced how that translates into a greater energy level and a more positive attitude and successes in other endeavors of life.

Another middle aged man told me he can no longer run and he misses it greatly. But he had great pride that his teenage daughter had taken up running and was doing well--without his pushing her into running. It was her own motivation that was driving her running. I responded that I don't think we really can't transpose our desire or will on another--that just doesn't work for long if at all.



Tom Ward, left, and Art Anderson, share the spotlight at the 2008 ROY awards banquet. Ward took Sr. Grand Master (60+) and Anderson received Masters (40+). Gene Ramba photo.

Later I interviewed former Melbourne High cross country runner Candice McNaughton. She's not running on a college team but has maintained a running lifestyle--competing in the local road races and putting in about 40 miles per week. Good for her!

Then John Davis (still just a youngster to us) told me that he had taken up running only a few years ago. With no running background in high school or college, he had noted his wife's effort to keep fit through running. He decided to try it--and look at him now!

What other sport has the mix of age groups of running? We older runners can provide some inspiration to younger participants, but we also get filled with pride when we see younger runners competing.

Another morning at a race--invigorating--stimulating--and rewarding. May there be many more to add to our storehouse of precious memories that will be with us in our last years when running may no longer be possible.



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Saturday 10:00am - 5:00pm • Sunday 12:00pm - 4:00pm

**3680 C N. WICKHAM ROAD, MELBOURNE  
ACROSS FROM BREVARD COMMUNITY COLLEGE**

# A Mile With: Steve Chin

**Name:** Steve Chin

**Family:** Just me, single and no kids!

**Age:** 25...ok 40

**Occupation:** Technical Operations Supervisor for USSI Broadcast & Network Services Division

**Number of Years Running:** Started jogging about six years ago; started running almost two years ago (yes there is a difference).

**Began Running Because:** I had to burn off those beer calories.

**I Knew I Was Hooked When:** After my first race; 2007 Flamingo 5k (thanks to Andrew Bautel for talking me into this) great race and still one of my favorites. Beer after the race, what a great idea! Note to Race Directors: Runners like beer! Look for beer sponsors.

**Race PRs (Personal Records):** 5K: 17:49 in 2009; 10K: 37:09 in 2009; 15K: 57:19 in 2008; Half Marathon: 1:23:54 in 2009; Marathon: haven't done the full yet but maybe this fall.

**Most Satisfying Race Performance:** Space Coast Half Marathon in 2008 shaving 6 minutes off the previous years' time.

**Favorite Race(s):** Flamingo 5K, Dances with Dirt trail relays.



**Zippy the Running Zone Gecko and Ariel present Chin with the Master's award at the Stingray Shuffle 3K in March.**

**Favorite Place(s) to Run:** Anywhere outside. I just love to run and I am thankful I am able to do so.

**Running Partner(s):** Butler, Davis, Campbell, Larson, McCormick, Cobb, Crate, Claybaugh, Evans, Renish, Donovan.....

**If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:** Kerri Walsh and Misty May-Treanor (I would have to let them pace me).



**Funniest or Oddest Thing I've Seen While Running:** Have you ever run through Manhattan's Hell's Kitchen at sunrise? Whoa!

**Training Philosophies:** 1) Train hard *and* smart. 2) Find a training partner that runs faster than you. 3) Ice and Ibuprofen cure almost anything.

**One Piece of Advice That I Would Give to a New Runner:** Shoes! It all starts with the shoes. Go to Running Zone and take your time picking the right pair.

**Other Sports& Interests:** Volleyball (Beach and indoor, but mostly beach).

**Favorite Reads:** Runners World and SCR newsletter (riveting stuff) have you ever read that "A Mile with..." segment???

**Favorite Movies:** No time for movies, I would rather watch hockey or football.

**When Nobody is Looking I Like to:** Take a power nap on the beach.

**Favorite Meal:** Jerk Chicken with beans and rice. The spicier the better!

**Dream Vacation:** Vacations are so rare for me when I do get time off I like to spend it right here in Florida.

**I Think That SCR Could Do A Better Job:** Just think what SCR could do with a \$300 billion stimulus package. Seriously though I would like to thank all the SCR volunteers and Running Zone for everything they do for all the little running people in Brevard. Cheers to you! Now everybody go out and run.



**Steve Chin chases one of his training partners, John Davis, through the Brevard Zoo during the Stingray Shuffle 3K in March. Ken Horton photo.**

# Two Mile Bulldog Pineapple Walk/Run

Proceeds to benefit:  
Melbourne High Distance Booster Club &  
The Greg Skufca Scholarship Fund

May 2, 2009 at 7:30 am

Event is part of Melbourne Beach  
Founder's Day Celebration

## Location

Ryckman Park in  
Melbourne Beach

**Entry fees:**  
\$15.00 for Pre-registered runners  
(Postmarked by April 27th)  
\$20 for Race-day registrants

## Age Groups

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

- Beautiful course with each ¼ mile accurately marked for splits.
- T-shirt & refreshments provided.
- FREE Kids Run following (8 & under)

Sorry, no refunds.  
Make checks payable to: Melbourne  
High School Distance Booster Club



## Awards

Pineapples & Unique Gift  
to Top Finishers  
Top 3 Overall ~ M-F  
Top Masters (40+) ~ M-F  
Top 3 in each age group ~ M-F  
Top 3 Teams of 3 runners

### Mall form and entry fee to:

Melbourne High School  
Distance Booster Club  
2 Mile Run  
P.O. Box 51-0141  
Melbourne Beach, FL 32951

Email questions to:  
aaosler@aol.com



Name

Address

Email Address

Phone  Sex  Date of Birth  Age

Team Name & 3 Member Names (Must Pre-register)

In consideration of my entry being accepted, I intend to be legally bound, and do hereby for myself, heirs, executors and administrators release and relinquish all rights and claims for damages which I may hereafter accrue to me against Running Zone Race Management, Inc., Running Zone, Inc., Melbourne High School, Deveded Schools, and event sponsors and their directors, officers agents, members, volunteers, successors, assigns and all their sponsors and supporters for any and all damage or injuries which may be sustained and suffered by me in consideration with my association with or entry or participation in the event itself. I also consent the aforementioned persons and entities not to sue any of such persons for any activity including the negligence of such persons and entities. I certify that I have represented my application for entry that my physical condition and training for this event is adequate to participate safely in the event that I acknowledge - I am familiar with the distances, signs and the site of all the events involved. If I should suffer injury or illness, I authorize any official of the event to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I hereby agree that in the event of a race cancellation, due to a storm, rain, winds, inclement weather or other "Acts of God" conditions, my registration fee shall not be refunded. I hereby grant full permission to any and all for the bringing to use any photographs, motion pictures, video tapes, recordings or any other record of this event for any purpose including commercial use.

Signature (must be signed by parent/guardian if under 18)

Date



# BOSTON BOUND (and back)



*On April 19, FLORIDA TODAY published an article written by Patti Sponsler introducing several locals who were on their way to run the Boston Marathon. Below is that article as well as some follow-up information on each of the runners. We've also listed the results of all of those from Brevard who came home adorned with Boston finisher's medals and, perhaps, a jacket or two. Space Coast Runners congratulates each of you!*

Imagine being able to tee off with Tiger Woods or hit a homer out of Yankee Stadium. The joy and prestige is similar for those who have qualified for Monday's Boston Marathon. Since 1897, the world's best distance athletes have made the annual pilgrimage to the Hopkinton starting line to test their mettle on the course that can be both deceptive and unforgiving.

Below we introduce several locals who have earned the privilege to run the 26.2-mile point-to-point course that history has reserved for the sport's most revered.

## A promise kept



Once Nancy Buonanni left high school, running became more about stress relief and less about lowering numbers on a stopwatch. But somewhere amidst a college education, her marriage to Bill, and the subsequent demands of three toddlers, the now 47-year-old Merritt Island athlete acquired a dream.

"I wanted to take it to the next level and see what I could do," she said. "I promised myself that when the kids got older and I had more time I would take that step."

Buonanni has kept that promise.

When her youngest entered high school four years ago; road races and triathlons became inked on the family calendar with increasing frequency.

"It takes time to understand the process and build endurance," said Buonanni, who has set personal best times at all distances this past year, including the Space Coast Marathon last November.

With the fitness she had acquired training for the half Ironman race she'd finished the month prior, Buonanni entered Space Coast on a lark. Her three-hour, forty-one minute and 24 second marathon earned her second trip to Boston's starting corrals.

"When I was young I'd watch marathoners run past and wonder how they could possibly run 26.2 miles," Buonanni said of the Boston course that wound near her childhood home. "And now I'm honored that I can be part of Boston's prestigious tradition."

*Buonanni's Boston finish time of 3:34:24 was fast enough to set a marathon PR and earn her bib for next year's race.*

*"It was a great experience," she said. "The crowds were amazing, wild, almost like being in a movie. Everybody was encouraging and it was just what you needed especially in those last tough miles when the winds had picked up."*



## Stepping stone



On any given day, because of his job as a compliance and licensing officer for EADS North America, Donnie McCammon could wake up in Europe, Washington, D.C. or his Indialantic home.

His life is fast-paced – just like his running.

The 29-year-old former Trinity Prep and University of Kentucky track and cross country standout heads to Boston with Brevard's swiftest qualifying time -- the 2:53:21 he ran at last year's Boston Marathon.

"I've been running 50 to 60 miles a week and feel great," said McCammon, who doesn't leave home without a pair of running shoes tucked in his suitcase. "This is one of the best training cycles I've had so I am mentally excited about the race."

Although McCammon is relatively new to the marathon -- running his first 26.2-mile event in 2006 -- he has proven natural talent. His 2008 Boston finish was more than fifteen minutes faster than the 3:08:59 he ran on the course in 2007 and even faster times could still lie ahead.

"I'm still trying to figure out what I want to do with the sport," he said. "I love it. The marathon is like putting a puzzle together."

*Donnie McCammon will return from the 113<sup>th</sup> Boston Marathon with Brevard's fastest finish time and a couple of new pieces for his marathon puzzle.*

*"I was truly humbled by the course this year," said the 29-year-old McCammon, who completed the 26.2-mile undulating trek in two hours, fifty-seven minutes and 56 seconds. "I learned that you can't go out too fast and no matter how hard you train for the hills, they can take you. Boston is challenge."*

*In spite of finishing more than four minutes slower than last year, McCammon is willing to show the patience required from a sport that demands it.*

*"This is how you learn," he said of his eighth marathon. "And it always feels good to break three hours."*

## The streak

While completing the Boston Marathon is an once-in-a-lifetime dream for many, Monday's race will be number 11 in the non-stop streak begun by Cocoa Beaches Rudy Behrend and Titusville's Dan Cochran in 1999. Behrend, now 45, and Cochran, two years his senior, have mellowed somewhat since the earlier days when each tried to mercilessly best the other for bragging rights; often paying for their zealously with painful finishes.

"I now enjoy the course because it is technical and makes you think," said Behrend. "I no longer try to set a (personal record). I just try to finish in the 3:10 to 3:15 range."

This year, Cochran will be happy just to finish.

"I've got last place sewn up," he laughed. "I've had a virus that has stayed in my lungs for nine weeks through three courses of antibiotics. I'm just going to keep my streak alive."

While neither man will be able to match the late, legendary marathoner, John A. Kelly, with his 58 Boston finishes streak, the duo can share some well-earned advice:

**Best piece of race advice:** Manage your energy on the hills – too many flatlanders try to maintain a steady pace and blow up.

**Biggest race day mistake:** Starting out too fast. Everyone is psyched and the course starts on a downhill. You'll pay for it later.

**Don't miss on course** The Wellesley (College) girls who make up what is known as the 'screaming wall' around mile 13.

**Oddest race day sight:** Seeing foreign runners smoking as they're waiting for the busses that will take them to the race start.

**Must-have race apparel:** Most people buy the jacket.

*Behrend's 3:13:04 finish put him exactly where he wanted to be — between 3:10 and 3:15 — and gave him number 11 in his Boston Marathon streak. Sadly, both his doctor and the lingering virus put a halt to Cochran's streak.*

## Finally!



Although unlikely, actually running the Boston Marathon could be a let-down for Melbourne's Veronica Sim.

The 41-year-old registered nurse had run eight marathons before deciding to try to qualify for the prestigious pinnacle known simply as "Boston". It took another three attempts -- and a push from her friends -- to earn her Beantowne berth at last October's Marine Corp Marathon.

"The feeling after crossing that finish line, knowing that I finally did it, was just amazing," she said.

In spite of 12-hour work days, Sim upped her pre-race mileage and dutifully performed the pace work prescribed by her coach. With husband, Tom, and a cadre of friends cheering her on, Sim stepped up to the Arlington starting line with her focus fixed solely on the balloons of the sub-three hour, fifty minute pace group.

Her concentration didn't waiver until she stopped to stretch and lost sight of the balloons.

With the clock ticking rapidly and the 26-mile sign within sight, negative chatter in Sim's mind told her she wouldn't make it.

"A friend cheering on the side turned into an angel," she said. "He literally shoved me forward and told me to 'get moving'."

With 12 seconds to spare, a jubilant Sim had qualified and now looks forward to the Boston finish line.

"I'll no longer be a qualifier, but a finisher."

*Boston was all it was cracked up to be for Sim, who finished in 4:03:24.*

*"The whole run was a fantastic experience and I thoroughly enjoyed it all; but coming down Boylston Street, seeing the finish and knowing that I finally did it was amazing," she said. "I have my medal and my memories. What a great weekend!"*

## Giving back



Melbourne's George Haddad has already qualified for and raced the Boston Marathon – twice. On April 20, however, his focus will not be on pace or place or even re-qualifying.

"This year I'll be on the course to encourage the people I coach," said the 49-year-old NASA engineer who, since 2006, has provided on-line marathon training to those who run to fight neurofibromatosis (NF) through the Children's Tumor Foundation.

Since 1994, the Boston Athletic Association has helped an assortment of charities raise more than \$85 million by providing them with Boston bib numbers. In turn, those who wish to run the famed course -- with or without meeting the strict qualifying standards -- are afforded the opportunity to do so by raising funds for one or more the organizations.

Haddad will run lock-step with one of his athletes whose deafness is just one symptom associated with NF, the genetic, tumor-producing and often disfiguring disease.

"It is a win-win," he said of the charity opportunities provided. "My friend could never have qualified."

"This will be his dream becoming a reality."

*Haddad, who finished in 4:39:14, and his team raised "about \$50,000" for the Children's Tumor Foundation.*

Contact Sponsler at [patti@spacecoastmultisport.com](mailto:patti@spacecoastmultisport.com)

**CONGRATULATIONS to all local finishers:** Rudy Behrend, 45, Cocoa Beach, 3:13:04, BQ\*; Nancy Buonanni, 47, Merritt Island, 3:34:24, BQ; Diana Burton, M.D., 46, Indian Harbour Beach, 4:18:45; Kate Engel Chapman, 33, West Melbourne, 4:31:18; Suzie Enlow, 46, Merritt Island, 3:56:15, BQ; Rick Foresteire, 62, Merritt Island, 4:41:12; Sandra Gannon, 43, Merritt Island, 3:54:59; George Haddad, 49, Melbourne, 4:39:14, Sage Lajoie, 30, Melbourne Beach, 3:36:47, BQ; Don McCammon, Jr., 29, Indialantic, 2:57:56, BQ; Theresa Miller, 49, Merritt Island, 3:55:34, BQ; Annis Outlaw, 50, Titusville, 3:40:04, BQ; Jeff Reed, 45, Indialantic, 3:26:20, BQ; Veronica Sim, 41, Melbourne, 4:03:24; Linda Smith, 49, Indian Harbour Beach, 4:12:52; Ed Springer, 31, Merritt Island, 3:12:34; Angela Wells, 43, Merritt Island, 3:24:37, BQ; Wayne Wright, 60, Melbourne, 4:48:41.

*\*BQ indicates that a finish time is fast enough to qualify the participant for next year's Boston Marathon.*

## GOT WHAT IT TAKES?

Below are the certified qualifying times required to earn a bib number for the 2010 Boston Marathon:

Age Group	Men	Women
18-34	3hrs 10min	3hrs 40min
35-39	3hrs 15min	3hrs 45min
40-44	3hrs 20min	3hrs 50min
45-49	3hrs 30min	4hrs 00min
50-54	3hrs 35min	4hrs 05min
55-59	3hrs 45min	4hrs 15min
60-64	4hrs 00min	4hrs 30min
65-69	4hrs 15min	4hrs 45min
70-74	4hrs 30min	5hrs 00min
75-79	4hrs 45min	5hrs 15min
80 and older	5hrs 00min	5hrs 30min

At right, Deriba Merga raises his arms in victory as he captures the win in 2:08:42 at the 113th annual Boston Marathon. The 28-year-old Ethiopian scored \$150,000 for his efforts. Merga is touted as Ethiopia's third fastest ever marathoner.





# YADA, YADA, YADA



**A HUGE THANKS** to all who helped with this month's newsletter: Carol Ball, Steve Chin, Cedric Ching, left; Gary Cohen, Robin Hernandez, Ron Hoar, Ken Horton, Gene Ramba, Running Zone, Jim Schroeder and Loran Serwin.



**HAPPY BIRTHDAY** to (1) Tom Ward (2) Jonathon Campbell, left; Keith Kowalske (3) Donna Davis (4) Sean Black, Molly Kirk, Glen Reed (5) Wolfgang Jensen, Sisi Packard (8) Robert Cameron, Wally Dal Santo, Emily Maltby, Skip McCoy (11) Anne Dockery (12) Amanda Crook (14) Pat Kieselbach, left; Christ Smith (15) Susan Alexander, Jamine Toney, Tim Unrue (16) Cathy Wakefield (17) Whitney Newman (18) George Norris (20) Amy Farner, Kira Furton-Sparks (22) Tommy Enlow, Wendy Orona (23) Ginger McNamara, Mauris Orona, Marcel Pope, Debbi Rescott (24) Ken Smith (25) John Holmquist, Leley McNamara, Will Neill, Frank Norris (26) Ed Springer, left; Tristen Webbe (27) Jessica Dalton, Robert Hasta (28) Chris Zeuli (29) David Huss, Tyler Piercy, Christopher Tyler (31) Rob Downey, Rick Foresteire.



**BEST WISHES** to Rick Foresteire and Anne Knotts who were married on April 18 up in Boston. (Anne, what were you thinking? :) The happy couple will divide their time between Boston and Viera.



**JOIN US!** Everyone is always welcome at the Sunday Morning fun runs that leave from Riverfront Park in Cocoa Village. The fun run and walk begins at 6:30 a.m. Water and Gatoraide is provided at miles 3 and on the out-and back Rockledge Drive course.



On May 3, we also invite everyone to bring a dish to share for a post-run potluck breakfast! There is lots to celebrate including the end of the SCR and Titusville Racing Series (complete coverage next issue); our Boston Marathon finishers and just having the good health to enjoy the sport.

Come join us for this family-oriented and fun morning!



## THURSDAY NIGHT FUN RUNS & WALKS

Don't forget the free Thursday evening fun runs and walks at 6:30 p.m. from

Running Zone. Free fluids provided. Free pizza and give-a-ways also provided on the last Thursday of each month!

## WELCOME NEW MEMBERS!

Heather Anderson, Merritt Island; Pascalle Atwell, Titusville; Tod Hagen, Melbourne; Chris, Riley & Sabrina Smith.

# MAXIMUM RESULTS

## WITH minimal training

By Gary Cohen

We live in a society and time period where the prevailing thought process is, "How can I accomplish something worthwhile and achieve my goals with the least possible effort?" Advertisements promote losing weight by taking a certain pill or going on a simple diet plan. We are told it is easy to master a second language with a new method. Anyone can learn to play a musical instrument in thirty minutes per day a few times a week. This thinking has matriculated to running training programs where some coaches and athletes are trying to figure out the minimum amount of training necessary to race well. There are no shortcuts to reaching your absolute potential, but in shorter distance races you can come close.

### Training Sessions per Week

While World Class, National Class and most good collegiate distance runners run twice daily several times per week and can top 10 training sessions per week, the average runner has neither the time nor desire to do this. Six sessions per week with one day off can take a runner very close to maximum fitness when considering the balance necessary in everyday life. Four sessions per week is about the minimum needed to build the aerobic fitness required to effectively race at 5K and 10K distances. Each run should be a minimum of 30 minutes long and one day should gradually build to 90 minutes. Unless you plan to race marathons a longer run shouldn't be contemplated.

### Variety of Training Sessions

Once you are comfortably running four times per week with one longer run, it is time to mix in some variety. One day can be used to build stamina through race tempo running or longer interval training at slightly faster than your goal race pace. Another day can include speed training such as short intervals, fartlek or hills of no longer than 45 seconds. Stride outs are great to add to your training on a third day to improve top end speed along with running form and economy.

### Intensity of Training Sessions

When attempting to race fast while training only four days each week, you should include periods of intensity on all of the other days other than when doing your long run. The days for speed and stride outs are not too taxing mentally as the intense running lasts for short periods. The stamina training takes mental effort, but since it only occurs once weekly, a runner can more easily focus for the exertion of that day. The regular intensity also prepares one for racing.

### Blast from the Past

The first time I saw minimal training with maximum results was when I was a novice track runner as a high school sophomore. Our coaches' expertise was in the sprints and so we trained more like sprinters. Our 'long' days were race days as the warm up and racing both the mile and two-mile at two meets each week accounted for most of our weekly mileage. A common speed workout was four all-out quarter miles with a five minute rest break. Somehow I ran 4:47 while my senior teammate, Drew Viner, ran an amazing 4:26. To this day I believe Drew easily would have been racing 4:10 to 4:15 if his training had been adequate. Additionally, we did not run on weekends!

## Recent Theory into Practice

For several months I have been running around four days and totaling about 20 miles per week. I have done very hard stride outs once or twice each week, but little else that is intense. Sometimes I will run the last mile at a 90 percent or faster effort, but I haven't done any fartlek, tempo runs, interval training or hill sessions. My 5K and 10K race performances are approximately 15 seconds per mile slower than if I was running 40 to 50 miles per week with many aforementioned added elements of training.

## Intensity versus Duration and Added Sessions

Some runners believe that adding a bit more time to their easy runs or an additional day will make them faster and it may to a small extent. But to get the most 'bang for your buck,' once you build up to four aerobic sessions per week of 30 minutes each and a long run of 60 to 90 minutes, adding intensity will help you to drastically improve your race performances. It is the way to achieve maximum results from minimal training.



*The author, Gary Cohen, has been a top runner for more than 35 years with a personal best 2:22:34 marathon. In 2008, he was the Grandmaster Champion at the Disney Marathon. He is a regular writer for Florida Running and Triathlon magazine. His website, [www.garycohenrunning.com](http://www.garycohenrunning.com), features monthly interviews with running personalities such as Greg Meyer, Brian Sell, Amby Burfoot and Jenny Barringer. It also includes dozens of "All in a Day's Run" essays on a variety of running and fitness topics. "All in a Day's Run" is also the title of Gary's first book which is a collection of 75 of his essays. Additionally, he is a track meet announcer and does individual coaching for runners of all abilities. Sign up on Gary's website to be on his e-mail list.*

## 20 YEARS AGO In Space Coast Runners

\*Cover shot photo of nine SCR and Pines Plodders (original group from the now almost defunct group who met at the gas station across the street from Oars and Paddles before O&P even existed) who completed the 165-mile Georgia Lake-to-Lake Relay. Gary Castner and Henry Campbell are still SCR members.

\*Doug Butler was leading the men in the 1988-1989 Space Coast Runners Runner of the Year Series. Nancy Huy (now Nancy Huy-Perry) was leading the women's. Both are still racing.

\*Current members DeDe Henrich, Pat Dixon, Angela Saldana, Bob Perry and Bill Dillard were leading their (then much younger) age groups.

\*The Fourth Annual Pineapple Man Triathlon was being advertised. This year's May 31 race will turn 24.

\*Henry Campbell had a column entitled "Henry's Ramblings". In that May issue, he talked about his adventures running with unrestrained dogs forcing him to do unplanned speed work. Henry is still racing and sharing his opinions on Matt Mahoney's SCR chat page at <http://sports.groups.yahoo.com/group/spacecoastrunners/>

\*Podiatrist Richard Wilson wrote a referenced the April, 89 Runners World shoe survey of new models. Two shoes — the Adidas Torsion 9000 and the Karhu MPC 400/450 were advertised for a whopping \$100. Most shoe prices didn't look so different from today's.

\*The Downtown Melbourne 5K was directed by Kim McAliley, (now Kim Bisset).





**YMCA**

*We build strong kids, strong families, strong communities*

**Registration:**  
H&F/YMCA Member: \$17  
Non-member: \$18  
Day of Race: \$20

Parrish Health & Fitness Center is a service of Parrish Medical Center – One of America’s Finest Healing Environments®.

Healing Families —  
Healing Communities



2210 Cheney Hwy.  
Titusville, FL 32780  
321-268-6200



**Parrish Health & Fitness**

vs.

**YMCA**

**Challenge Run 2009**  
Saturday, May 16, 2009



**YMCA**

**3-MILE RACE INFORMATION**

Saturday, May 16, 2009  
 Start Time: 8:00 a.m.  
 Late Registration: 7:00 a.m.

**Race Start Location:**

YMCA  
 2400 Harrison St.  
 Titusville, FL 32780  
 321-267-8924

**PACKET PICK UP**

- May 11-May 15, 8 a.m.- 9 p.m.  
 Registered Parrish Runners at Parrish Health & Fitness Center
- Registered YMCA Runners at YMCA
- May 16, 7 a.m. to 7:55 a.m.  
 All registered runners may pick up the morning of the event at YMCA

**AWARDS**

- Top 3 Overall: male & female
- Top Master (40+) overall: male & female
- Top 3 Finishers age group: male & female
- Challenge Award to the Fitness Center with the most registered runners

**AGE GROUPS**

- 9 yrs. & under
- 10 to 14 yrs.
- 15 to 19 yrs.
- Then, every 5yr. Age divisions

**Which team do you represent?**

*(Membership is not required to represent a team)*

YMCA

Parrish Health & Fitness

**T-SHIRTS**

T-shirts awarded to all registered 3-mile runners/walkers

Park at either the YMCA or Parrish Health & Fitness Center. Shuttle service will be available between the facilities from 6:45 a.m. to 7:45 a.m. and again from 9 a.m. to 10:15 a.m.

**RACE ROUTE (approximate distances):**

- Race Start Line: YMCA at 2400 Harrison St.
- Begin east on Harrison: 0.3 miles
- Right on Royal Oak Dr.: 1.4 miles
- Right on Knox McRae (sidewalk): 0.1 miles
- Left on Helena Dr.: 0.8 miles
- Left on Zoltan: 0.3 miles
- Left on sidewalk on Hwy 50: < 0.1 miles
- Finish before Parrish H&F parking lot entrance

After the race enjoy a cold beverage, healthy snacks and the awards ceremony.



**REGISTRATION FORM:**

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

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

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

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

Male / Female Amt. Enclosed  \$

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

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

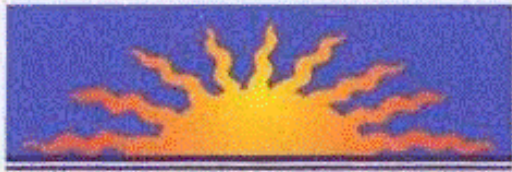
Telephone (area code + number) \_\_\_\_\_

Adult Shirt Size (circle one)  
 XS S M L XL XXL

I hereby release Parrish Medical Center, YMCA, and other sponsors and officials involved in any damages or injuries arising from participation in this run and further state that I am in proper physical health and condition to compete in said run.

Signature (Parent signature required if under 18) \_\_\_\_\_

# SCR MEMBER DISCOUNTS



*A Better Way to Health*  
Oakwood Square Business Center  
MM#18973

Space Coast Runners  
Discounts only

## 1 HOUR MASSAGE

- Swedish or Deep Tissue/Sports \$35.00
- Hot Stone of Lymph \$40.00
- 4 1-hour Swedish or Deep Tissue \$120

**PLUS A BONUS**  
With any massage special  
1 FREE Detox Footbath for 30 min  
This is a \$35.00 VALUE - FREE

1954 Dairy Road  
West Melbourne, FL 32904  
321-956-7777



10% off to all SCR members!  
[www.runningzone.com](http://www.runningzone.com)



10% off to all SCR members!  
<http://www.sealevelscuba.com>



FRICION. FREEDOM.

Greetings from Speedlaces! We'd like to offer members of your running club a 25% discount code (**Run2008**) to be used on our site, [www.speedlaces.com](http://www.speedlaces.com).



10% off annual membership cost





19th Annual  
**SPACE COAST SPORTS FESTIVAL**  
**5K Race & Fun Walk**  
**Saturday, May 23, 2009 8:00 am.**  
**Wickham Park Pavilion, #1**

to benefit the  
**Space Coast**  
**EARLY**   
**INTERVENTION**  
*A non-profit preschool and therapeutic center for children with and without special needs.* **Center**

**Sponsorships:** \$100 donation to **The Space Coast Early Intervention Center** receives recognition on our Race T-Shirt!

(check made out to SCEIC and mail to: Brevard County Parks & Recreation)

**Registration:** 7:00am-7:45am, Saturday May 23, 2009

The registration, start, & finish is at Wickham Park Pavilion, #1.

**Course:** 5K run & Fun walk (separate starts) on paved and unpaved roads through Wickham Park.

**Cost:** Day of Race - \$15 run /\$10 walk  
 Pre-Registered before May 16, 2007- \$12 runner /\$9 walker

**T-shirts:** High Quality 50/50 Cotton. *Guaranteed to first 150 Pre-Registered entrants.*

**Plaques:** Overall & Masters, 1st, 2nd, and 3rd and First Place Runner each age Group (Male/Female)

**Medals:** Second and Third Place Runner Each Age Groups (Male/Female)

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

**More Info:** Call (321) 433-4891 or (321) 255-4400 or email [Kristin.Swenson@brevardparks.com](mailto:Kristin.Swenson@brevardparks.com)

Make checks to: Brevard County Parks & Recreation and mail it to Space Coast Sports Festival,  
 c/o Brevard County Parks & Recreation, 1515 Sarno Rd. Bldg B-2nd floor, Melbourne, FL 32935

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ AGE: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ SEX: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ Email: \_\_\_\_\_

T-SHIRT SIZE (Adult): S M L XL

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risk associated with running in this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Space Coast Festival, Brevard County Parks and Recreation Division, Sunshine State Games Foundation, The City of Melbourne, The Brevard County Commission, The State of Florida, Space Coast Runners, MDA, race officials, and all sponsors, their representatives, and successors from all claims or liability of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I further grant full permission to any and all forgoing to use photographs, videotapes, and recordings, or any other record of an event for any purpose whatsoever. Additionally, I consent to all emergency medical treatment as may be deemed appropriate under existing circumstances by personnel associated with the Sunshine State Games.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENTS SIGNATURE (If under 18 yrs) \_\_\_\_\_ DATE \_\_\_\_\_





**Croom Trail 50M, 50K, & 15M Fool Run**

**Jim "Jimbo, a Runner" Schroeder  
Croom I Am Not (?) A Fool 50K Finisher  
April 11, 2009**





**The Croom Fools Run Races, <http://www.fools50.com>, are comprised of three separate events: the 50 Mile Fools Run, 50K I'm Not a Fool Run, and John Holmes 15 Mile Run. The main trail is a 15 Mile loop; the 50 Mile race is 3 loops, the 50K is 2 loops, and the 15 Mile Fun Run is a single loop. The Forest Service set the field to a maximum of 250 runners that sold out approximately one week before the race.**

**Race Director Andy "Andyman" Mathews and his team provided 3 water stops / aid stations along the loop. Runners in the 50Miler / 50K pass through the start / finish area and were able to access their drop bags. The three aid stations offered water, Heed, Energy Gels, Bananas and various sweets.**

**Mark Jackson of Melbourne, taking a breather as a 100 Miler was not on offer, brought his trusty purple horn to one of the aid stations to ensure runners like me snapped out of their zone and stopped to refuel!**

**Other Space Coast Runners who participated included Sara Jackson finishing her first 50 Miler!; Steve Wheeler, taking Male Masters in the 50 Miler; Joe Ninke, winning 3<sup>rd</sup> in age group in the 50 Miler; Jon and Kirstin Dea finishing the 15 Miler just 18 seconds apart in a fast paced 2:09 plus change.**

**The race took place at Croom, within the Withlacoochee State Forest. Withlacoochee was named one of the "10 Coolest Places in North America" by the World Wildlife Fund. The course generally consists of a single track trail winding through Florida terrain consisting of leaf pines, oak covered hills, thankfully dry creek bottoms, cypress ponds and oak hammocks. Ubiquitous tree canopy shielded us from the strengthening April sunshine. Wildlife found in the area includes deer, squirrels and bobcats.**

**I found Croom to be one of the loveliest 50K trail runs that I have entered to date. The trails are quiet and peaceful with lots of pine cones and pines needles to soften the footing. Much of the course is hilly too, a nice change from running in Brevard County. The forest aromas were just wonderful as we ran through the woods. My good friend Danny "Let it Rip" Ripka, who holds the Croom 50 Miler course record of 6:48:27, put it best when he told me Friday night before the race, "The trees talk to me out there!" Danny's not kidding either; I just wish I could remember what the trees told me. ;-)**

**As this was my 3rd 50K trail run in 4 weeks I was starting to slow a bit, especially on the hills towards the end as the heat was building up rapidly. I managed to squeak out an age group 2nd place in the 50K at 5:52:17. My dear friend, the incomparable Marie "Rabbit Ears" Bartoletti, whose many accomplishments include placing 14<sup>th</sup> in Badwater, flew down from her day job in PA, to beat me handily in 5:44:40 to take age group second place.**

**You do not have to wait a year to run on the Croom Trail. The John Holmes 50K Trail Run & 16 Mile Fun Run will be Saturday, October 10, 2009. I also plan to use one of the spacious campgrounds or backpacking sites that I noticed along the Croom Trail course. Why not make a holiday weekend of it!**



# TREK

## Women's Triathlon

# TRAINING CAMP



## THE RACE

The team who made the Danskin Series the largest and longest running multisport series in the world is now producing life-changing events for women under the TREK umbrella. Maggie Sullivan and Ironman legend Sally Edwards offer a race experience like no other. Come join them!

The inaugural FL race will kick off Sunday, Sept. 6 at Walt Disney World's Fort Wilderness.

Race distances include a half-mile swim, 12-mile bike and 5K (3.1-mile) run.

### TREK RACES OFFER:

- A racing environment rich with support and encouragement.
- Technical (non-cotton) race tanks for all participants plus lots of bling in the goody bags.
- A fun, informative pre-race expo.
- Unique finisher's medals.
- Standard age categories as well as separate waves offered for cancer survivors, relays and buddies.
- Post-race celebration & party.
- Age group awards three deep.

Race information and registration at [www.trekwomenstriathlonseries.com](http://www.trekwomenstriathlonseries.com)

Note: This camp will also prepare you for the OUC Downtown Orlando sprint triathlon on Sept. 12

[www.downtownorlandotriathlon.com](http://www.downtownorlandotriathlon.com)



## WE OFFER

This 11-week sprint-distance program is open to women of all ages. Participants can train and race on road, tri or fat-tire (mountain) bikes.

## WEEKLY GROUP TRAINING

- 2 coached pool swim sessions.
- 1 coached cycling workout.
- 1 coached run workout.
- Combo workouts such as swim/bike, bike/run or race simulation.
- Open water swim training

## WE ALSO PROVIDE

- Personalized daily training schedules based on your goals.
- An abundance of individual attention in person, and by email.
- Running gait analysis and custom bike fit.
- Bike handling, safety & tire-changing clinic.
- Lectures on Injury Prevention & Stretching; Mental Preparation for Racing, Fast transitions and Nutrition for training and racing.
- One-year membership to Space Coast Runners, the state's largest running club. [www.spacecoastrunners.org](http://www.spacecoastrunners.org)
- Motivation, camaraderie, fun and a recipe for a healthy lifestyle.

With the exception of open water workouts, all group swims will take place in the 25-yard pool at Rockledge high school.

Most group running and cycling workouts will take place along the partially shaded and slightly rolling road paralleling the Indian River in Cocoa and Rockledge.

## KICKOFF

Come join us on Wednesday, June 17 from 6:30 p.m. until 7:30 at Pro Health & Fitness on Merritt Island. This is a great chance to learn more about the program, pick-up camp materials and meet your coaches Linda Cowart, Mike Rochelle and Bernie Sher.

## REGISTRATION

The cost of this 11-week camp is \$250 or \$225 for camp alumni and is limited to 20 women. Registration & more information is available at

<http://www.coachbernie.org/id5.html>

You can also register at the June 17 kickoff, space permitting.

## FIRST GROUP WORKOUT

Saturday, June 20 at 7a.m.  
Rockledge High School  
Google: 220 Raider Road  
Rockledge, FL 32955

Bring bathing suit, goggles & towel





## **JEFF GALLOWAY, “AMERICA’S COACH”, RETURNS TO THE 2009 SPACE COAST MARATHON**

Cocoa, FL (April 2) – Former Olympian and “America’s Coach”, Jeff Galloway, will return for the 38<sup>th</sup> running of the Space Coast Marathon and Half on Sunday, November 29 at Riverfront Park in Cocoa Village. The course, which is Florida’s oldest -- and the nation’s only -- space-themed marathon and half, treats participants to spectacular beauty as it winds along the shady banks of the Indian River.

“This is a well-run event, in a beautiful part of the world,” said Galloway, the former Olympian who has run more than 120 marathons and has coached some 200,000 athletes from around the globe to do the same. “I believe that this race is one of the hidden treasures in the world of marathons.”

But the secret is getting out.

Since Galloway’s initial visit four years ago, *Runners World* magazine has dubbed the event “Race of the Month” (2008) as well as the race with the “Best Schwag” (2007).

“I believe that we have one of the most unique marathons in the nation,” said Don Piercy, co-owner of Running Zone, the event’s race management company. “As the race is held within the shadow of the Kennedy Space Center, our entire event revolves around a space theme. What other race offers a race start with a Space Shuttle countdown and liftoff on a Jumbotron or a chance to take a picture with the astronauts?”

“There are Space props along the course and at the finish; volunteers in NASA-like uniforms and space-themed aid stations. In addition, all finishers receive the most awesome astronaut medal and a ‘space certificate’ to recognize their accomplishment.”

And it is not just the space theme that has caused event participation to more than triple since 2005. Independent post-race athlete surveys conducted in 2007 and 2008 showed that participants believed both the Space Coast Marathon and Half provided the biggest bang for the buck in terms of value, experience and individual support.

“Both my wife, Denise, and I are runners,” said Piercy. “We care about each and every participant and want to make sure that each person feels special; has great course support and a wonderful experience at our event. You’re not just a number at our race.”

Here’s what participants can expect throughout this year’s space-themed weekend:

- Jeff Galloway – keynote speaker
- Two-day health and fitness expo
- Pace teams to help set a personal record
- Official long-sleeve moisture-wicking, technical race shirts
- Corral starts and ChampionChip timing on a USATF-certified course (Boston qualifier)
- Aid stations at every mile
- Large beach towels with race logo to all finishers
- Astronaut medals and ‘space certificates’ to all finishers
- A full pancake, egg & sausage breakfast plus pizza for all finishers
- Photo opportunities with astronauts at the pre-race dinner and race site.

For more information or to register for the race, visit [www.spacecoastmarathon.com](http://www.spacecoastmarathon.com)

The Space Coast Marathon enjoys generous sponsorship from All Media Graphics, Bright House Networks, Brooks Sports, Cumulus Radio, the Cocoa Cola Company, Culligan Water, Florida Today newspaper, Four Points by Sheraton, Health First Health Plans, Kennedy Space Center, the Maxwell C. King Performing Arts Center, Radisson Resort at the Port, Sandpiper Sportwear, Space Coast Office of Tourism and Space Coast Runners.



## **HEALTH FIRST HEALTH PLANS SECURES THREE-YEAR TITLE SPONSORSHIP OF THE SPACE COAST MARATHON**

Melbourne, FL (April 9) – The Space Coast Marathon is proud to announce that Health First Health Plans, ranked as one of America’s Best Health Plans by *U.S. News and World Report*, has secured a three-year title sponsorship of Florida’s oldest --and the nation’s only -- space-themed marathon.

“We are extremely pleased to partner with them to offer Brevard’s largest marathon and half marathon,” said Don Piercy, co-owner of Running Zone, the event’s race management company. “We share a similar vision to promote and encourage health and fitness. There is a great synergy between our organizations.”

The 2009 marathon and half will take place on Nov. 29 at Riverfront Park in Cocoa Village. And, as a result of new partnership, this year’s race weekend will offer a two-day health and fitness expo at the Maxwell C. King Center in Melbourne on Nov. 27-28.

The expo – which will be free and open to the community – is an addition to the long list of perks that already distinguishes the race as providing the best value for the participant’s buck.

In 2007, *Runners World* magazine gave Space Coast Marathon the nod as the race with “the best schwag”. The publication also conferred the title of “Race of the Month” on the event in 2008.

The value of the race combined with the beauty of the waterfront course and the opportunity to spend Thanksgiving weekend on the Space Coast, has made the race a favorite for out of town participants.

With about a third of last year’s 2,000 registrants coming from out of state and an equal number arriving from other Florida counties, the race is one of Brevard’s highest revenue-generating sporting events.

“We’re very supportive of the Space Coast Marathon,” said Rob Varley, Executive Director of the Brevard County Tourist Development Council that provides advertising sponsorship for the race. “We think it is a great, great event that generates a lot of visitors to the county during a soft timeframe. They generate at least a 1,000 room nights. It is at least a half million dollar event for Brevard.”

In addition to Health First Health Plans, the Space Coast Marathon enjoys generous support from All Media Graphics, Bright House Networks, Brooks Sports, Cumulus Radio, the Cocoa Cola Company, Culligan Water, Florida Today newspaper, Four Points by Sheraton, Kennedy Space Center, the Maxwell C. King Performing Arts Center, Radisson Resort at the Port, Sandpiper Sportswear, Space Coast Office of Tourism and Space Coast Runners.

Complete race information and registration can be found at [www.spacecoastmarathon.com](http://www.spacecoastmarathon.com)

*As Space Coast Marathon continues to issue press releases about the event, we will print them here to keep everyone up to date on the biggest Space Coast Runners/Running Zone race.*





# DOWNTOWN MELBOURNE 5K

April 4, 2009  
Melbourne, FL



Cooler and much drier temperatures greeted the participants of the 27<sup>th</sup> annual Downtown Melbourne 5K on Saturday, April 4. A weak, late-season front was a welcome relief for those participating in the unique, slightly rolling two-loop course that winds through historic downtown Melbourne.

In spite of the turns and little hills, the 3.1-mile course is one of the fastest locally and when runners are asked why, the answers are varied. Some say that because the race is late in the Florida season, many are near their peak. Others say that the two loops – the first longer than the last – make it mentally easier to maintain strength. It has also been mentioned that because the men and women run separate races, testosterone and estrogen kick in for everyone, as do egos, since the opposite sex joins the crowd of spectators as the other gender lines up.

While there were many personal bests inked yesterday, the top male runners added an unscheduled .2 miles to their races. One of the lead motorcycle cops received a station call and made an early left turn on to one of the side streets to answer the call. This, in turn, caused one of the volunteers to direct the front pack to turn, as well, and it wasn't corrected until another runner – one who knew the course well and also knew it hadn't changed this year –directed everyone back on track.

In the end, it was Melbourne's Tyler Subasic, left in Ken Horton photo, who took the win in 17:29. The Florida Tech cross-country freshman who won three district championships and the Most Outstanding Runner Award while at Abington Heights high school in Clarks Summit, PA, had 53 seconds on the rest of the field when he hit the line.

West Melbourne's John Davis, 31, was second in 18:22 followed for third by Melbourne's David Morales in 18:27.

Master's winner, Steve Chin, 40 and from Satellite Beach, was also fifth overall with his 18:29 finish.

In the women's race, which began 45 minutes after the men's start, Palm Bay's Tracy "T-Sizzle" Smith, 36, took the victory in 19:18, two seconds short of the 19:16 PR she ran at last season's Run for the Light 5K.

While the 36-year-old Running Zone employee and race team member was stoked to have made it six for six wins in this season's Space Coast Runners Runner of the Year events, the participation of her family and time spent together seemed to give her the greatest satisfaction. (Too bad all the kids at the Haven couldn't have parents like her...)

"It was just great because my kids ran it, as well, and I got to see Riley (Smith's 9-year-old son) run an awesome race (23:31) and see Sabrina (Riley's 10-year-old sister) finish with a new PR (32:12) in their first race as official SCR members," said the proud mom. "Then we got to run the kids' run with my nieces and, as always, my mom and dad come up from Sebastian to watch and then we all go to IHOP for breakfast. Who doesn't love that?"

Yeah, who doesn't? ☺

West Melbourne's Meredith Luther, 29, was second in 19:36 and 19-year-old Candice McNaughton was third in 19:50. At age 47, Merritt Island's Nancy Buonanni just keeps getting faster, running a 20:31 to take Masters and eighth overall in the ladies' race

Proceeds from the race benefit The Haven – a shelter for abused and abandoned children and this year, the organization will see a record dollar amount in their check.

“Registration exceeded 500 for the first time in the 27 years of the race,” said race director, runner and all-around good guy, Frank Webbe. “Two hundred of those were Harris employees whose participation was a component of the corporate push toward health and fitness.”

Webbe had another first at his event.

“Of note, two blind runners participated – Randall Crosby (48, of Titusville), whose time of 25:57 was a PR by one minute and five seconds; and Rick Barrett, (63, of Melbourne), who finished in 29:54,” said Webbe. “Kudos to Marty Winkel and Rick Raley who served as running guides for Randall and Rick, respectively.”

The race was number eight of the nine-race Runner of the Year Series.

Complete race results: <http://www.runningzone.com/results.html?id=572>

Lots of great race photos at:

[http://icunphotos.smugmug.com/gallery/7804660\\_KtDv5#505237322\\_vqvAL](http://icunphotos.smugmug.com/gallery/7804660_KtDv5#505237322_vqvAL) by

Ken Horton

<http://public.fotki.com/CedricCSCFL/downtownmelbourne5k-2/> by Cedric Ching

<http://public.fotki.com/CedricCSCFL/09downtownmelb5k-people/> by Cedric Ching

<http://public.fotki.com/CedricCSCFL/09downtownmelb5k-youth/> by Cedric Ching

Congrats to all who raced and volunteered to help the kids at the Haven feel like maybe somebody does care after all.....



**Tyler Subasic races for the victory at the Downtown Melbourne 5K. Ken Horton photo.**

#### MALE

##### Overall

Tyler Subasic	17:29.7
John Davis	18:22.5
David Morales	18:27.0

##### Masters (40+)

Steve Chin	18:29.5
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##### 10 and under

Robb Keaton	22:22.1
Rodolfo J Valentin	22:29.9
Tyler Adams	23:30.0
Riley Smith	23:31.8
Colby Fairbank	32:19.4
Ethan Cowan	34:53.1

##### 10 and under continued

Garrett Fortier	35:16.3
Mason Wilcox	35:51.6
Dylan Schigner	39:43.5
Chance Gorman	41:48.9

##### 11-14

Cory Sagyeau	18:37.7
Nick Flint	20:01.5
Noah Davis	20:24.9
Alejandro Frausto	22:06.4
Matthew Ganthier	23:18.1
Gianni St. Clair	27:25.9
Benjamin Donaldson	28:35.2
Jared Gannon	29:05.8
Kyle Schigner	32:35.8
Jeremy Fetko	40:03.0
Lucas Martin	41:25.3
Sterling Schantz	43:50.0

##### 15-19

Michael Fisher	18:42.9
Noah Jacovitz	19:01.0
Todd Thorp	19:03.0
James Dakota	21:58.4
Winston Akins	23:08.8
Glenn Sundin II	23:14.7
Josiah Padowitz	23:55.4
Gage Wikel	27:14.8

##### 20-24

Eric Beckwith	19:06.4
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##### 20-24 continued

Erik Mackay	19:23.0
Joseph J. Joseph	19:48.9
Paul Timmons	19:57.9
Nick Vannorsdall	20:19.4
Ethan Harrell	20:40.7
Matt Spicochi	21:07.6
Michael Casey	21:30.9
Matt Kincaid	22:20.1
Brandon Suarez	22:29.6
Matt Wade	24:45.3
Matthew Myers	24:51.9
Christian Gonzalez	24:56.9
Kyle White	25:02.6
Hubert Joyakumar	25:14.8
Timothy Teal	25:17.4
James Wolf	25:29.4
Bryan Greene	26:11.5
James Jackson	26:51.1
Josh Beavers	37:07.5

##### 25-29

Michael Olson	19:05.1
Ron Abel	19:55.7
Jason Walcott	20:17.0
Chris Foster	20:30.8
Christopher Hyvonen	21:18.3
Cedric Ching	22:12.4
Scott Murdoch	22:28.5
Steven Stengle	22:54.4
Phil Hatcher	23:27.6
David Sugimoto	23:40.4

**25-29 continued**

Zach Douglas	23:49.5
Jim Casey	23:53.9
Tuan Nguyen	24:07.6
Andrew Ross	25:00.0
Brian Simon	25:09.6
Matt Dopira	26:27.2
Zachary Brodrick	26:58.7
David Juliano	28:35.5
Michael Van Ness	28:44.4
Michael Haig	28:49.4
Robert Bruckart	30:07.1
Adam Fatka	33:49.6

**30-34**

Steven Hedgespeth	18:28.8
Jonathon Campbell	18:48.6
Jonathan Dea	19:52.8
Sam Gill	20:18.3
Austin Thaddeus	20:22.7
Johnny Del Grosso	21:14.2
Scott Delgrosso	21:49.7
John Russell	22:08.3
Bryan Steele	22:47.9
Ronald Norris	23:29.0
John Kramer	24:16.1
Jamie Twigg	24:42.8
Jeff Simpson	25:06.6
Rick Leniek	25:21.0
Brian Simpson	25:28.8
Ray Barnwell	25:45.2
Daniel Butler	25:48.7
Robert Weddle	25:57.9
Kevin Terry	26:03.7
Brian Kurinsky	27:01.9
Kevin Delgado	28:48.1
Michael Weishar	28:50.6
Steven Sandoval	38:30.2
Michael McWaters	45:20.1

**35-39**

Scott Larson	19:20.3
Ken Rodgers	19:31.1
Tristen Webbe	19:55.3
Joseph Ninke	20:02.7
Mike Jester	20:23.4
Rick Neale	20:30.4
Thomas Jenkins	21:20.2
Mike Beres	22:34.9
Richard Lane	24:00.3
James Brewer	24:36.0
Rodolfo Valentin	25:11.7
Daniel Matthews	25:32.6
Eulan Middlebrooks	26:05.9
William Gann	27:40.1

**35-39 continued**

Sean Cannie	30:30.1
David Destefano	31:26.0
Mike Fairbank	32:32.9
Shane Sullivan	33:52.7
Greg Sims	38:30.6

**40-44**

Frank Kapr	18:35.6
Sean Black	19:04.7
Larry Malcom	20:14.2
Larry Wilcox	21:53.4
Dave Hernandez	22:00.5
Peter McMahan	22:03.7
Brian Lail	22:26.1
Mark Knopf	22:29.1
Doug Bethoney	22:50.8
Bart Blanchard	25:13.0
James Lombardy	25:17.1
Emile Ganthier	26:14.5
Dean Murphy	26:28.9
Andrew Torres	26:41.4
Douglas St. Clair	27:27.8
John Schigner	29:23.0
James Chiravalle	29:54.9
Ej Shiver	30:40.9
David Langhorne	33:08.4

**45-49**

Patrick McCormick	18:30.6
Art Anderson	18:45.8
Michael Adams	20:00.8
Jay Claybaugh	20:48.2
Joe Hultgren	21:14.9
Bruce Crain	21:34.0
Enguels Morales	21:37.3
Doug Nichols	21:56.2
Kevin Howald	21:59.8
Mark Pippin	22:00.1
Bart Ferguson	22:44.9
Ricky McDonald	23:02.8
Bill Buonanni	23:13.8
Charles Eccleston	23:48.4
Colin Farthing	24:13.0
Kevin Chapman	24:28.7
Timothy Switzer	24:32.3
Randall Crosby	25:57.1
Robert Kaiser	27:05.4
Joe Petrone	30:38.6
Jeff Kilgore	30:57.5
William Thompson	33:03.4
Steven Hebert	35:29.8
Alberto Escobar	36:15.0
Michael Martin	42:50.6

**50-54**

Dave Gierling	18:33.6
Brian Kessler	18:55.3
Michel Dahan	19:32.5
Jerry Bird	20:07.7
Matt Mahoney	20:21.8
Roger Travis	20:25.7
Loran Serwin	20:28.1
Dennis Delman	20:35.9
Michael Miller	20:49.5
Jeff Fawcett	21:28.4
Mike Tuttle	22:16.2
John Feasel	22:42.9
James Weiss	23:23.0
Tom Uhlar	23:36.0
Andy Beard	23:38.6
Mike Smith	23:47.7
Derik Ehresman	23:50.2
Mark Fisher	23:57.9
Rick Wrijil	25:58.4
Thomas McKeefery	26:39.7
Robin Peterson	26:40.5
Dan Chapman	27:24.5
Joseph Werner	27:47.8
Don Morse	28:43.4
Ken Flieder	31:55.1
Robert Knazik	35:02.3
Gil Castillo	38:00.3

**55-59**

Tom Perona	19:12.3
Tom Hoffman	20:56.5
Wolfgang Jensen	21:09.8
Bud Timmons	21:56.8
John Fricano	22:56.7
Abe Oros	23:00.2
Dick White	23:01.5
John Post	23:19.7
John Farner	23:21.5
Harry Hillmer	24:06.6
Glenn Sundin	25:50.7
Larry Wiseman	25:44.2
Bob Bisset	25:46.6
James Sciarrino	26:12.5
Fariborz Zanganeh	27:11.3
Daniel Mercier	33:29.7
Robert Bruckart	35:19.3
Kevin Callaghan	46:30.9

**60-64**

Miguel Lopez	20:43.6
Jim Schroeder	22:16.6
Ron Getska	22:18.3
Ray Brown	23:14.1
Gary Castner	23:29.4



**60-64 continued**

David Farrall	23:53.5
Steve Schrell	25:06.2
Don Herndon	25:19.6
Marty Winkel	25:57.4
Vern Thomas	26:48.3
Terry Casto	29:04.1
Teen Sum	29:05.6
John Rothamel	29:27.3
Rick Barrett	29:54.4
Dennis Karr	31:22.4
Jack Castner	31:44.9
Andrew Noble	40:48.4

**65-69**

James Howard	49:25.9
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**70-74**

Jim Weir	23:10.2
Tom Ward	23:17.6
Ron Hoar	24:37.3
Bob Pecor	29:16.3
Morris Johnson	31:11.8
James Morrell	36:43.9
Owen McCruden	44:45.8

**75+**

Les Plumb	26:42.3
Jack Lightle	27:13.9
Ed Hardy	30:13.7
Henry Campbell	31:27.1
William Vandusen	52:35.1



**Tracy Smith heads for another overall victory at the Downtown Melbourne 5K in April.**

**FEMALE****Overall**

Tracy Smith	19:18.3
Meredith Luther	19:36.2
Candice McNaughton	19:50.6

**Masters (40+)**

Nancy Buonanni	20:31.7
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**10 and under**

Michelle Adams	30:24.6
Nyssa Holmquist	30:35.7
Kaia Holmquist	32:09.3
Sabrina Smith	32:12.8
Audrey Kirk	34:50.2
Sydney Fortier	35:51.9
Sarah Trapchak-Dore	38:49.0
Rachel White	40:45.7
Samantha Martin	42:44.6

**11-14**

Sarah Day	20:24.8
Sarah Deibner	20:28.8
Holly Wooley	21:10.1
Emily Chapman	21:51.7
K Reily Switzer	25:44.0
Kristen Fisher	26:30.8
Amy Deibner	26:35.5
Sarah Fisher	27:03.5
Kiana Zanganah	28:03.9
Julia Wooley	35:08.4
Kelsey O'Connor	36:55.3

**15-19**

Stephanie Bird	21:35.8
Brittany Rainbow	22:16.4
Suzi Gordon	23:28.4
Kelsey Clayton	23:43.6
Cristina Mazzone	24:13.4
Cynthia Sundin	25:49.8
Justine Curley	25:55.1
Lauren Piccolella	26:31.2
Ashlyn Wontorski	04:55.4

**20-24**

Nicole Aia	22:26.2
Elyse Autrey	22:37.2
Megan Pendergast	22:48.1
Nicole Iannelli	26:30.2
Sarah Kotranza	26:53.9
Ryan Clegg	27:16.9
Erin Hetsler	28:38.5
Ashley Schaeffer	30:45.8
Elizabeth Oros	31:11.5
Jennifer Nelson	34:14.0
Kristina Arno	35:09.0
Crystal Doty	37:19.0
Kathryn Thomas	37:29.8
Priscila Schaffert	37:42.2

**25-29**

Tara McFarlane	20:33.7
Jackie Schmoll	21:32.2
Celia Mahler	24:08.5
Patti Olszewski	24:43.9
Amy Ho	26:05.3
Darcy Dyer	26:06.7
Jamie Stengle	26:51.7
Sally Memmott	27:02.8
Ashley Phillips	27:27.4
Alissa Lawrence	28:12.0
Robyn Meranda	28:45.8
Brittany Garrison	28:57.5
Kristin Diedrich	29:21.0
Kristin Donoghue	29:45.2
Annette Oros	31:37.1
Carla Garreau	32:20.0
Whitney Douglas	32:40.3
Phyllis Thompson	34:12.2
Elise Waltman	34:51.0
Helena Kramer	35:54.9
Stephanie Sorrell	38:04.8
Katie Cromer	38:54.9
Laura Kersetter	40:27.5
Shawnda Lee	41:30.1
Julie Noble	41:43.7
Halina McAllister	42:59.9
Melissa Saunders	58:05.0
Lauren Moore	04:52.9

**30-34**

Kerstin Dea	19:55.2
Kati Craig	21:50.0
Donna Davis	25:06.9
Keri Donald	25:46.5
Natalie Bobleter	26:08.8
Christine Davis	26:09.2
Rachel Bowen-Wilkerson	26:25.7
Elia Twigg	27:06.0
Maria Sander	27:55.1
Christine Hansen	28:11.1
Colleen Simpson	28:21.2
Jennifer Hickey	28:32.8
Rebecca Taylor	28:38.9
Colleen Middlebrooks	28:53.5
Christi Curtis	32:29.7
Melissa Comstock	32:53.4
Shanon Gann	33:00.3
Nicole Konicki	33:27.0
Michelle Trapchak-Dore	35:24.2
Danna Lorusso	37:36.4
Karen Weppler	37:37.0
Angela Warwick	42:52.3
Kelly Hedgespeth	44:46.4
Erin Murdoch	52:28.7
Karlene Gunter	04:53.0

**35-39**

Debra Richardson	19:55.9
Devra Fain	22:42.9
Carrie Blanchard	22:44.3
Julie Hannah	23:08.4
Lisa Harrington	23:51.5
Cyndi Bergs	25:56.1
E.A. Van Hemel	26:09.6
Traci Stiffler	27:02.1
Jennifer Flowerday	27:32.3
Marisol Wilke	29:17.2
Dena Geist	29:46.1
Michelle Love	30:22.8
Viviana Rodriguez	30:48.5
Jennifer Clements	32:31.7
Debra Jones	32:47.5
Rhonda Gibson	32:47.9
Heather Humphreys	33:07.1
Chelsi Cacciatore	33:17.2
Tina Schantz-Gross	33:26.6
Cristi Holland Lau	33:44.3
Shelley Hudson	37:13.7
Trishina Destefano	38:42.6
Jodie Fortier	39:52.2
Clara Ewing	40:59.6
Veronica Gorman	41:48.1
Tiana Botzong	05:06.9
Kelley Farrand	06:35.3

**40-44**

Robin Hernandez	20:34.4
Angela Wells	20:40.7
Sandra Gannon	22:21.9
Barbara Krause	23:19.0
Terry Ferrisi	23:51.9
Sharon Gillette	24:09.7
Karen Hughes	25:44.8
Anne Oconnor-Smith	25:48.8
Marisa Flint	27:31.9
Kathy Thomas	30:28.6
Robin Weiss	30:33.9
Molly Kirk	34:50.6
Terri Burdine	35:13.2
Mary Ehrhard	36:37.6
Cathy Tapley	37:44.6
Ellen Little	38:48.2
Gianni Zanganah	41:46.9
Lorraine Carter	42:31.2
Wendy Martin	42:50.0
Chris Sims	45:46.3
Rhonda Rouer	50:45.6
Juliette Brown-Thomas	04:56.0

**45-49**

Dottie Bourlier	24:30.3
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**45-49 continued**

Donna Snowberger	24:52.1
Terry Weber	25:56.9
Shari Parris	25:58.6
Tina St. Clair	26:17.7
Mariangie Blake	26:19.3
Cindy Gaffney	26:50.1
Karen Strasko	27:02.5
Lynn Pucci	27:54.3
Flo Holden	28:50.1
Linda Pipkin	29:32.9
Martha Flynn	29:57.6
Cindy Autrey	31:25.3
Patti Switzer	31:42.2
Marian Cacciatore	31:51.5
Joan Meadows	32:11.1
Tena Hochard	33:49.0
Sherri Shamet	33:49.8
Christine Adams	35:29.5
Michele Duester	40:09.7
Debbie Jones	41:38.9
Cheryl Daugherty	46:40.5
Karen Hebert	50:44.7

**50-54**

Marlene White	24:28.4
Elizabeth Ring	24:37.3
Mieke Aton	26:38.5
Laura Hottendorf	26:59.1
Melanie Delman	27:24.9
Suzie Biery	28:21.7
Rosemarie Cocker	28:49.5
Nancy Sharp	28:54.2
Kathleen Usher	30:14.3
Diane Caruso	30:31.5
Cynthia Habercom	32:13.2
Brenda Kaiser	34:58.1
Deborah Haataja-Deratan	36:50.1
Dalys Dunn	37:22.4
Marie Verderame	37:34.5
Barbara Rolsing	37:42.6
Alice Arbogast	37:43.0
Jane Baron	40:23.0
Sandra Mozo	46:53.1
Roberta Vandusen	52:34.6
Melissa Wilcox	54:53.5
Vicki Duerr	57:48.9

**55-59**

Sue Strout	23:30.2
Anne Doerflein	23:36.0
Kim Bisset	28:09.7
Maureen Morely	28:51.6
Blanche Morrison	30:02.1
Arlene Allen-Buono	30:56.7

**55-59 continued**

Tina Sum	35:56.3
Marsha Post	38:53.3
Sally White	39:31.1
Elizabeth Dore	42:58.7
Sue Ferran	45:04.1
Janet Jones	48:33.4
Ethel Williams	48:51.9
Kristine Howe	54:56.4

**60-64**

Anne Dockery	21:39.5
Jacquelyn Kellner	28:18.3
Susie Koontz	29:03.8
Mary Ramba	29:16.4
Charlotte McMahon	29:26.2
Joyce Cowart	42:34.6
Donna Berglund	47:05.6
Linda Souders	54:50.5

**65-69**

Willy Moolenaar	26:29.6
Petra Gerhard	33:19.1
Marilyn Church-Howard	37:27.4

**70-74**

Pat Dixon	31:21.5
Nan Higgins	33:25.9
Katie Marsh	38:35.0
Joan Mahoney	51:33.4
Roberta Osterling	57:50.4

**75+**

Annette Hardy	35:42.8
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**SCR Prez Carol Ball and Board Member Mary Ramba share hug before the start of the Downtown Melbourne 5K. Cedric Ching photo.**



Flashback! Where were you in April, 1978?

About a third of field at the April 11 Space Walk of Fame 8K and 2-miler hadn't even taken their first breath; let alone thought about road-racing, when the race originally kicked off as the Indian River Festival 10K in Titusville.

In the early days, the course was an out-and-back over a fuzzily-remembered, seemingly-high bridge. The race also served beer afterward so maybe that is why memories are fuzzy.

Although the course and the name have changed a few times over 32 years, one thing that has remained constant for all but two years has been Marty Winkel's presence; starting first as a volunteer in 1980 and then taking over as Race Director in 1986.

According to Marty, this year's race – which clocked a total 289 finishers – had the second largest turnout in its history.

"In 1980-something, Harris paid for 50 of its employees and we pulled in 290 participants," said the perpetual volunteer who was also Space Coast Runners president for roughly half a dozen years and an officer and/or board member for multiples more. "Most years we only pulled in 125 to 150."

Winkel, who has run a marathon in each of the 50 states plus Washington, DC at least once plus directed scores of races, gave a few reasons as to why more athletes are making the drive to the north end of Brevard County:

- The race is the last of the five-race Titusville Racing Series, the only central FL Series offering cash awards based on age-graded scoring.
- The addition of the 2-mile race and the ability for participants to decide at "1.95 miles into the race whether they will do the 2-miler or the 8K".
- This year's race provided cool backpacks to those who pre-registered.

So, who won this year's event?

It was déjà vu all over again as the names from the top spots of the Downtown Melbourne 5K – held only one week earlier -- also sat atop the SWOF scoreboard.

And once again, Melbourne's Tyler Subasic dusted the field. The 19-year-old Florida Tech cross country runner managed to put more than a minute on the rest of the field, inking the victory in 27:21. And, just like the week before, John Davis had to settle for second with his 28:46. Steve Chin was third in 29:17 and Frank Kapr took Masters and fifth overall in 29:43.

While Davis may have taken second at the SWOF, which was also race number nine in the nine-race Space Coast Runners Runner of the Year Series, the 31-year-old West Melbourne father of one sewed up the overall ROY Series victory.

And, just like the week before, Tracy 'T-Sizzle' Smith again took the top spot at the 8K in 31:50. The 36-year-old Palm Bay mother of two cemented the female victory in the Runner of the Year Series as well.

Port Orange's Sue O'Malley, 48, was more than a minute behind Smith, taking second in 33:08. Angela Wells, 43, grabbed third in 33:21.

Merritt Island's Nancy Buonanni knocked out a 33:57; giving the 47-year-old runner and triathlete the Masters win; fifth female overall and a personal best by more than a minute.

Congrats to all who volunteered and raced!

Check out Ken Horton's SWOF 8K race photos at: <http://www.icunphotos.com/pics/run090411/index.php> and [http://icunphotos.smugmug.com/gallery/7870874\\_krfEY#510233222\\_92SSQ](http://icunphotos.smugmug.com/gallery/7870874_krfEY#510233222_92SSQ)



**FEMALE****Overall**

Tracy Smith	31:50
Sue O' Malley	33:08
Angela Wells	33:21



Sue O'Malley, from Port Orange, tries to chase down Tracy Smith. O'Malley took second behind Smith in 33:08. Ken Horton photo.

**Master (40+)**

Nancy Buonanni	33:57
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**Grand Master (50+)**

Sue Strout	39:02
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**Sr. Grand Master (60+)**

Anne Dockery	36:19
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**10-14**

Sarah Day	36:29
Anna Thorne	45:22
Sierra Pollard	52:23

**15-19**

Stephanie Bird	36:39
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**20-24**

Francesca Martino	44:23
Amy Corona	47:14
Monica Playton	47:27
Nga Nguyen	53:56

**25-29**

Jackie Schmoll	36:30
Kristin Zeransk	41:40
Kim Yates	45:25
Kristin Kelley	46:37
Christina Tulkes	49:11
Meghan Cadwell	51:21
Lauren Price	51:57
Melissa Fournier	53:48
Amanda Sandberg	58:21
Delania Collins	58:53
Jayne Goehmann	59:43

**30-34**

Kara Niedermeier	33:35
Danielle Collyer	37:40
Jessica Zeller	39:17
Erin Schuck	39:49
Kate Howick	41:36
Donna Davis	41:53
Julie Pomerleau	42:32
Robin Leatherow	44:39
Andrea Salva	48:50
Mandy Gilmore	48:53
Emily Guyer	49:01
Jennifer Hickey	52:05
Allison Feazell	56:24

**35-39**

Devra Fain	37:17
Lisa Harrington	39:26
Leslie Talbert	40:14
Dawn Poole	41:44
Nancy Tilley	46:49
Jessica Vanatta	47:59
Amy Paraline	48:51
Amy Oros	50:28
Vi Haag	54:12
Cindy Loveless	57:27
Jenn Clements	58:03
Karen Loviska	1:08:35

**40-44**

Robin Hernandez	34:25
Sandra Gannon	37:17
Barbara Krause	37:39
Terry Ferris	39:16
Michelle Smurl	39:40
Margaret Bieru	40:23
Anne O'Connor-Smith	41:21
Christine Kennedy	42:32
Chiqui Behymer	42:34
Patricia Taurasi	43:03
Joanna Brown	45:56
Kimberly Budnick	46:00
Joyce Herget	47:40
Dianne Kiazon	50:16
Christi Reid	54:09
Terri Burdine	1:01:16

**45-49**

Theresa Miller	37:27
Stacey Myers	45:23
Donna Andress	46:37
Christy Zieres	49:26
Marjy Harrison	53:14
Michelle Tribble	54:49
Betsy French	57:44

**50-54**

Elizabeth Ring	40:54
Karon Pittman	43:54
Debbie Rescott	45:19
Wanda Bibens	45:27
Roberta Reaume	59:14

**55-59**

Anne Doerflin	39:55
Pat Kiesselbach	43:59
Rhonda Howard	46:18
Laura Sullivan	55:04

**60-64**

Lorraine Petersen	46:11
Jacquelyn Kellner	46:21
Susie Koontz	48:52

**65-69**

Willy Moolenaar	43:41
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**70-74**

Katie Marsh	1:09:29
Joan Mahoney	1:17:49

**75+**

Annette Hardy	1:01:18
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**Filly**

Sharon Gillette	39:46
Marisa Flint	46:22
Sharon Sieber	47:45
Debi Pollard	53:49
Natalie Ryan	58:10
Jennifer VanDenDriessche	1:06:20
Bridget Beitel	1:07:25
Cathy Norris	1:09:29

**MALE****Overall**

Tyler Subasic	27:21
John Davis	28:46
Steve Chin	29:17

**Master (40+)**

Frank Kapr	29:43
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**Grand Master (50+)**

Brian Kessler	30:12
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**Sr. Grand Master (60+)**

John Keefe	36:57
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**10-14**

Nick Flint	33:33
Joshua Halbert	33:33
Jeppe Petersen	35:28
Yanni Vratsos	35:45
Zak Unrue	36:27
Jason Howick	41:19
Dalton Beitel	49:28
Dylan Beitel	52:13

**15-19**

Noah Jacovitz	31:26
Taylor Collier	31:53
Danny Taurasi	32:08
Conor Bailey	34:19

**15-19 continued**

Andrew Kramer	35:11
Frederick Petersen	35:16
Dorren Howell	38:40

**20-24**

Billy McMillan	29:29
Rory Rowan	33:13
Chris Eastwood	38:39
John Givens	40:30
Hunter French	42:08
Kyle White	44:42
Sean Duggan	47:50

**25-29**

Jim Halley	30:22
Aaron Fouruier	31:58
Derek Petrek	37:16
Josh Sulkes	41:27
Chris Han	47:39

**30-34**

Ed Springer	29:49
Jonathan Campbell	29:51
Vernon Scipio	35:13
Anthony Allotto	37:32
Jeff Sampson	38:16
Scott Smith	41:17
Troy Cochran	41:47
Anthony Marketon	47:16

**35-39**

Scott Larson	31:37
Michael Shimer	31:53
Howard Kanner	32:44
Todd Angell	33:52
Tristan Webbe	34:53
Sean Reynold	35:32
Dave Chapman	35:46
David Allender	44:29
Owen Pooler	46:31

**40-44**

Pedro Toledo	31:32
Sean Black	31:59
Dave Hernandez	36:24
Demetri Brotsos	38:08
Doug Bethoney	38:52
Jeff Peacock	39:18
Randy Haag	40:32
Dan Talbert	43:24
Alan Neiman	43:59
Joel Perez	48:46

**45-49**

Art Anderson	30:24
Pat McCormick	31:19
John Andrews	32:28
Tony Stokes	33:27
David Taurasi	34:24

**45-49 continued**

Keith Kowalske	36:08
David Poole	36:51
Rick Unrue	37:00
Mike Parker	37:25
Manny Cabrera	37:57
Jim Blake	38:45
Ricky McDonald	39:04
Bill Buonanni	39:34
Dean Lingle	44:09
Randell Crosby	46:32

**50-54**

Tim Collier	32:09
Roger Travis	32:56
Matt Mahoney	33:00
Michael Miller	33:62
Juan Perez	33:51
Loran Serwin	34:06
Jerry Bird	34:33
Mark Stephens	38:06
John Feasel	38:21
Jorge Rivera	38:47
Jim Weiss	38:48
Don Clarkson	40:16
Rick Wrijil	44:40
Robert French	44:54
Rick McCrary	48:59
David Huss	50:13
David Cook	52:59
Ken Flider	53:28

**55-59**

Wolfgang Jensen	35:55
Bud Timmons	37:48
John Fricano	37:52
Abe Oros	38:53
Dick White	41:20
Owen Leland	45:05
Dan Smith	49:52

**60-64**

Ray Brown	38:30
Randy Jordan	38:41
Gary Castner	39:38
Frank Webbe	41:49
David Farrall	43:48
Tom Grimm	44:31
Joe Becker	45:09
Bruce Baker	46:24
Stan Johnston	49:16
Ed Harrison	50:37
Robert Ryan	50:40

**65-69**

Manuel Ureutia	38:08
David Wolfford	44:11
Darwin Tangen	45:10
Bob Swann	47:34
Emmett Larson	49:20

**70-74**

Ron Hoar	43:28
Bob Pecor	48:59
Morris Johnson	54:07
Owen McCrudden	1:10:35

**75-79**

Jack Lightle	46:19
Ed Hardy	51:16

**80+**

Wally Dalsanto	1:00:41
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**Clydesdale**

Kyle Nylander	40:00
Chuck Beitel	42:37
Russell Stowe	42:54
Mike Pollard	46:25
Frank Calhoun	47:17
Dandy Mann	57:12

**2-MILER (through 30 minutes)****Female**

Patti Spoerle	14:57
Nicole Hulbert	15:54
Karma Poole	16:38
Angela McFall	17:15
Shona Maggard	17:21
Suzie Biery	17:45
Rhiannon Rowan	17:49
Kelly Currin	18:16
Nancy Sharp	18:27
Madeline Zeuli	18:37
Tammy Foster	18:38
Kelly Cook	19:14
Mary Ramba	19:35
Lauren Wiseman	20:03
Olivia Carter	20:15
Brittany Deming	20:16
Georgia Robbins	20:18
Sally Smirach	20:29
Amanda Stratford	20:52
Tina Schantz	21:12
Shelby McFall	21:45
Quinn Kunner	24:10
Milly Krause	26:53
Nicole Barlou	29:04
Jemma Decrapio	30:04

**Male**

Brandon Holst	11:44
Rick Neale	12:39
Ken Vercammen	13:30
Richard Warren	17:16
Vern Thomas	17:39
Jeffrey Galotti	17:49
Joshua Huss	17:54
Ernie Diaz	18:16
Micah Nance	18:34
Jared Gannon	18:36
Tim Gannon	18:36
Holden Berry	19:38
Dayne Deeds	20:17
Devin Devenport	21:45
Kyle McFall	21:46
Kevin Berry	22:12
Alex Bulnick	23:04
Aeddon Burns	23:10
Graeme Burns	23:13
Jacob Biery	23:21
Jim Morrell	24:59
Storling Schontz	28:50
Tyson Decrapio	30:08