

On-line with the

SPACE COAST RUNNERS

Promoting Running and Fitness in Brevard County, FL

VOLUME 31, ISSUE 8

September 2009



RUNNING ON THE RADIO

Thanks to sponsorship from Running Zone and Space Coast Runners, Ron Hoar is back on the airwaves — 94.1 FM — for his fifth season with the Space Coast Running Report.

The Report will provide weekend race results, upcoming races, interviews, high school results. The Thursday-Friday report will promote upcoming races, runner standings, interviews, high school running news.

AIR DAYS	TIMES
Monday	4:45, 5:45 p.m.
Tuesday	6:45, 7:45 a.m. and 4:45, 5:45 p.m.
Thursday	7:45 a.m. and 5:45 p.m.
Friday	6:45 & 7:45 a.m. and 4:45 p.m.

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2009-10: WHO WE ARE

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. Visit us on-line at www.spacecoastrunners.org We also invite you to attend our board meetings which are held at 7 p.m. on the third Monday of the month at Pro Health on Merritt Island.

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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 and we accept text in Publisher or pdf and photos in .jpg or Photoshop. Contact Patti Sponsler at psponsler@cfl.rr.com for more information.

Material in this newsletter may not be reprinted or used on a non-SCR website without permission from Space Coast Runners. Contact Patti Sponsler at psponsler@cfl.rr.com

2009-10 SPACE COAST RUNNERS RUNNER OF THE YEAR SERIES

Fall Into Winter 5K

September 26, 2009
Time: 7:30 a.m.
Coconuts on the Beach, Cocoa Beach
CB Rec. Dept. 868-3274

Space Coast Classic 15K And 2-Miler

November 7, 2009
Time: 7:30 a.m.
Windover Farms, Melbourne
Cyndi Bergs, 514-6955
www.spacecoastrunners.org

Space Coast Marathon and Half Marathon

November 29, 2009
Time: 6:00 a.m.
Riverfront Park, Cocoa
Denise Piercy, 751-8890
www.spacecoastmarathon.org
See pages 8 of this newsletter

Reindeer Run 5K

December 12, 2009
Time: 8 a.m.
Cheri Down Park, Cape Canaveral

Tiger Dash 5K and 1-miler

January 30, 2010
Time: 8 a.m.
Holy Trinity, Pineda Cswy. Campus
Denise Piercy, 751-8890
Runningzone.com

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

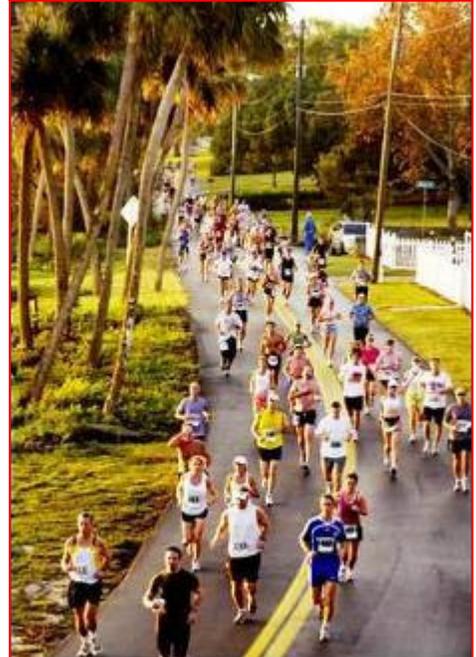
February 27, 2010
Time: 10K-8 a.m.; 2M-8:10 a.m.
Eau Gallie Cswy, Melbourne
Marlene White, 783-6535
marlenewhite@cfl.rr.com

Downtown Melbourne 5K

April 3, 2010
Females: 7:30 a.m.; Males: 8:15 a.m.
Downtown Melbourne
Frank Webbe, 674-8104
webbe@fit.edu

Space Walk of Fame 8K

April 10, 2010
Time: 8 a.m.
Space View Park, Titusville
Marty Winkel, 537-3526
runsalot@earthlink.net



**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 eight 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>



FOOTNOTES

By Cyndi Bergs, SCR President

LADIES AND GENTLEMEN, START YOUR ENGINES!

The 2009-2010 Space Coast Runners race series is about to begin!

Again, this year the race series offers a variety of distances and surfaces for runners and walkers to test their speed, endurance, and agility. September 26, 2009, marks the beginning of the 2009-2010 race series with the Fall Into Winter 5K. The ever-changing beach terrain makes this 5K one of the more difficult to compete in. Runners and walkers are able to gain some training time until November when the race series picks up offering longer distances of 15K, half-marathon, and full marathon. Coming off the holiday season the series travels to Melbourne and Titusville providing scenic routes and the famous “bridge”.

The Space Coast Runners race series could not happen without the dedication and support of the community and volunteers. SCR continues to be committed in expanding community health opportunities throughout Brevard County through its Youth Series and sponsorship of charity organizations and scholarships. As we prepare for this new racing season, take the opportunity to offer support by volunteering your time and giving back to the club and the community.

It is you this club is built from and it will be you that will sustain its success.

2009-10 Runner of the Year Series

Fall Into Winter 5K	Sep. 26, 2009
SCC 15K & 2Mile	Nov. 7, 2009
Marathon & Half Marathon	Nov. 29, 2009
Reindeer Run 5K	Dec. 12, 2009
Tiger Dash 5K	Jan. 30, 2010
Eye of the Dragon 10K & 2M	Feb. 27, 2010
Downtown Melbourne 5K	Apr. 3, 2010
Space Walk of Fame 8K & 2M	Apr. 10, 2010



Running Zone

Wednesday, September 9

Ladies, this is YOUR night! Meet your friends at Running Zone on Wednesday, September 9th between 6 and 8 p.m.

We'll pamper you with chair massages, bra-fittings, cocktails and horderves. And, you can treat yourself to 15% off all merchandise and an extra 20% off all sale items!

Running Zone is located at 3680-C N. Wickham Road across from the Melbourne campus of Brevard Community College. Contact us with any questions at 321-751-8890. See you there!



THE PASSING LANE

With Ron Hoar

At Last—My Hometown Debut

With nearly 300 races under my belt and dozens of them far from where I lived you'd think at some point I might have run one in my hometown. I never had despite the visits back to see family. Farmington, Maine, despite it being a college town and with an area population of around 10,000, doesn't seem to have many races and when I was running my best, my schedule just never aligned with any of those races.

For the past few years I've spent the summer in Maine and could have made an effort to run the Strawberry Festival 5k, but I had backed away from racing doing only about one race a year from 2002 to 2008. Last year I trained harder and thought about running that hometown race but then declared myself not ready— not in the physical condition I wanted to be to race in my old hometown.

This year I finally threw that vanity aside. After all I'm now 71-years-old and even if someone I used to know noticed me—so what. At least I had gotten back to regular racing since last fall and perhaps I wouldn't be too embarrassed.

There was one other consideration. I had gotten an ankle avulsion in mid-May (a tendon or ligament pulled away from the ankle bone). I hadn't been able to run without later pain for six weeks. Since starting back, I had only run a couple of experimental weeks of five miles each and a 10-mile week.

But I decided to do my first hometown race anyway. I'd get some idea of how much conditioning I had lost.

As I got to the site for the late July evening race rain was coming down—as it had been for most of the summer to date. I didn't care—in fact I thought it might be fun to run in the rain. I had certainly done that before—at the Maine and Honolulu marathons and at several Dallas, Texas races. A few minutes before the start time the rain stopped.



As I did some easy warm-up running and looked around I didn't see a single familiar face among the hundred or so runners. For one reason the participation was dominated by high school and college age runners. And in looking later at Maine race results on the internet it was rare to find any age 70 or older racers.

As we headed off up an incline to begin the race I pushed the start button on my watch. After a quarter mile the course leveled off and we proceeded through a couple of turns. Thinking that we must be

somewhere around a mile I checked the watch. It read all zeros. While I pushed and pushed the start button, the watch still reflected only zeros. It was too late to tell anything about my time and pace so I settled in and tried to stay with some other runners.

Later my body and mind were telling me that we had gone at least two miles yet I hadn't seen a two-mile mark on the street. I had to wait about two more minutes before I saw "2 Miles" marked on the road. Even then I wasn't sure that it was meant for going out or coming back from the turnaround. The saving grace was that I knew these streets from childhood and could look forward to most of the final mile being downhill.

With about a half mile to go, three high school girls whom I had heard chatting behind me for nearly the entire race, surged by me. Their move provided some incentive for me to try to stay close and see if I could put on a final sprint and edge them out at the finish. I love doing that. I fell about a hundred feet behind them and despite my usual last tenth kick was unable to catch them.

There was no clock at the finish and no times were being called out—and of course I had no time on my watch—so the outcome was a mystery for some time until the results were posted.

I hadn't seen many other runners who appeared to be over age 60, but was still a little surprised to learn that I had won the 60 and over age group. I took home one of the nicest trophies I had seen in years and a full plate of home baked brownies for my 27:03 effort. My 8:43 pace wasn't what I would have liked for my hometown debut but given the terrain and the layoff I was satisfied.

For so many years I had wanted to return to do a hometown race. I had expected that it would be a fairly emotional experience. But it wasn't. That was my greatest disappointment. I pondered why. There were few runners my age. I knew absolutely no one. No one knew me. None of my family was there-- my Dad having passed away 10 years ago and my Mom now in assisted living. After all these years, it wasn't the old hometown of my youth.

I had waited too long to run my first hometown race—the 29th Annual Strawberry Festival 5K. But now I do have a new watch.

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 _____



2nd Annual
Get Up & Go
5K / 10K
A Titusville Racing Series Event
 Saturday
 September 19, 2009

Presented by Christ Community Church
 Race Location: FOX LAKE PARK; Titusville, FL

LOCATION

Fox Lake Park is located at the west end of Fox Lake Drive – just 1 ½ miles west of the corner of Fox Lake and Carpenter Roads. For more information contact the Race Director, Sarah Guttery, at sguttery@cfl.rr.com; 321-917-2670

DATE AND TIME

Saturday, September 19, 2009
 5K Run/Walk: 8:00 a.m.
 10K Run/Walk: 8:00 a.m.
 Kids' Races: 9:30 a.m.

CHECK IN AND PACKET PICK-UP

Check in starts at 6:30 a.m.
 Packets may be picked up race morning at Fox Lake Park

REGISTRATION ALSO AVAILABLE @ ACTIVE.COM

AWARDS

Top 3 Male/Female Overall
 Top Male/Female Masters
 Top 3 finishers in 15 age groups Male & Female
 Ribbons to all kids' race participants

ENTRY FEES

Entry fees are nonrefundable
 \$20 Adults
 \$15 Students
 Kids' Races Free

REGISTRATION

Walk, run or mail completed entry form to:
Get Up & Go 5K / 10K
 4295 Garden Street
 Titusville, FL 32796
Make checks payable to Christ Community Church

Get Up & Go 5K 10K ♣ Saturday, September 19, 2009 ♣ Registration Form

Race Number: _____

Last Name: _____ First Name: _____ 5K or 10K

Age: _____ Male: _____ Female: _____ T-Shirt Size: YL S M L XL XXL

Method of Payment:

Address: _____

Cash: _____ Check: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ Evening Phone: _____

Email Address: _____

____ Yes! I would like to receive more information about Christ Community Church

Incomplete or unsigned forms will not be accepted.

I hereby release Christ Community Church, and any and all other sponsors and officials involved in any and all damages or injuries arising out of participating in this run and further state that I am in proper physical health and condition to compete in said event.

Make check or money order payable to: **Christ Community Church**

Signature (under 18 requires a parent to sign): _____

Date: _____

Congratulations

KAITLIN SHIVER



2009 USA TRIATHLON NATIONAL CHAMPION

August 30, 2009

DOMINATING DEBUT

Shiver wins first national triathlon championship

*BY PATTI SPONSLER
FOR FLORIDA TODAY*

Kaitlin Shiver was shocked to learn she had bested the country's top female age group athletes on a hilly Tuscaloosa, Ala., course at the 2009 USA Triathlon National Championships on Aug. 22.

The former Satellite High swimmer and Class 3A state running champ blazed through the 1.5K swim, 40K bike and 10K run in two hours, eight minutes and 13 seconds, finishing more than two minutes ahead of her closest competitor.

"I wasn't expecting to win overall," said Shiver, who attends the University of Florida on a track and cross country scholarship and is unable to race triathlons during the school year. "I had never competed in something this big or on a national level. I had thought that if I could get top five in the age group, I'd be happy."

Last summer, the athlete already well known for her swimming and running expertise demonstrated budding tri-sport competency by finishing seventh, third and first female overall, respectively, in the three triathlons in which she competed.

After returning to her family's Satellite Beach home this summer, Shiver upped her cycling game, building prowess under the sometimes punishing tutelage of Melbourne's 10:13 Ironman triathlete, Ed Donner, and Palm Bay's Adam Ullein, who broke five hours at Ironman Florida 70.3 in May.



Shiver jams along averaging 23.1 mph on the USAT Nationals course.

"I had never thought that I could average 23 miles per hour for 40K," said the 20-year-old exercise physiology major whose 1:04:33 bike split on the undulating Nationals course was more than five minutes quicker than the fastest flat 40K she rode last season. "Training with Ed and Adam was hard at first and I was sweating tears, but it has made a tremendous difference."

Two to three times a week, the trio would churn out 40 to 60 miles along the isolated, Hades-hot Deer Park route that straddles the Brevard and Osceola County lines. The demanding workouts always included a sweaty, post-ride run of up to nine miles in length.

"We would hammer hard on the bike and then do fast tempo or speedwork on the run," said Donner, who was quick to point out that the runs would have been less painful without Shiver pushing the pace. "Kaitlin is one tough girl -- determined and disciplined -- with a fast learning curve. She has so much potential."

The Nationals didn't ping on Shiver's radar until mid-July when she was invited to a USA Triathlon All-American luncheon the day before the Heartland Triathlon in Sebring.



Shiver, center, grins as they name her the 2009 USA Triathlon National Champion. She smoked her nearest competitor by more than 2 minutes!

"I didn't even know that I had been ranked last year," she said of her 2008 All-American status and second place ranking in the USA Triathlon 18-19 age group.

Although USA Triathlon automatically qualifies All-Americans to compete in the following year's National Championship, Shiver proved her worth at the Heartland race, taking the top female spot with more than four minutes to spare.

That win, added to her June victory over the entire field -- both men and women -- at the Marineland Triathlon, gave Shiver the confidence to sign on for Tuscaloosa.

On Aug. 19, she shared a quote with her Facebook friends that read: "Success does not come

to those who want it the most the day of the race, it comes to those who have wanted it the most at every single practice leading up to the race."

"I had been getting very nervous about the race and remembered that quote," Shiver said. "I realized that I had put in all the training this summer. I didn't think I could have worked any harder. It gave me a sense of peace."

Three days later, Shiver was crowned the national champion, earning a berth to the 2010 World Triathlon Championships in Hungary.

"Winning this is a huge deal", said Barb Lindquist, a 2004 USA Olympic triathlon team member who is now the Collegiate Recruitment Coordinator for USA Triathlon, the nation's governing body and pipeline for the US Olympic team. "Kaitlin is now on our radar and we are here to help her out with wherever she wants to take the sport."

Two days after her win, however, Shiver was back in Gainesville for the start of fall classes and cross country training. While she is thrilled with her accomplishment, the humble and well-grounded honors student views her victory through the lens of life's bigger picture.

"I'm just one of 50,000 students at UF again with the opportunity to go to cross country practice," she said. "I'm not ready to give up my education or track and cross country. There will be plenty of triathlons after I graduate."

Shiver's 2009 triathlon scoreboard

		<u>Finish (Margin) Distance</u>
1 st	Gainesville Triathlon, Waldo	2:11:03 (24:03) Olympic
1 ^{st*}	Marineland Triathlon, St. Augustine	2:00:04 (15:38) Olympic
1 st	Heartland Triathlon, Sebring	1:05:23 (4:20) Sprint
1 st	Huntington's Disease Triathlon, Key Biscayne	2:04:39 (8:54) Olympic
1 st	USAT National Championships, Tuscaloosa	2:08:13 (2:06) Olympic

*First overall as well as first female

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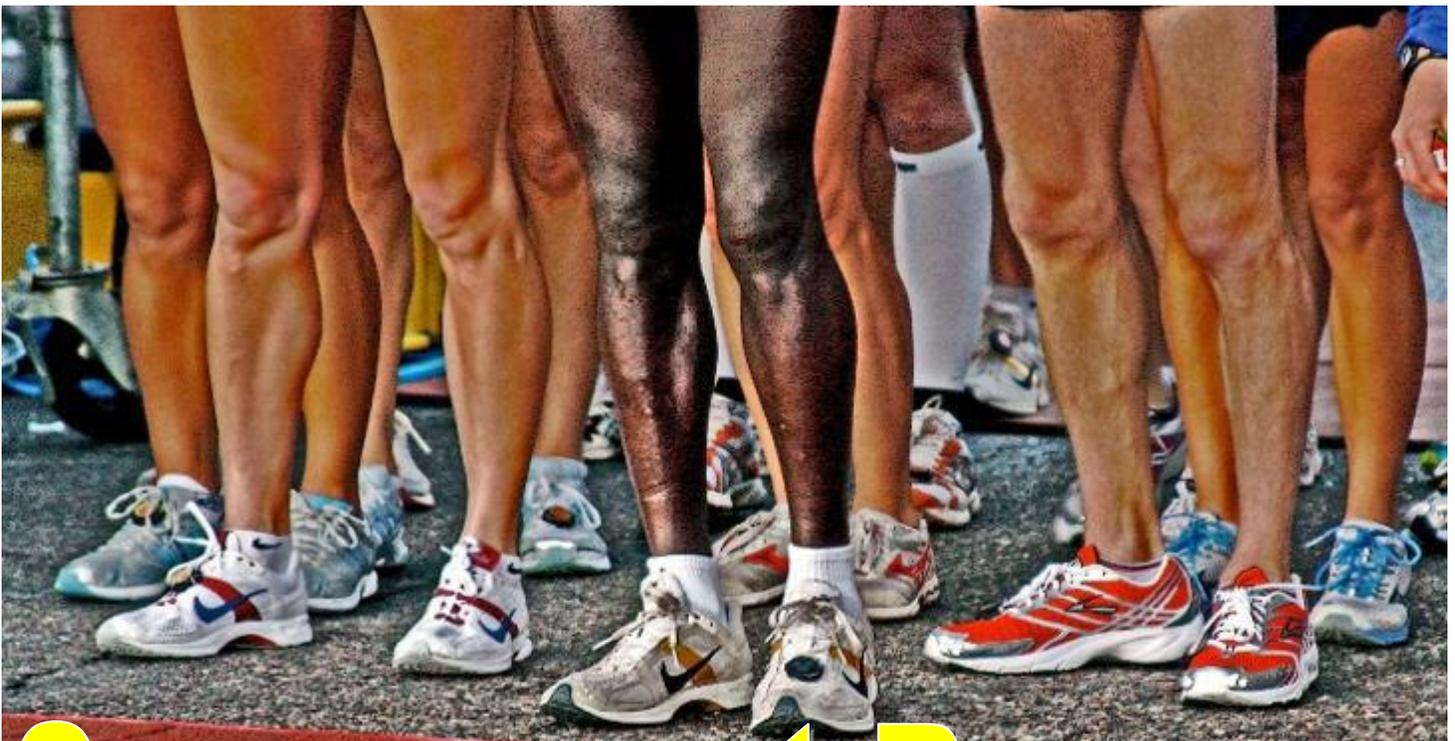
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Plus *Cool Goody Bags* with

Discount Cards, Decals, Magnets & More!

Join us **Thur. Sept. 17, 5-8 p.m. at**

Running Zone

3680-C N. Wickham Road

Across from BCC-Melbourne campus



A Mile With...

Melanie Delman



Name: Melanie Delman

Family: Husband, Dennis, (our 30th anniversary is this year!); son, Marcus, 22, UCF student; daughter, Laura, 20, FSU student.

Age: 52

School: Gator grad, but I like the 'Noles and Knights too.

Occupation: I work for a small business that processes repos.

Number of Years Running: two

Began Running Because: A co-worker of my husband's had a brain tumor. When it was successfully removed, she planned a 5k to celebrate the anniversary of her surgery. All of the 12 people that showed up had never done a race before but two years later we still run every Saturday morning.

I Knew I Was Hooked When: I entered an official race for the first time and was thrilled to wear a number and run with a crowd of people.

Race PRs (Personal Records): 5K: 27:24; 15K: 1:29

Most Satisfying Race Performance: The '09 Harris Family Medical Center 5K. Dennis and I both had new PR's and each won our age division. We got his and hers matching bobble-head trophies.

Favorite Race: The Melbourne Village Founder's Day Race is real nice. The twists and turns through the woods won't help anyone set a new PR but it's a fun course; there's great food afterwards and there's no entry fee!

Favorite Place to Run: Any place with trees and shade.

Running Partner(s): Our Saturday morning Harris Beta group.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: Dara Torres, Tim Tebow and Tom Cruise.

Training Philosophies: Run while you can

One Piece of Advice That I Would Give to a New Runner: Participate in local races. Races inspire you to



train harder; you'll meet very nice people and each race becomes a fun social event.

Other Sports & Interests: Gardening, crafts and college football.

Favorite Reads: *People Magazine* (a guilty pleasure).

Favorite Movies: *Sense and Sensibility* and *Pride and Prejudice*.

When Nobody is Looking I Like to: Sing and dance.

Favorite Meal: Any kind of seafood.

Dream Vacation: Bora Bora.

I Think That SCR Could Do A Better Job: I think they do a great job and I'm grateful to everyone who donates their time to make it such a success!



Melanie Delman poses with the first place age division bobblehead trophy she won at the 2009 Harris Family Medical Center 5K. Delman and her husband both came home with the bouncy heads and new personal records.

Vision: Transform the hearts and minds of children by instilling Godly character which will guide them through life.



For in the day of trouble He will keep me safe in His dwelling. He will hide me in the shelter of His tabernacle and set me high upon a rock, Psalm 27:5

2nd Annual Nana's House 5k Run/Walk A Thon

All proceeds to benefit

Neglected, Abused, Needy or Abandoned Children
Front Street Park, Melbourne, FL Phone: 321-266-3829

Saturday, October 10, 2009 Registration: 8:00 A.M. Walk/run starts: 9:00 A.M.

*Trophies will be given to the top three winners in the following 4 categories:
adult male, adult female, youth male, and youth female
Drinks, snacks, face painting, music, & massages in the park!*

Prize will be given to the person that gets the most registered runners/walkers

Name: _____ Invited By: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Email: _____

Registration: Adult - \$25.00 Youth - \$15.00 Shirt size: _____ Male _____ Female _____ Age _____

Please make checks payable to: NANA'S HOUSE

Please mail checks and completed entries to: Nana's House P.O. Box 500885 Malabar, FL 32950
Please return as soon as possible with a check attached, no later than October 1, 2009.

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 5k run / walk 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 a Nana's House event. If I should suffer injury or illness, I authorize the officials of the 5K run / walk to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility to 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 _____

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children can come and experience God's love

RUNNERS' REVIEW

By Ed and Kara Springer



Product: Oil of Oregano

Fewer things can be more frustrating and discouraging for avid runners than injuries and/or sickness. These conditions can significantly hinder everything from casual to intense training runs and races. Performance takes a toll and, depending on the severity of the injury or malady, may result in downtime to recuperate. Running intense and/or high miles has been known to break down the human immune system thus making some runners more vulnerable to the gazillions of sicknesses present in our everyday environments. It's one of those ironies of running... the actions required to improve overall running performance make runners vulnerable to conditions that can halt running altogether. After several health related running setbacks over the last couple of years, we started researching immunity boosting options in hopes of finding a miracle food, vitamin, supplement or ritualistic dance with proven immunity boosting properties. After lots of experimentation we would like to mention one commercially available natural substance that we convincingly use on a regular basis.

Oil of Oregano, as the name suggests, is an essential oil extracted from wild oregano herb and contains several key compounds; carvacrols, flavonoids, and terpenes. Carvacrol is a natural phenol that contains powerful anti-microbial activity. Flavonoids provide natural antiseptic properties, and Terpenes (long chain hydrocarbons) are natural anti-inflammatory agents. Studies have shown that these compounds have tremendous strength against harmful microorganisms that cause many illnesses in humans. The oil works as a natural purifier that provides many benefits for human health. We should make one point of clarification. You are not going to get any medicinal effects by eating mass quantities of pizza since Oil of Oregano is derived from different herbs than the cooking spice.

Although multiple sources site numerous benefits there are some common claims. Some of the benefits of Oil of Oregano include:

- Destroys organisms that contribute to skin infections and digestive problems
- Strengthens the immune system
- Increases joint and muscle flexibility
- Improves respiratory health
- Contains antiviral, antibacterial, antifungal, and antiparasitic oil that can reduce pain and inflammation and effectively fight off infections
- Promotes smooth, healthy, and clear-looking skin

Dr. Cass Ingram, physician, educator, and author of "The Cure is in the Cupboard," calls wild oregano "nature's most versatile essential oil" and "a powerhouse for fighting yeast, fungus (skin and blood-born), allergies, hay fever, sinusitis and stopping infections (cold and flu)." Dr. Ingram's experience with the oil's strength comes first hand, as he suffered from a blood-born fungal infection that became incapacitating and only because of the potent antiseptic activity of wild oregano was he able to get back on his feet.

Although Oil of Oregano can also be applied externally for healing and pain relief of bruises, sprains, torn and sore muscles, tendonitis, cramps, carpal tunnel syndrome and other similar injuries, we have not applied it topically. Since we have been known to burn our lips drinking the stuff we haven't felt compelled to apply it directly on our skin, even in a diluted form.

Natural essential oils have their respective side effects and oil of oregano's is its non-receptivity of iron. It is recommended that any regular use be combined with regular consumption of iron supplements. Also, people that have allergies to thyme, basil, mint, or sage may be sensitive to Oil of Oregano as well, since they are in the same family of plants.



Oil of Oregano can be found in almost any natural health or nutrition store, or from online retailers. The most effective form of the oil is derived from *Origanum Vulgare* with carvacrol concentrations of at least 70 percent. We pay a little less than \$30 for a one fluid-ounce bottle, which is 275 servings (approximately four drops) and equates to approximately \$0.11 per serving. (It is also currently on sale at amazon.com for \$16.31)

Since we started using the oil about six months ago, neither one of us has been sick despite being in confined areas, such as airplanes with lots of people coughing, and classrooms with sick students. Although it is difficult to link our good health over the past half year directly to Oil of Oregano, we will continue to use it with high hopes. We will also continue to take the oil as we chase the fantasy that one day we will be able to stretch down and touch our toes... since there are claims of increased flexibility.

If you want to learn more about Oil of Oregano you should consult your local shaman, sorcerer, charmer, healer or try conventional sources such as books and the internet.

References:

<http://www.thewolfeclinic.com/oregano.html>

<http://www.goherbalremedies.com/blog/herbal-remedies-by-oil-of-oregano/>

http://www.homeremediesweb.com/oil_of_oregano_health_benefits.php



Second Annual Indialantic Witch Way 5K Walk/Run

7:30 a.m., Saturday, October 17, 2009

Race Registration Form

Registration and Check-In:

Additional registration forms are available at WitchWay5K.com/register.html, RunningZone.com/calendar, The Running Zone store on Wickham Road, or visit Indialantic Town Hall on 5th Avenue in Indialantic in person. Online registration is available via Active.com. After Tuesday, October 13, 2009 registration will only be available at The Running Zone store on Wickham Road.

We encourage early registrants to help the race organizers by using early packet pick-up which will be available at Running Zone on Friday, October 16, 2009. Day of race registration and check-in for race packet pick-up will be 6:00 a.m. to 7:15 a.m. at race headquarters at Nance Park & the Indialantic Boardwalk, Indialantic Beach.

Application:

Mail 2009 Indialantic Witch Way 5K Race Applications, along with a check made payable to Town of Indialantic to the following address:

Town of Indialantic - Witch Way 5K
216 5th Avenue, Indialantic, FL 32903

Course:

A unique one-of-a-kind course will start at Nance Park and follow Wavecrest, enter the Indialantic neighborhood and take runners through parks and along a shaded bike path and back to Wavecrest to end at Nance Park.

Entry Fees:

Entry fees are non-refundable.

\$25 ages 15 - 64 years —\$30 after 10/1/09
\$20 for 5-14 years & 65 or older—\$25 after 10/1/09

Awards:

Award packages will be given for the following categories (both male and female in each):

Overall - 1st, 2nd, 3rd; Master (40+) - 1st;			
Age Groups - 1st, 2nd, 3rd:			
5-8	9-11	12-14	15-19
20-24	25-29	30-34	35-39
40-44	45-49	50-54	55-59
60-64	65-69	70-74	75+

Ribbons to all participants age 2-5 in Free Kiddie Fun-Run

Directions:

I-95 to Melbourne exit US-192, go east on New Haven Ave. for approximately 5 miles, cross US-1 and Melbourne Causeway to A-1-A, turn left to Nance Park on right.

More information:

For additional information, contact Running Zone at 321-751-8890, or visit us online WitchWay5K.com or RunningZone.com/calendar

To benefit in part:
*The Beautification and Improvements of
Indialantic Elementary Playground Areas*



Age _____ Gender M F

Last Name _____ First Name _____ Middle Initial _____

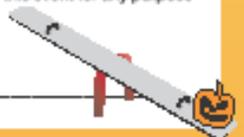
Street Address _____

City _____ State _____ Zip _____ DOB _____

Phone _____ e-mail address _____ Shirt size: S M L XL

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

Applicants signature or
Parent/Guardian signature - under 18 applicants _____



GREENBELT CLASSIC by Jim Schroeder

**as i dozed fitfully
i dreamt of running a Greenbelt Classic Half Marathon PB
under perfectly-azure aussie skies ...**

**(the aussie sky is incredible
i always feel like shredding the bonds of my clothing
jumping up arms out stretched
to bury my whole body in the liquid azure skies
turning several summersaults
that lather my skin with
silky strands of sky
and slowly float down to earth
coated from head to toe with sky-colour
then to lie on my back
day dreaming of the perfect run
basking in the warm sun
soaking in the mystery
and beauty of a running life)**

BUT THEN

SUDDENLY:

**the cruel 5:45am alarm
rudely jars my slumbering form awake
oooooh, is it raining?
am i pardoned from my planned distance run
a necessary checkpoint on the Adelaide Marathon Trail
nooooo ...
clear skies
perfect skies
7th may
seven days in may past by
whoops
different dream ...**

**badly misjudging the jogging time to Lockley's Bowling Club
i reached the closed sign-in table minutes before the greenbelt start
folded-arms Phil
awaiting my lame excuses
"lost?" he puzzled
processing my foreign accent
slowly gauging my pleas
well, ok, just this once ...**

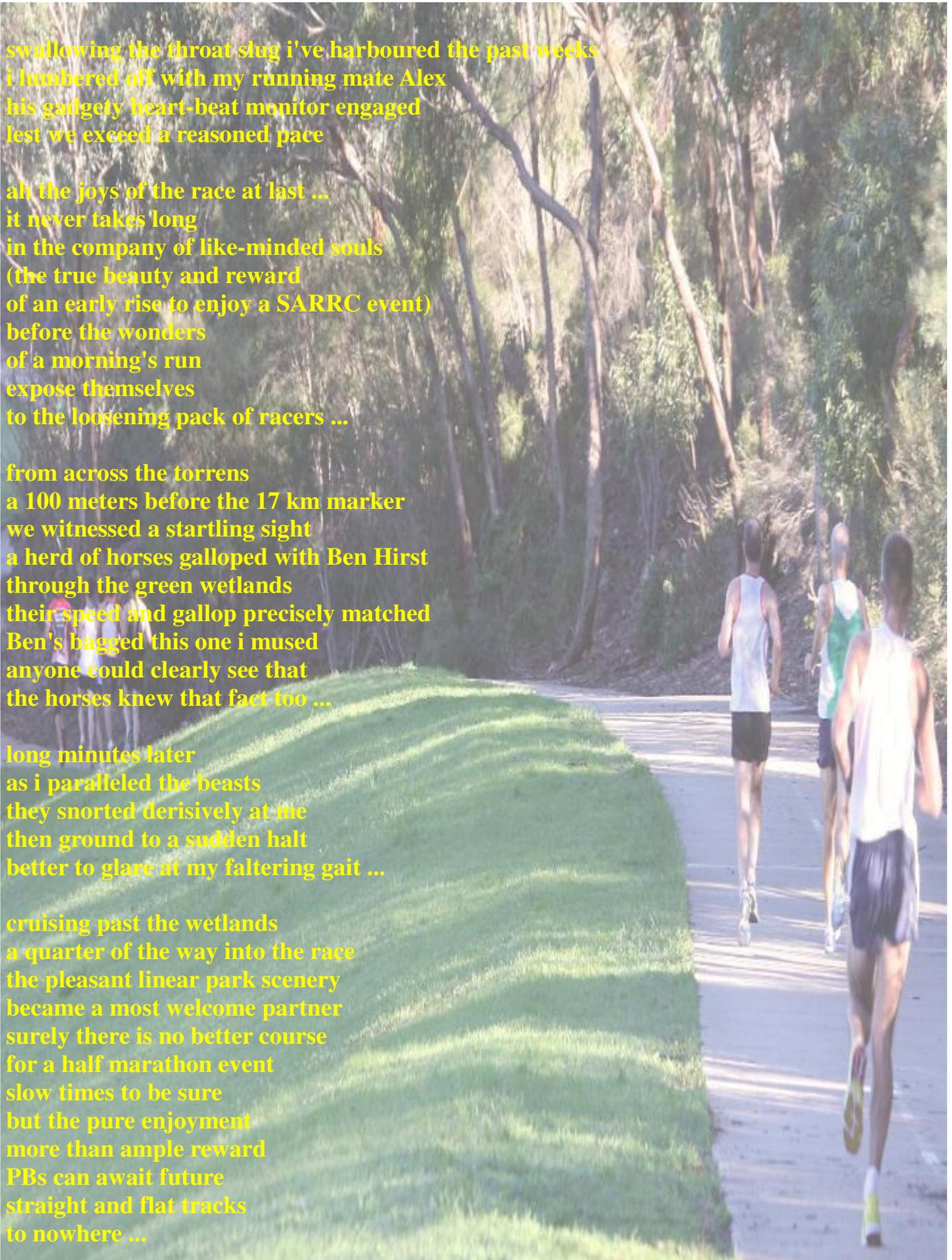
swallowing the throat slug i've harboured the past weeks
i lumbered off with my running mate Alex
his gadgety heart-beat monitor engaged
lest we exceed a reasoned pace

ah the joys of the race at last ...
it never takes long
in the company of like-minded souls
(the true beauty and reward
of an early rise to enjoy a SARRC event)
before the wonders
of a morning's run
expose themselves
to the loosening pack of racers ...

from across the torrens
a 100 meters before the 17 km marker
we witnessed a startling sight
a herd of horses galloped with Ben Hirst
through the green wetlands
their speed and gallop precisely matched
Ben's bagged this one i mused
anyone could clearly see that
the horses knew that fact too ...

long minutes later
as i paralleled the beasts
they snorted derisively at me
then ground to a sudden halt
better to glare at my faltering gait ...

cruising past the wetlands
a quarter of the way into the race
the pleasant linear park scenery
became a most welcome partner
surely there is no better course
for a half marathon event
slow times to be sure
but the pure enjoyment
more than ample reward
PBs can await future
straight and flat tracks
to nowhere ...

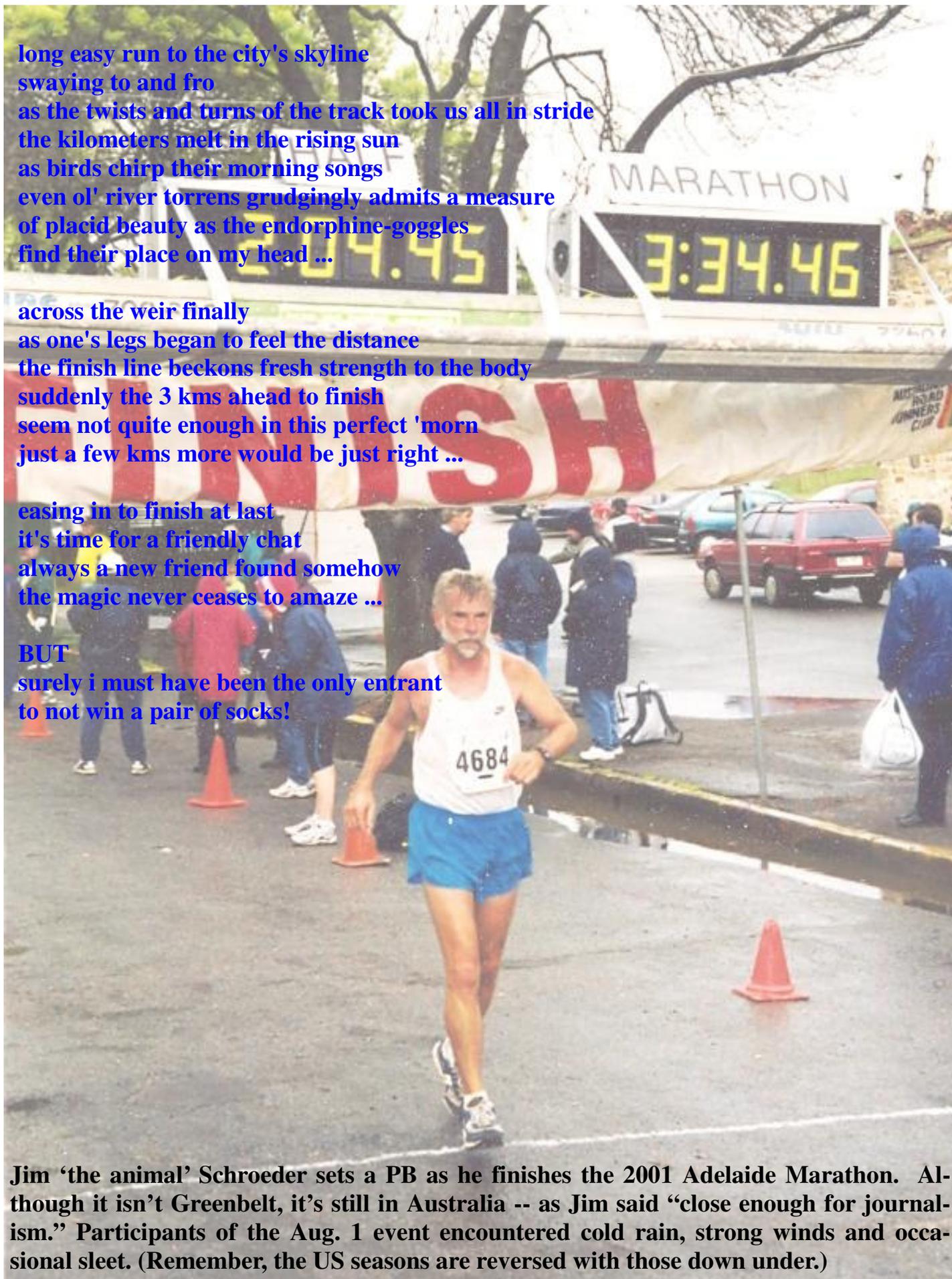


long easy run to the city's skyline
swaying to and fro
as the twists and turns of the track took us all in stride
the kilometers melt in the rising sun
as birds chirp their morning songs
even ol' river torrens grudgingly admits a measure
of placid beauty as the endorphine-goggles
find their place on my head ...

across the weir finally
as one's legs began to feel the distance
the finish line beckons fresh strength to the body
suddenly the 3 kms ahead to finish
seem not quite enough in this perfect 'morn
just a few kms more would be just right ...

easing in to finish at last
it's time for a friendly chat
always a new friend found somehow
the magic never ceases to amaze ...

BUT
surely i must have been the only entrant
to not win a pair of socks!



Jim 'the animal' Schroeder sets a PB as he finishes the 2001 Adelaide Marathon. Although it isn't Greenbelt, it's still in Australia -- as Jim said "close enough for journalism." Participants of the Aug. 1 event encountered cold rain, strong winds and occasional sleet. (Remember, the US seasons are reversed with those down under.)

SCR MEMBER DISCOUNTS

Check out these great local discounts for members of Space Coast Runners! And because your SCR membership also includes membership to the Road Runners Club of America, you are also entitled to further discounts listed on the follow page. If you know of a business interested in giving SCR members a break on cost, contact Patti at PSponsler@cfl.rr.com.



10% off to all SCR members!
www.runningzone.com



10% off annual membership!



10% off* to all SCR Members!
 625 N. Courtenay Pkwy
 Merritt Island, 452-3550
 *bicycles excluded



10% off an 18-class package!
www.getmovingfitness.weebly.com



10% off to all SCR Members
www.sealevelscuba.com



A Better Way to Health
Oldwood Square Business Center
 MM#18973

1 HOUR MASSAGE

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

FRICION. FREEDOM.



25% off to all SCR members! Use code **Run2008** on our site,
www.speedlaces.com



SPACE COAST RUNNERS

As members of Road Runners Club of America
You are entitled to discounts from the following:



www.Active.com



www.marathonandbeyond.com



[www.ConstantContact.com/
index.jsp?pn=roadrunnersclub](http://www.ConstantContact.com/index.jsp?pn=roadrunnersclub)



www.metlife.com



www.Crocs.com
15% online order discount
code: rrca2009



www.ortholite.com



www.fuelbelt.com
10% online discount code:
RRCA



www.RRM.com



www.Gatorade.com

 [http://www.sportsauthority.com/graphics/corp/
runner.pdf](http://www.sportsauthority.com/graphics/corp/runner.pdf)
Click for \$10 off any \$50 on-line purchase



www.Hertz.com
Discount Code 42136



www.Sportscienceusa.com
10% online discount
code: RRCA2009



www.IpicoSports.com
Special pricing for RRCA clubs



www.Womensrunningmag.com



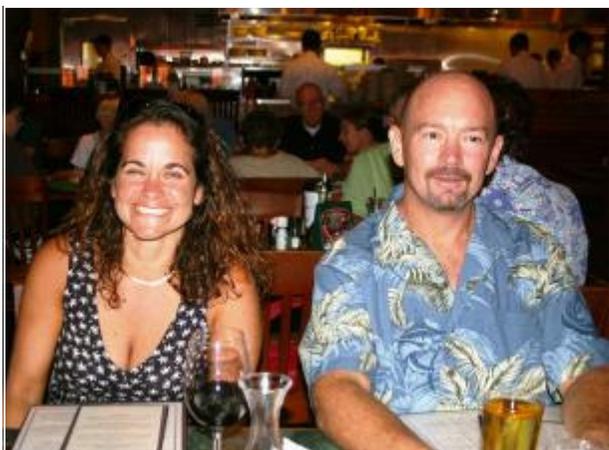
www.KSwiss.com

KEEPING TABS

A HUGE 'THANKS' to everyone who helped with this month's newsletter: Carol Ball, Cyndi Bergs, Melanie Delman, Ron Hoar, Nancy Rowan, Running Zone, Jim Schroeder, Jackie Schmoll, Loran Serwin, Kaitlin Shiver and Ed & Kara Springer,

We all love reading about our members' adventures! If you'd like to share a photos or stories or have some ideas of what you'd like to see in this newsletter, please contact Patti Sponsler at psponsler@cfl.rr.com

WELCOME to NEW MEMBERS Jonathan Dea; David Grant; Scott Krasney; Kimberly McDaniel; Michael Morrison; Andrew, Ryan and William Preston.



Veronica and Tom Sim each celebrate their birthdays this month!

HAPPY SEPTEMBER BIRTHDAY to (1)Natalie Bress, Rachel White (2) Michelle Dalton, Kelly Hedgespeth, Tammie Kovach (3) Morris Johnson (4) Amanda Carrington, Barbara Linton, Roger Rouiller, Linda Scales (5) Darlene Deen (6) David Maltby, Bob Rall, Ellen Webbe (7) Jessica Crook, Rhonda VanEtten (8) Christopher Abreu (10) Katie Norris (11) Philip Smith (12) Steve Chin, Chelsey Joiner, Beth Rieder (13) Shawna Clough, Kelly Hunter, Adam Schiff (14) Sharon Gillette, Al Nuttall, Tom Sanders, Veronica Sim (15) Briana Lorenzi (16) R. C. Koontz (17) Jennifer Sea (18) Tyler Adams (19) Joe Deen (20) Lisa Nieves (21) Ian Cook, Susan Wailes (22) Kyle Butler (23) Linda Cowart, Tom Sim (24) Ryan Barlow, Frank Kapr, Brent Mitchell (25) Mark Pippin, Brian Timmons (26) Barbrette Roth (27) Angela Ferebee, Joseph Nieves, Margaret Racine, James Shaffer (28) Mendi Raymond (30) Hilary Swain.



Kara Neidermeier and Ed Springer were wed Aug. 1. Photo courtesy of Jackie Schmoll.

BEST WISHES to Kara Neidermeier and Ed Springer, who were married on August 1. After the ceremony and festivities, the happy couple spent a week in Saint-Martin chilling out.

We wish the couple many years of love, laughter, health, happiness and personal bests in running and triathlon. We'd also like to say that we are thankful for this union and that Kara took Ed's last name so we will no longer mess up her maiden in future race results and stories.

(Ed & Kara Springermeier perhaps?) :)



GOT TWO CENTS? Put it in at the Space Coast Runners Board meetings. The date and locations have been changed to the third Monday of each month and we will be meeting at 7 p.m. at the Pro Health and Fitness Center on 520 on Merritt Island (across from Merritt Square Mall).



CONGRATULATIONS to Rory Rowan, who graduated Summa Cum Laude from the University of Central Florida in May with a degree in Civil Engineering. He was awarded a prestigious fellowship from the Federal Department of Transportation to pursue his Masters in Urban and Regional Planning at Florida State University. Following graduation, Rory backpacked alone across New Zealand and Australia for six weeks.

RACE CONGRATS:



August 1 Moss Park Forest Run finishers (Orlando) **10K**: Sean Black, 3rd 40-44, 42:20; Steve Chin, 1st 40-44, 37:32; John Davis, 1st 30-34, 37:31; Daryl Gilbert, 1:06:24; Tom Grimm, 1st 60-64, 1:02:50; Martin Isaacs, 3rd 35-39, 49:41; Matt Mahoney, 2nd 50-54, 43:52, left in photo; Rodney Walker, 1:01:08; Robin Weiss, 1:07:15. **5K**: Bradley Blair, 28:20; Daniella Bragg, 36:51; Ken Flieder, 3rd 50-54, 33:25; Teresa Grimm, 43:01; Margarita Martinez, 32:49; Janet McCluskey, 30:45; Michael McCluskey, 28:20; Rose Myers, 36:51; Roger Rouiller, 1st 70-74, 22:18; Vern Thomas, 1st 60-64, 29:19.

August 1 Family Fitness Weekend Sprint Tri Race #5 finishers (Key Largo) Rob Downey, 2nd 55-59, 1:05:12; Garry Branch, 2nd 45-49, 1:07:34; Anne Marie Logan, 1st, Fat Tire-40+ 1:23:06.

August 7 Tour De Pain finishers (Jacksonville: 4-miler, 5K & 1-miler in 24 hours) Janice Denard, 51:36/36:02/9:54; Cindy Nicholas, 49:15/34:44/9:16; Roy Nicholas, 47:27/30:53/8:50; Nancy Rowan, 42:19/27:18/7:28; Roger Rowan, 42:19/27:18/7:28.

August 9 Loggerhead Sprint Tri finishers (Jupiter) Ed Donner, 2nd 30-34 and sixth overall, 1:00:40; Tom Hoffman, 2nd 55-59, 1:11:20; Amanda Rothery, 1:32:42; Eric Rothery, 1:18:29 and Donald Strickland, 1:40:19.



August 15 CFT Sprint Tri #3 finishers (Clermont) Heather Anderson, 5th 30-34, 1:05:34; Danny Barrett, 1st Fat Tire, 59:06; Cyndi Bergs, 1:14:38; Kathy Bryant, 5th 45-49, 1:09:04; Erica Clark, 4th 35-39, 1:06:41; Vanessa Dance, 1:32:09; Brad Dazynski, 2nd 25-29, 51:45; Cheryl Dean, 1:37:50; Sara Enriquez, 1:37:50; Melissa Evziere, 3rd Fat Tire, 1:14:31; Michael Evziere, 1:14:50; David Fernandez, 1:05:36; Chris Gaston, 1:04:03; Daryl Gilbert, 1:15:32; Kelly Hunter, 4th 40-44, 1:05:04; Molly Kirk, 3rd 45-49, 1:06:42; Nicole Kurschat, 4th 35-39, 1:05:53; Doug McMahon, 1:21:51; Joan McMahan, 1:11:56; Cheryl McPhillips, 1:20:25; Charles Mora, 1:13:01; David Pool, 59:4; Keith 'K-Dogg' Potter, 2nd 20-24, 53:36; Carol Scott, 1:27:21; Jill Weyer, 1:11:24; Hillary Willison, 1:16:51; Marian Wittman, 4th 50-54, 1:13:34.

In addition to race hardware, Several locals also returned with OA Series awards (must have completed all races to be eligible) CONGRATS to Heather Anderson, 2nd 30-34 and she raced her mt. bike in the age group; Danny Barrett, 1st Fat Tire; Chris Gaston, 3rd 55-59; Kelly Hunter, 1st 40-44, above in photo; Molly Kirk, 1st 45-49; David Poole, 2nd 45-49; Keith Potter, 2nd 20-24; Bernie Sher, 1st, 70-74.



More multisport news, stories and photos at www.spacecoastmultisport.com

PALMER COLLEGE



PAINT THE TOWNE 5K

RRCA Southern Region 5K Championship

5K Run/Walk • 1 Mile Run/Walk

Toddler Trot • Kids Dash • Kids K

Presented by

**The Daytona Beachcombers
Running Club**

**Sunday, November 8, 2009
8:00 AM**

**Jackie Robinson Ballpark
City Island**

Historic Old Daytona

Since 1958, the RRCA has awarded championship events through a competitive bidding process at the national, regional, and state level to RRCA member clubs and events. The goal of RRCA championship events is to help the host club or event recruit top performing runners, attract sponsors, and improve civic and media support. Championship designation communicates to athletes and the community the race organizers have agreed to follow approved guidelines in the conduct of the event. The RRCA establishes guidelines and standards for championship races, but conduct of the event is the responsibility of the host member.

The North Florida district has been honored to host three of the 2009 Southern Region Championship races; Max Bayne 10-Miler in Clearwater, Fiesta of Five Flags 10-Kilometer in Pensacola, and Palmer College Paint The Towne 5K in Daytona Beach.

Paint The Towne is the next Southern Region Championship event, and the North Florida district and the Daytona Beachcombers cordially invite you and your club members to participate. Some of the awards Paint The Towne will offer include Regional Championship awards from the RRCA for the overall, masters and grandmasters winners, gift cards for the champions presented by Sports Authority, and premiums from Fuel-Belt, Inc. There will also be an overall senior grandmasters' award (not designated as a regional champion) and three-deep awards in the overall and five-year age group divisions.

Paint The Towne is contested on a USATF Certified (FL06006DL) 3.106856 mile loop through historic old Daytona, FL, starting at Jackie Robinson Ballpark, City Island, on Beach St. & Orange Avenue. The event will also include a 1-mile fun run & the Toddler Trot, Kids Dash, Kids K for younger participants.

Colorful long sleeve T-shirts, uniquely designed by artist Susan Bottaro, are guaranteed to the first 450 pre-registered participants.

Information and application/on-line registration at www.daytonabeachcombers.com

HOT RACING IN COOL MAINE

As local runners sweated it out in the simmering summer heat, Nancy, Roger and Rory Rowan found a temporary reprieve from Florida's own special brand of racing hell as they lined up for the 12th Beach to Beacon 10K in Cape Elizabeth, ME on August 1. Temperatures at the start hovered in the mid-60s.

The 6.2-mile run, which began at Crescent Beach and ended at Portland Head Light -- the nation's first commissioned lighthouse -- had about 6,000 runners, and more than 10,000 spectators, making it the largest road race in the Pine Tree State

The Rowan family started out the race together with Rory capturing the event with his camera. Near mile three, however, Roger dropped back and Nancy and Rory continued onward. About a quarter mile from the finish, Rory left his mom and went back to help pace his dad to the finish.

The race, founded by Olympic gold marathoner, Joan Benoit Samuelson and directed by Boston's Dave McGillivray, drew registrants from 16 countries and 43 states. Spurred by a prize purse of more than \$60K -- with \$10K each for the overall male and female winner -- it's no wonder the top 15 finishers averaged less than five minutes per mile along the rolling course.

Kenya's Ed Muge, took top honors again this year, with his 4:32/mile average that gave him a 28:04 victory. Top athletes weren't the only ones to pocket cash, either. Part of the mission of this race is to give back each year to a different Maine-based non-profit youth organization and this year Maine Handicapped Skiing benefitted from a \$30K donation.

Cool congrats to Nancy, who finished in 57:31 and Rory, who hit the line in 1:02:27! At right, Rory captures his mom and dad in the early miles of the race!





www.SpaceCoastMarathon.com

Experience Florida's oldest -- and the nation's only -- space-themed marathon. The beautiful and mostly flat, shaded waterfront course offers 14 unique out-of-orbit aid stations and makes for a memorable Boston Qualifier.

Amenities include long-sleeved technical race shirts; large astronaut finisher's medals, large finishers' beach towels instead of mylar blankets; pace teams to help you set a personal best; a chance to meet astronauts and a festive post-race party including pizza and a pancake, egg and sausage breakfast!

Come see why Runners World magazine rated the amenities of this race as "Best Schwag" in 2007 and the Space Coast Marathon and Half Marathon as "Race of the Month" in 2008.

Complete race information and registration is available on our website.

Come join the fun!

Disney World Marathon

“Florida’s Finest” Team search

Search of Florida residents to race Disney Marathon as Florida’s Finest Team

The Walt Disney World® Marathon Weekend takes place January 7-10, 2010.

The marathon race committee will select Florida residents to compete in the race as part of the Florida’s Finest Team. Florida’s Finest Team Members receive:

- Walt Disney World® Marathon entry
- Florida’s Finest goodie bag
- VIP bus transportation to start
- Seeded number
- A front starting position
- One-room hotel accommodations for two (2) nights and three (3) days
- Two (2) one-day/one-park tickets for Magic Kingdom® Park, Epcot®, Disney-MGM Studios, or Disney’s Animal Kingdom® Theme Park
- Two (2) meals per day
- Invitation to the VIP Reception
- Access to the Hospitality Suite

One to three guests of the Florida’s Finest Team Member will receive:

- Two (2) one-day/one-park tickets for Magic Kingdom® Park, Epcot®, Disney-MGM Studios, or Disney’s Animal Kingdom® Theme Park
- Two (2) meals per day
- Invitation to the VIP Reception
- Access to the Hospitality Suite
- One guest of the Florida’s Finest Team Member will receive entry into the Walt Disney World Marathon, Half Marathon or Family Fun Run 5K (fee is not waived). Guest race application must be submitted by November 15, 2009.

The race committee is currently in the process of selecting this year’s Florida’s Finest Team. Final selection will be made by October 15, 2009. The Team, with a brief biography on each, will be announced in the November/December 2009 edition of this *FLORIDA Running & Triathlon*.

To be considered, athletes must be Florida residents and submit the following by September 30, 2009:

1. Running resume, which includes as many applicant contacts as possible: home address, work, cell and home phone numbers, and e-mail address;
2. Birth date and age on race day, January 10, 2010;
3. Running career highlights;
4. Marathon(s) completed 2006 to 2009 (include race name, date and finish time);
5. Lifetime PRs at various distances (include race name and date of each PR);
6. PRs from 2006 to 2009 if different from lifetime PRs at various distances (include race name and date of each PR);
7. If applicable, master PRs (include race name and date of each PR);
8. If applicable, grandmaster / senior grandmasters PRs (include race name and date of each PR)

Please send application materials via email to: flrunn@cfl.rr.com or mail to: Florida’s Finest, Lorraine Evans, 8640 Tansy Drive, Orlando, FL 32819; Tel 407.352.9131. This magical opportunity is open to all Florida residents. To participate in the 2010 Walt Disney World® Marathon as one of Florida’s Finest, submit the information today.



Running on Island Time 5K

August 22, 2009

Merritt Island, FL



FEMALE

Overall

Nancy Bounanni 20:36
Sue Matschner 21:37:48
Jackie Schmoll 21:40

Master (40+)

Mary Ann Rau 22:45

Grandmaster (50+)

Sue Strout 23:18:91

9 and under:

Claire Cullen 41:18
Emily Bodi 43:09
Haley Nelipowitz 48:37
Rose Emerson 49:12
Erin Cullen 51:46
Jamie Hartley 51:51
Cassie Bodi 52:45:54
Julia Jingle 54:27:98

10-14

Olivia Gehefer 27:30:10
Jennifer Hicks 27:30:25
Eileen Cullen 28:35
Bracie Dunn 28:41:21
Madi Donovan 30:05
Lizzy Hicks 30:17:79
Danielle Spivey 30:24
Christina Hodgkins 30:31:39
Mandy Moss 30:52
Liz Gahres 31:25
Caroline Medelinus 31:26
Megan Fernandez 31:54
Leslie Cooney 33:09
Lauren Pentrack 34:53
Nina Parlapiano 37:46
Ashley Falzoi 41:48:43
Taylor Straney 41:55
Chelsea Richards 42:36
Danielle Iacabucci 42:44
Monica Bursian 42:46
Rebecca Wedow 43:02
Susie Alexander 43:03
Rachel White 43:31
Amaya Beres 45:19:11
Danielle Mendoza 47:46:24
Karen Emerson 47:46:68
Coralee Keehn 48:35
Brandi Giera 49:17
Ashley Kube 49:34
Jordan Iacabucci 51:27:67
Alana Soto 53:38

15-19

Caroline Skahn 28:19
Kaitlyn Cauffman 29:11
Katie Beardall 39:08
Victoria Chitko 36:10
Marie Medelius 39:21
Tory Smith 41:19
Meghan Tezel 41:42
Eileen Huppert 49:59:48

20-24

Katie Handfield 23:51
Kristen Strout 26:53
Jescia Heavey 44:00
Kristen Huppert 49:47

25-29

Cailin Huppert 29:24
Jessica Pokorny 30:54
Annie Kennedy 31:15
Maryann Holt 32:17
Susan Kennedy 36:26:44
Sarah Walthall 42:17:57

30-34

Cristie Sinclair 27:39
Tracy Gregoire 27:52
Christy Black 27:55
Christy Anderson 30:15
Julia Plumley 31:17:00
Wendy Dunegan 32:14:37
Mary Crawford 42:33
Tara Bishop 43:29
Anna Heinely 44:35:31
Susan Grenon 49:48

35-39

Rachel Ryder 25:07
Kolla Kolbeinsdottir 29:30
Cristina Engel 36:26:00
Maite Quinones 41:13
Sabrina Hurt 43:20:55

40-44

Patricia Del Bene 23:57
Paige Sierra 24:43
Ellen Craghead 24:54
Patricia Tezel 25:01
Karen Hughes 25:29
Marisa Flint 27:18
Kimberly Budnick 28:03
Shandy Monborne 28:16
Sharon Gillette 28:41:65
Kim Tillett 30:12:37

40-44 continued

Robin Weiss 30:28
Louise Henrikson 33:38
Jen Bodi 35:47
Kelly Haskins 35:58:07
Caroline Ralieggh 31:03:52
Sharon Loines 38:45
Janet Bainbridge 44:25
Beverly Crowell 48:10:38
Joan Logue 48:10:59
Stacey DeLoche 56:05
CD Weaver 1:01:15:00

45-49

Christy Zieres 26:54
Fiona Wright 27:37
Pam Wheble 28:54
Kuang Beres 29:09:00
Julie Dunn 30:17:40
Rose Tokmenko 31:22
Tracy Petrik 32:42
Karen Richardson 34:21
Ama Willie 37:18
Janice Gagnier 35:54
Kathy Falzoi 42:17:40
Michelle Nelipowitz 43:32
Putrina Heavey 43:51
Katie Cullen 45:18
Andi Blaylock 47:42
Jennifer Skawinski 49:46
Erin Huppert 49:59:73
Helen Iacabucci 51:21:48
Susan Giera 52:24

50-54

Elizabeth Ring 24:49
Marlene White 25:00
Debbie Rescott 27:27
Nancy Sharp 31:09
Ali Peters 35:10:80
Valerie Righenzi 49:44
Jena Tuntas 52:29
Marger Wolf 1:01:15:00

55-59

Susan Blake 35:03
Jan Mrdjenovich 35:52
Franca Kelly 37:17:30
Kathie Underwood 45:19:73
Jan Fancher 45:32
Barbara Durden 59:52
Elsa Valdez 1:01:14:00

60-64

Donna Davis 32:40
 Sue Wojcicki 46:47
 Carol Skagseth 52:45:29
 Cathy Mulqueen 53:03
 Shirley Levens 54:03
 Sarah Oldaker 56:04

65-69

Dee Rosswick 41:12
 Kacee Weber 48:37:37

70-74

Dodee B. Johnson 52:30
 Margaret Cummings 54:27:58

75+

Junetta Asiala 1:01:15:00

MALE**Overall**

Drew Moran 17:47
 Jonathan Brown 17:53
 Cory Sayyeau 17:58

Master (40+)

Art Anderson 18:36

Grandmaster (50+)

Loran Serwin 20:19

9 and Under

Jeffery Gahres 26:33
 Jared Hayes 26:40
 Luke Hodgkins 30:31:85
 Cory Emerson 44:35:53
 Noah Wells 47:41

10-14

John Gahres 23:18:06
 Ryan Huppert 23:47
 AJ Smith 25:19
 Tim Campbell 25:36
 Charles Emerson 25:54
 Tyler Johnson 26:52
 Zach Wells 27:28
 Brandon Fernandez 27:53
 Victor Sierra 28:39
 Clay Tezel 28:45
 Michael Jingle 32:06
 Kevin Tezel 32:18
 Alex Budnick 35:08
 Derek Moss 36:57
 Michael Grenon 37:27
 Jacob Crowell 41:48:27
 Christopher Blaylock 46:03

15-19

Ryan Oates 19:45
 Robert Gahres 19:48
 Daniel Mitchell 20:18
 Josh Motta 21:29

15-19 continued

Donald Gahres 22:24
 Alex Beres 23:10
 CJ Watson 23:28
 Derek Wolf 25:03
 Nick Flint 35:58:55

20-24

N/A

25-29

Travis Hiers 20:26
 Steve Schmoll 23:44
 Jonathan Pokorny 25:18
 Nicholas Mrdjenovich 26:21
 Kyle Groff 29:56

30-34

James Croft 18:12
 Ryan Caudill 22:04
 Jason Hambrecht 22:13
 Daniel Hurst 27:05
 Matt Zuk 27:43
 Daniel Kennerly 36:39

35-39

Howard Kanner 18:52:71
 Kenneth Wright 18:52:99
 Tristan Webbe 20:28
 Javier Soto 26:54
 Galo Aguilar 32:46
 Kevin Gregorie 34:27
 Jim Raleigh 37:13
 Mike Fernandez 43:50

40-44

Chris Loines 21:35
 David Metcalf 21:37:12
 Sean Black 23:38
 David Rodriguez 24:35
 Steven Beres 24:37
 Pat Campbell 25:42
 Dan Cowling 25:45
 George Kirk 26:07
 Tom Moss 30:57
 Albert Sierra 32:12
 Michael Kline 37:19
 Chris Hanger 43:20:70
 Jack Emerson 49:16

45-49

Tony Stokes 20:24
 Dave Hernandez 21:09
 John Santillo 22:30
 Mike Johnson 25:17
 Kurt Tezel 25:23
 David Mailhot 25:44
 Doug Sterling 26:26
 Bill Buonanni 27:04
 Guy Chabot 27:58
 Craig Hodgkins 30:51
 Henry Bursian 32:29

45-49 continued

Doug Keehn 32:43
 Sam Del Rio 32:45
 David Kube 49:35
 Mike Blaylock 46:11
 Bill Alexander 43:20:29
 Brian Bodi 35:10:09

50-54

Michael R. Miller 21:04
 Mickey Wright 24:01
 Eric Skahn 24:47:54
 Gene Grieshaber 24:58
 David Cowling 25:37
 Thomas McKeefery 26:34
 Keith Dutter 27:31
 Rich Warren 28:22
 Pedro Medelius 31:28
 John Peters 35:22
 Alvin Hickw 35:30

55-59

Patrick McKeefery 22:17
 Steve Wojcicki 24:27
 Carl Bonds 24:48
 Rick Wrijil 26:41
 Nick Mrdjenovich 26:44
 Dick White 43:44
 Jim Underwood 45:31

60-64

David Grant 22:07
 Greg McKay 26:20
 Teen Sum 28:46
 Vern Thomas 29:40
 Tom Vani 34:47

65-69

Michael Zeitfuss 22:41
 Gerry Fahey 28:02
 Joe Gasperino 31:03
 Steve Davis 32:30
 Don Dwrden 52:12

70-74

Jim Wair 24:47:06
 Morris Johnson 32:14:83
 Robert Racine 37:03:29
 Rich Smith 40:53
 John Hopkins 52:23
 Mike Murphy 53:06

75+

Jack Lightle 28:09
 Donald Nygaard 30:30
 Henry Campbell 35:00
 William Evans 52:42