

*On-line with the*

# **SPACE COAST RUNNERS**

*Promoting Running and Fitness in Brevard County, FL*

Volume 32, Issue 8

September 2010



**Love turtles? The Sea Turtle Preservation Society needs your help! Check out page 14.**

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## 2010-11: 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](http://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 .psd. Contact Patti Sponsler at psponsler@cfl.rr.com for more information.

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# 2010-2011 SPACE COAST RUNNERS RUNNER OF THE YEAR SERIES

## Running on Island Time 5K

August 21, 2010  
Divine Mercy Catholic School  
Female OA: Jessica Crate, 17:28  
Male OA: Ezekiel Zauner, 17:09

## Chain of Lakes 5K

October 16, 2010  
Time: 8 a.m.  
Titusville  
Marty Winkel, 537-3526  
runsalot@cf.rr.com

## Space Coast Classic 15K And 2-Miler

November 6, 2010  
Time: 7:30 a.m.  
Windover Farms, Melbourne  
Cyndi Bergs, 514-6955

## Space Coast Marathon and Half Marathon

November 28, 2010  
Time: 6:00 a.m.  
Riverfront Park, Cocoa  
Denise Piercy, 751-8890  
www.spacecoastmarathon.org

## Reindeer Run 5K

December 11, 2010  
Time: 8 a.m.  
Cheri Down Park, Cape Canaveral

## Sun n Fun 4-Miler

January 15, 2011  
Time: 8 a.m.  
Port Canaveral  
Marlene White, 783-6535  
marlenewhite@cfl.rr.com

## Tooth Trot 5K

February 12, 2011  
8 a.m.  
BCC Wickham Park Pavilion  
Melbourne  
Jerilyn Bird, gwbooms@aol.com

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

February 26, 2011  
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 2, 2011  
Males: 7:30 a.m.; Females: 8:15 a.m.  
Downtown Melbourne  
Frank Webbe, 674-8104  
webbe@fit.edu

## Space Walk of Fame 8K

April 9, 2011  
Time: 8 a.m.  
Space View Park, Titusville  
Marty Winkel, 537-3526  
runsalot@cf.rr.com

**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 ten races of varying distances that provide a great incentive to get fit!

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>



VOTED ONE OF THE TOP 50 RUNNING STORES IN AMERICA

# **RUNNING ZONE**



***All Your Favorite Brands***

**Shoes • Apparel • Accessories**

**Runners • Walkers • Triathletes**

*Free gait analysis for proper shoe fit.*

**321-751-8890**

**www.runningzone.com**

*We want you to feel good when you exercise!*

**10% DISCOUNT TO ALL  
SPACE COAST RUNNER MEMBERS**

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

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

# THE PASSING LANE

## *With Ron Hoar*

### Jogging, Running, Walking

Suggesting to a serious runner that they try a walk event borders on being sacrilegious. They would quickly scoff at such an idea. A runner feels that walking is a step down--a lesser achievement than running--an admittance that they aren't capable of what they used to do. I can understand that we all want to keep going for as many years as we can with our best effort. No one wants to slow down but it's inevitable.

When I started running in the 70's in Maine, most of us were referred to as joggers. My parents initially referred to my endeavors as jogging. It was only after an extensive use by me of "running" that they began to use that term.

Last May I learned of a walk that Carol Ball and Space Coast Runners were hosting in conjunction with Weight Watchers. There was no other running event that date -- it was at Windover Farms where I live--sooo.....after considerable mental deliberation, I signed up--for the **walk**. It has occurred to me on more than one occasion that perhaps at some point in my life running would no longer be possible and that walking might be an option. I'd thought that maybe I could taper out of my running years with some race walking. But there aren't many pure race walk events.

Prior to the start of the walk, which attracted a much larger group than anticipated, I jokingly asked Jim Van Veen if I needed to be careful to avoid injury.

We headed out--and of course I had to reign in that urge to run. I restrained myself and soon found that I was walking and talking (something I can't do very easily in a running event) with Carol Ball. As most of you know she has been forced physically to walking and her spirit and optimistic attitude has inspired many others.

After reaching the turnaround I decided that when I got to the two mile mark I would walk as fast as I could--my version of race walking. I checked my watch at two miles and then went for it. I pushed myself to the max for that last 1.1 miles completing it in a very satisfying 13:30. Then since it was Sunday and I had forgone my longer (4 to 5-mile) run, I went back out and ran the course--hoping for a better time than in the walk. I did a faster time but not by a great difference.

About 24 hours after the walk I began to feel muscle soreness. Walking at a fast pace uses the muscles differently than does running. For the next couple of days my ankles were an almost constant reminder of that. I couldn't even consider returning to running for a few days even though that may have at least temporarily worked out the soreness.

A jogger of the 70's, turned competitive runner, I found the walk to be exhilarating--as did the unexpectedly large group who participated--many of them experiencing for the very first time the feeling of accomplishment and great satisfaction of completing a 5k walk.

In the final analysis, it's not just about jogging, running or walking--it's about maintaining a healthy aerobic system to sustain a long life. Go for what **you** can do!



# LONG DOGGERS

*Radically Relaxed Grill & Brew*



## BEACH CHALLENGE

5K RUN / WALK

SAT, SEPT 25, 2010

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

**Post-race party with live music of  
over the void**

Indialantic, Fla.

**FREE BEER OR SPORTS  
DRINK TO EACH  
RUNNER**

# Stockholm Midnattsloppet 2010

Photos and story by Marc & Bill Buonanni

What started out as a Father/Son challenge, turned into an experience we will never forget. The challenge was for Marc to obtain academic scholarships to college – and if he was successful, he can choose to study for a semester abroad anywhere in the world. After waiting patiently for three years as a student studying Mechanical Engineering with a minor in International Engineering at UCF – Marc finally got his chance, and he chose Jönköping University in Sweden.

Luckily for Bill, Marc needed support in getting “established” in Sweden – so we planned to arrive in Sweden a week early to get Marc settled and do a little backpacking in Norway and Sweden. In doing travel research, we found out about the Stockholm Midnattsloppet which means “Midnight Run” and it just happened to be on the same weekend we would be in Stockholm.

Here are some of the interesting facts we discovered or experienced. The Midnattsloppet:

- Is a 10K race that is very hilly (about five high points mixed in) and twisty (no flat areas)
- Has 21,000 runners that all must wear the same shirts (neon yellow)
- Actually started at 10 p.m. and not midnight??



Runners - in identical shirts - gather prior to the start of the Midnattsloppet 10K in Stockholm.





**Marc, left, and Bill Buonanni await the start of the 2010 Midnattsloppet in Stockholm.**

- Is really a race for Swedish people – not very international. No language interpretations.
- Had race markers every 1KM, which is strange for us used to the mile markers
- Had music and dancers to motivate us at the starting line – they even did a warm up dance that everyone did together. The music and bass was so loud you could feel it.
- The toughest climb was the equivalent of two consecutive high points that takes you up and around the church in the middle of town that had candle luminaries on each side of the road.
- Had no schwag things – basically you get a t-shirt to wear and a finishers’ coin at the finish line.
- There was an “expression group”

full of runners dressed up in star wars costumes, ballerina outfits, grapes, green man suit....the crowd went nuts for these runners

- There was live music throughout course, including in a tunnel and on a train track with flashing lights.
- The crowd was three-to-five deep the entire length of course – most of the crowd was smoking, it was hard to breathe
- The weather was very warm 29 Celsius or about 85 degrees – which is hot for a night run in Sweden. Bill was squishing at 7KM. We found out later that 2 local people died at the finish line.
- The water stations used water from fire hydrants
- No runners wore compression socks

When the race was over, we regrouped and walked about three miles back to our hostel, passing open-air concerts along the way. We both had relatively slow times but considering the heat and constant hills we were happy. Marc finished in 2,126 out of 21,000 and Bill finished in 7,813rd place. What a wonderful life experience we shared together!



**Midnattsloppet finish line on 14 August 2010.**

25 TH  
**Space Coast Classic 15k  
 & 2 MILE**

**A Space Coast  
 Runner of the Year Event**  
 Proceeds Benefit the Florida Diabetes Camp

**LIMITED TO 500 PARTICIPANTS**

**November 6, 2010**



**RACE WILL BE CHIP TIMED**



**Race Information**

**Race Date** Saturday, November 6, 2010  
**Race Time** 7:30 am - 15k  
 7:35 am - 2 Mile  
 9:15 am - Kids' Runs

**Location** Windover Farms  
 4025 Windover Way, Melbourne

*For safety reasons, no animals, baby joggers, skates, or headphones permitted*

**Kids' Run** 1/4, 1/2, and 1 mile runs for children 12 and under. *This is a Space Coast Runners Youth Series event.*

**Packet Pick-up** All registrations received by November 1, 2010 will be able to pick-up race packets at Running Zone on Thursday 11/4/10 and Friday 11/5/10. Packet pick-up also available race day morning from 6 am—7:15 am.

**Awards**

**15k**

**Overall** 1st, 2nd, 3rd Male & Female  
**Master** 1st Male & Female 40+  
**Grand Master** 1st Male & Female 50+  
**Senior Grand Master** 1st Male & Female 60+  
**Age Group** 1st, 2nd, 3rd Male & Female in five year age groups starting 10-14 through 75+  
**Walkers** Top 10 receive awards

*SCROY points awarded for 15 & over only for 15k*

**2 Mile**

**Overall** 1st, 2nd, 3rd Male & Female  
**Age Group** 1st, 2nd, 3rd Male & Female 9 and under, 10 -14, 15-19, and ten year age groups starting at 20 through 70+  
**Walkers** Top 10 receive awards

**Entry Form**

**Mail** check payable to *Space Coast Runners* to:  
 Space Coast Classic 15k & 2 Mile  
 1170 Granada Ave.  
 Merritt Island, FL 32952

**On-Line** at <http://www.Active.com>  
**Race Day\*** from 6:00 to 7:15 am at the pavilion.  
 \*Shirts not guaranteed with race day registration

**Entry Fees**

	Postmarked by 11/1/10	After 11/1/10
<input type="checkbox"/> 15k or 2 Mile	\$23	\$28
<input type="checkbox"/> SCR member	\$18	\$23
<input type="checkbox"/> No Shirt (must pre-register)	\$15	\$23
<input type="checkbox"/> No Shirt SCR (must pre-register)	\$13	\$18
<input type="checkbox"/> Students thru Grade 12	\$15	\$18

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ SCR Member   
 Email address: \_\_\_\_\_  
 Event(s): 15k \_\_\_\_ Run 15k \_\_\_\_ Walk  
 2 Mile \_\_\_\_ Run 2 Mile \_\_\_\_ Walk  
 Technical Shirt: Pre-register early to guarantee your shirt size! [No Shirt]  
 Adult sizes: [XS] [S] [M] [L] [XL] [XXL]  
 Age on 11/6/10 \_\_\_\_\_ Male Female  
 I hereby release Space Coast Runners, Road Runners Club of America, and other sponsors and officials involved in any and all damages or injuries arising out of participation in the 2010 Space Coast Classic 15k & 2 Mile and further state that I am in proper physical health and condition to compete in said runs. I understand that runners are responsible for knowing the course and race management is not obligated to alter results due to any runner's misperceptions, mistakes, or other circumstances that lead to an error on the course.  
 Signature (parent or guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

**Information:** [mbergs@att.net](mailto:mbergs@att.net)  
[tefooster@cfl.rr.com](mailto:tefooster@cfl.rr.com) or  
<http://www.spacecoastrunners.org>

# INAUGURAL SATURN 5K COMES TO KENNEDY SPACE CENTER NOVEMBER 13, 2010

Kennedy Space Center, Fla. - The sounds of rubber soles pounding the pavement will replace those of thunderous rocket engines on Saturday, November 13 when the Inaugural Saturn 5-k run/walk takes place at Kennedy Space Center Visitor Complex. The historic event marks the first time a public run - routing runners on a course past full-sized rockets, space shuttle components and much more - has been held at Kennedy Space Center Visitor Complex.

Several hundred runners and walkers are anticipated to be on hand for the 7:30 a.m. start that takes participants around the perimeter of the Visitor Complex before bringing them through the Complex and a glorious photo finish in the Rocket Garden.

The Saturn 5K is created and owned by Smooth Running, the producer of the Melbourne & Beaches Music Marathon Weekend and several other of East Central Florida's biggest and most prestigious running and multi-sports events. "The space program is an integral and vital part of our community," said Smooth Running Principal Mitch Varnes. "I am proud to be able to produce this run and at the opportunity to introduce many, many people to a bit of space history and to Kennedy Space Center Visitor Complex."

The Saturn 5k, named after the mammoth rocket which carted Apollo astronauts on their way to the moon, is presented by Lighting Science Group. "We are excited to be a part of this inaugural event and very happy to support local activities that promote a healthy lifestyle, as well as such important charitable benefactors", said Zach Gibler, Chief Executive Officer, Lighting Science Group.

"It is really exciting to see something like this at Kennedy Space Center Visitor Complex," said Space Coast Office of Tourism Executive Director Rob Varley. "What runner wouldn't be excited about the chance to run past all the exhibits and then onto a finish in the Rocket Garden. This is another one-of-a-kind event for us that should draw in lots of runners from many areas."

In addition to the Saturn 5k, the event will feature the Space Coast Company Challenge and the Space Coast School Challenge. Businesses and schools are encouraged to pull together teams for some weekend camaraderie and bragging rights as the school with the most students and staff participating will receive a check for \$500.00. The business with the most employees entered in the run



**Space memorabilia will keep the course interesting for those who participate in the inaugural Saturn 5K at Kennedy Space Center.**

will receive a check for \$500.00 to be given to the charity of its choice. The company and school deemed to have the most spirit at the race will each take home the Space Coast Cup.

"We are very excited to be hosting the Saturn 5k, providing an awe-inspiring location for this inaugural event," said Annette Hogan, Director of Sales and Marketing at Kennedy Space Center Visitor Complex. "What a fun, healthy and educational way for runners and their families to spend a Saturday morning."

In addition to donations being made on behalf of the Space Coast Business and School Challenge, the Saturn 5k has chosen Make A Wish of Florida and Florida Today's Reaching Out Fund to be charitable beneficiaries of the run.

Lighting Science Group's title sponsorship aside, the event enjoys additional support from Kennedy Space Center Visitor Complex, Florida Today, the Space Coast Office of Tourism, State Farm, Ocean Potion, Craig Technologies, Space Coast Credit Union and Brevard Physicians Network.

For additional information on the Saturn 5k and the Space Coast Company and School Challenges, please visit [www.spaceraceksc.com](http://www.spaceraceksc.com) Online registration is also available at the event website.



**Runners and walkers will be able to site on historical missiles to guide them to the finish line of the Saturn 5K at Kennedy Space Center on Nov. 13.**



AN INAUGURAL PUBLIC RUN  
at  
KENNEDY SPACE CENTER VISITOR COMPLEX

# S A T U R N



## Make History at the Saturn 5k!

- Run or walk by a full-scale Space Shuttle mock-up, T-38 jet, Astronaut Memorial and more en route to a glorious finish in the Rocket Garden
- Race Start Counted Down by a veteran Space Shuttle Launch Commentator
- Free Rocket Garden Kid's Run
- Awards presented by a veteran NASA astronaut
- Event tee-shirts and post-race fruit and drinks to all runners
- Encased commemorative race coin produced by the Highland Mint to all registered runners!

**PARTICIPATE & WIN \$500!**

**SPACE COAST COMPANY CHALLENGE  
SPACE COAST SCHOOL CHALLENGE**

Winning team receives money donated to school or charity of choice\*



**Saturday, November 13, 2010**  
Countdown for a 7:30am Start  
Kennedy Space Center Visitor Complex

For more information & online entries visit:  
**spaceraceksc.com**

Presented By:  
**LightingScience**

Additional Sponsorship By:



Presented by:



Benefiting:

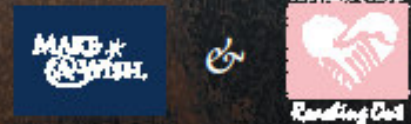


Photo Manipulation. Image courtesy of NASA

# KEEPING TABS

A huge **THANKS** to all those who helped with this month's newsletter including Carol Ball, Bill and Marc Buonanni, Ron Hoar, Tom Hoffman, Loran Serwin



**CONGRATS** to all those who participated in the **Moss Park Forest Run weekend** on Aug. 6-7.. Athletes had their choice of a 10K and/or 5K on both Friday evening and Saturday morning. Those who completed both the same-day races earned special 'double-dare' awards. Local finishers of **Friday's 10K** (97 total finishers) included Dave Chapman, 2nd 35-39, 43:39; Felicity Cunningham, 3rd OA, 49:53; Jim Cunningham, 2nd 55-59, 46:23; Dianne Klazon, 1:13:52; Janet Letchworth, 1st 45-49, 1:26:07; Lynda Markham, 2nd 65-69, 1:29:37; Matt Mahoney, 1st, 50-54, 40:42; Dillon McGee, 1st OA, 35:32; Michael Miller, 1st 55-59, 45:49; Jeff Murphee, 3rd 505-4, 1:08:34; Rachel Rayburn, 1st 25-29, 1:00:10; Jordan Sandberg, 1st 15-19, 1:10:45; Barbara Widerman, 1:02:54. **Friday's 5K** (108 finishers) locals Felicity Cunningham, 1st 35-39, 24:16; Jim Cunningham, 1st 55-59, 22:31; Matt Mahoney, 1st 50-54, 20:54; Michael Miller, 2nd 55-59, 23:33;

Kasey Potter, 42:53. **Friday's Double Dare** (33 total) local finishers Felicity Cunningham, Jim Cunningham, Matt Mahoney, Michael Miller. Local finishers in **Saturday's 10K** (135 total finishers) included Cynthia Broome, 1st 45-49, 53:03; Jo Connell, 1:06:43; Daryl Gilbert, 1:06:23; Joan Meadows, 1st 50-54, 59:27; Stacey Smith, 3rd 45-49, 57:44; Traci Stiffler, 1:02:24. **Saturday's 5K** local finishers (144 total) included Cynthia Broome, 1st 45-49, 28:58; Roberta Chaidin, 2nd 55-59, 38:53; Daryl Gilbert, 41:38; Juan Gonzalez, 31:09; Joan Meadows, 2nd 50-54, 32:29; Michelle Radford, 37:42; Tara Radford, 44:53; Katherine Stresau, 40:54; Kurt Stresau, 27:06; Christina Vieira, 2nd 15-19, 31:09. Saturday's Double Dare finishers (20 total) Cynthia Broome, Daryl Gilbert, Joan Meadows. (**Above, left, Joan Meadows and Cynthia Broome display their Double Dare hardware!**)

**CONGRATS** to local **Celebration of Running 5K** finishers (Aug. 14, Orlando, 1,540 total finishers) Cindy Bailey, 36:19; Jessica Blanton, 24:47; Lois Boisseau, 27:27; Judith Law, 39:46; Jeremy Phelps, 20:57; Richard Segura, 23:22; Kaitlin Shiver, 1st OA, 17:45; Nicole Tarbox, 44:52; Tjeerd Visser, 29:08.



**CONGRATS** to Matt Mahoney, who finished the **Leadville 100** in 29:51. Those who beat the 30-hour cut-off time earned the coveted buckle. If you want to blow your mind, read Matt's account of his Colorado 'vacation' at <http://www.mattmahoney.net/2010/> Next time you see him, tell him 'congrats' and 'thanks' as he is the guy who compiles all the race results and hosts the SCR Yahooo chat site!

## TURTLE KRAWL



2010

Oil spills, high-tide inducing hurricanes, lots of garbage in the ocean... it's a wonder we are still blessed with any magnificent sea turtles in our waters.

We can all thank the Sea Turtle Preservation Society for much of the turtle's sustainability.

Join them at Nance Park in Indialantic on Sept. 18 for the **Turtle Krawl 5K walk/run**. This is NOT the old race that allowed skaters and bikers on the course. All proceeds will benefit our flippered friends and all participants will receive beautiful tech race shirts with the Mike 'Nemo' Nemich art (at left); reusable eco-friendly race bags; Pizza Gallery & Grill breakfast; chip timing and, if you're one of more than 100 winners, a uniquely stunning medal. Complete race information and registration is available at [www.turtlekrawl.com](http://www.turtlekrawl.com) See ya there!

# Space Coast Marathon & Half Marathon

The only Space-themed Marathon & Half-marathon on the Planet



Pre-race pasta dinner at Kennedy Space Center

**November 28, 2010 ★ Cocoa, Florida**

- ★ **NEW FOR 2010:** Health & Fitness Expo and Pre-race Dinner at Kennedy Space Center Visitor Complex
- ★ Visit America's premier space location
- ★ Space-themed event, activities & photo ops
- ★ Astronaut medals & space certificates for all finishers
- ★ Opportunity to win tickets to "Astronaut Training Experience (ATX)"
- ★ Kennedy Space Center Visitor Complex admission discounts to all participants
- ★ Beautiful waterfront course
- ★ Dick Beardsley – Keynote Speaker
- ★ A full pancake, egg & sausage breakfast and pizza for all finishers
- ★ Set a PR with this year's PaceTeams!
- ★ Large beach towels with race logo for all finishers

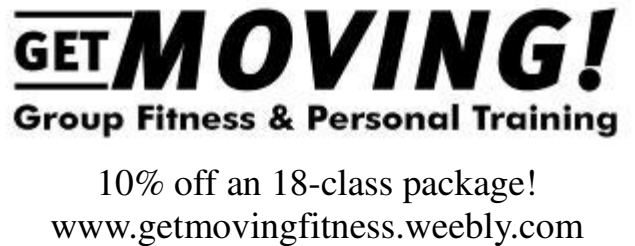


Register online now at  
[SpaceCoastMarathon.com](http://SpaceCoastMarathon.com)  
321-751-8890



# 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](mailto:PSponsler@cfl.rr.com).



**WHOLESALE NUTRITION PRODUCTS**  
**40-70% OFF retail everyday**  
**PLUS an EXTRA 15% off for**  
**SPACE COAST RUNNERS**

200 S. Miramar Ave. Indialantic  
(across from Wendy's)  
321.727.1170

GU, Cliff, Hammer, Endurox, First Endurance & more!

FRICION. FREEDOM.



**25% off to all SCR members! Use code Run2008 on our site,**  
[www.speedlaces.com](http://www.speedlaces.com)





SCR members receive a **10% discount!**  
 602-B Brevard Ave., Cocoa, 321.806.3935



Courtesy of Pete Carabetta. Thanks, Pete!

To show our appreciation, we want to give you \$1 off our new Purple Lock Laces and also any other color of Lock Laces that you purchase from now on. All you have to do is put the word

"REPEAT" in the customer code box when you order online via our website [www.locklaces.com](http://www.locklaces.com).

Feel free to give this code to your family and friends as well so that they may receive the discount too for knowing such a cool person like you!



Right now you can get Running Times for just \$1 an issue!

Running Times is dedicated to the front of the pack ... to runners like you who live for the challenge and competition. Each issue provides insight and inspiration from the world's best runners and all you need to know about the racing scene, along with tips from top coaches, scientists, and athletes on how to take your running to a new level.

Through this online offer, you can take advantage of this special rate of just \$1 an issue. That's an **80% savings off the cover price.**

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... Because life is not a sprint, it's a marathon

**Robert J. Rall, CFP®**  
 A financial industry veteran for nearly two decades, Bob founded Rall Capital Management to offer investors his prudent Asset Class Management process within a fee-only environment.



Bob is a proud member of Space Coast Runners and the 50 States Marathon Club.



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 Merritt Island, FL 32953  
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# SPACE COAST RUNNERS

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



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



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



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



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



[www.Crocs.com](http://www.Crocs.com)  
15% online order discount  
code: rrca2009



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



[www.fuelbelt.com](http://www.fuelbelt.com)  
10% online discount code:  
RRCA



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



[www.Gatorade.com](http://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



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Discount Code 42136



[www.Sportscienceusa.com](http://www.Sportscienceusa.com)  
10% online discount  
code: RRCA2009



[www.IpicoSports.com](http://www.IpicoSports.com)  
Special pricing for RRCA clubs



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



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



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OUC Half Marathon and 5K**



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Orlando in December! What a great place for your personal best. Register today for this 34-year-old Orlando tradition.

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- The Finish Line Fiesta offers entertainment, food, beverages and a beer garden
- Half Marathon participants will receive an upgraded performance shirt
- 5K participants will receive an OUC 5K t-shirt
- All runners will also receive an OUC Half Marathon or 5K Finisher medal upon completion of race



A Florida Citrus Sports Event



All proceeds benefit the Florida Citrus Sports Foundation MVPs.



# A Mile With... Thaddeus Austin



**Name:** Thaddeus Austin

**Number of Years Running:** I began running on July 5, 2008 after a 1.5-mile walk on the beach.

**Began Running Because:** When I finished reading the book “The 4-Hour Work Week” by Tim Ferris I decided to cancel my cable and join a gym. It didn’t take long for me to discover I have a deep and abiding hatred for indoor cardio, and running the streets was the best alternative to shed the weight.

**I knew I was Hooked When:** In the pitch black of a winter morning with sleet pouring down the beach and still there I was; bombing down the beach in my winter wear; completely frozen yet totally content.

**Race PRs (personal records):** 2-mile: 11:05; 5K: 17:31; 10K: 37:03; Half-Marathon: 1:23:46; Marathon: 2:54:31.

**Most Satisfying Race Performance:** 2010 Disney Marathon. I entered with a light injury to my right Achilles thinking there was no hope of competing. I started in the last wave with the walkers, but after a mile I lost my patience and ran in the grass for most the race. My time was 3:06:17 at the end.



**Favorite Race:** 2010 Gasparilla Marathon in Tampa. Great course.

**Favorite Place to Run:** I love River Road in Cocoa Before dawn. In the spring or fall the smells of the season really come alive, and it is intoxicating to watch the sun rise with those smells being carried about on the breeze.

**If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive:** Anyone who has held the office of the President of the United States.

**Funniest or Oddest Thing I’ve Seen While Running:** Me...every time I have a near-fall. My arms flail and my feet slap the road like I have never walked before!

**One Piece of Advice That I Would Give to a New Runner:** Get out the door. Don’t take any time off, walk if you are injured. Do five blocks if you don’t have time for two miles. Lie to yourself if you must, but get out the door!

**Favorite Meal:** After a hot run there is nothing better than cottage cheese and frozen blueberries. After a marathon, the Chinese buffet is the best.

**Above: Thaddeus earns a flag for his 2nd place finish in the 30-34 age group at Running Zone’s Firecracker 5K on July 3 in Melbourne. Barry Jones photo.**



**CAPE CANAVERAL'S 15<sup>TH</sup> ANNUAL REINDEER 5K RUN/WALK FOR  
UNITED WAY OF BREVARD COUNTY**

\*\*\*\*\*

**L-O-N-G SLEEVED RUNNING SHIRTS, REFRESHMENTS, KIDS FUN RUN,  
AWARDS, DOOR PRIZES AND A SPECIAL APPEARANCE BY SANTA CLAUS**



**LOCATION:** CHERIE DOWN PARK, CAPE CANAVERAL, FLORIDA,  
\*\*PARKING AT CAPE VIEW ELEMENTARY,  
8440 ROSALIND AVENUE\*\*

**TIME:** 8:00 A.M. 5K RUN/WALK  
9:00 A.M. SCR YOUTH SERIES RUN  
(¼ mile, ½ mile & 1 mile fun runs)  
(FREE to kids 10 & under)  
9:15 A.M. PRESENTATION OF AWARDS  
9:45 A.M. DOOR PRIZES

**DATE:** SATURDAY, DECEMBER 11, 2010

**PACKET PICKUP:** FRIDAY, DECEMBER 10, 2010  
RUNNING ZONE (across from BCC on Wickham Rd.)

**PRE-REGISTRATION FEE:** **\$25.00 – BEFORE DECEMBER 4, 2010**  
(Space Coast Runners will receive \$1.00 discount – Pre-Registration Fee Only)

**ON-SITE REGISTRATION FEE:** **\$30.00**

**RAIN OR SHINE!!**

Complete this Pre-registration form, attach your check made payable to **City of Cape Canaveral**.  
Mail to: United Way of Brevard County, Attn. Suzanne Sparling, 937 Dixon Blvd. Cocoa, FL. 32922

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M.I. \_\_\_\_\_

Address \_\_\_\_\_

Telephone (Home) \_\_\_\_\_ (Office) \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Running \_\_\_\_\_ Walking \_\_\_\_\_

Age on 12/11/10 \_\_\_\_\_ D.O.B. \_\_\_\_\_ T-Shirt Size S M L XL XXL (Circle One)  
**\*\*The First 400 Registrants Receive T-Shirts\*\***

**Restrictions:** For safety reasons, bikes, in-line skates & skateboards will not be allowed in the race.

In consideration of my entry being accepted, I intend to be legally bound and do hereby for myself, my heirs, my executors, waive and release all rights and claims for damages which I may have or which may hereafter accrue to me against the City of Cape Canaveral, its tenants, and sponsors of the Reindeer Run, United Way of Brevard, their respective officers, agents, directors, representatives, successors and assigns for any and all damages or injuries which may be sustained and suffered by me in connection with my association with or entry or participation in the 15<sup>th</sup> Annual Reindeer Run 5K Run/Walk. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. I HAVE READ THE ABOVE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signed \_\_\_\_\_ Date \_\_\_\_\_  
(Signature of parent or guardian is required if participant is under 18 years of age)

Another SCR field trip....  
**GIRLS WEEKEND OUT!**

**Race at a Glance:**

**Date/Time:** Sunday November 21, 2010, 7 a.m.

**Course Time Limit:** Walkers welcome! Participants must maintain a 20-minute-per-mile or less pace.

**Hotel:** Many SCR ladies are registered at Hotel Indigo, one of the three host hotels listed on the website. Come join us!

<http://www.womenshalfmarathon.com/stpetersburg/>

St. Petersburg, FL  
**NOVEMBER 21, 2010**

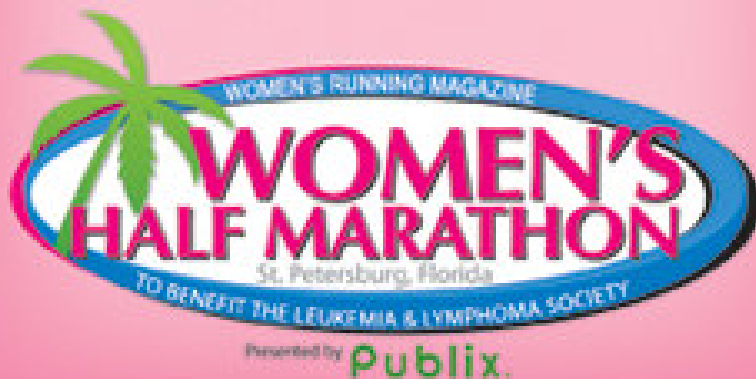


2010 Race medal and necklace



The Ultimate Goodie Bag

All half marathon participants will receive the ultimate goodie bag—a reusable, recycled designer tote bag.



# SPACE COAST RUNNING REPORT

## On 94.1 FM

Central Brevard County residents can hear the Space Coast Running Report on Windover Farms Radio - 94.1 FM.

Hear two different reports each week:

- + The Monday-Tuesday report provides weekend race results, upcoming races, interviews, high school results
- + The Thursday-Friday report will promote upcoming races, race series standings, interviews, high school running news

The 36-week series runs Aug 16-Dec 21 and, after a hiatus, from Jan 17-May 17

### AIR DAYS

Monday

Tuesday

Thursday

Friday

### TIMES

4:45, 5:45 PM

6:45, 7:45 AM & 4:45, 5:45 PM

7:45 AM & 5:45 PM

6:45, 7:45 AM & 4:45 PM



# NOW ON FACE BOOK



Thanks to Bob Maggio and Tammy Foster, Space Coast Runners now has a presence on Face Book. With this almost real-time medium, we can all keep up-to-date on the latest club happenings; set up workouts, talk with one another, share photos and provide feedback to the Board. Come join us!

[www.facebook.com/group.php?gid=62598104088&ref=ts](http://www.facebook.com/group.php?gid=62598104088&ref=ts)

During the past couple of years, we've seen a huge increase in the number of Space Coast Runners' members getting into multi-sport. As people continue to figure out the benefits of cross-training, we expect the numbers in our club who give multisport a try (or tri) to increase.

THE TRI ANGLE section of our newsletter focuses on multisport and those accomplishments of our members. Please feel free to share with us your stories, experiences, photos, training groups and tips. Send info to Patti at [psponsler@cfl.rr.com](mailto:psponsler@cfl.rr.com)



**CONGRATS to Family Fitness Weekend triathlon** finishers at Ft. DeSoto (St. Petersburg, Aug. 21: .25s/10b/3r, 730 total finishers) Garry Branch, 1:10:30, Sean Cannie, 1:26:29; John Davis, 1:06:24; Rob Downey, 2nd 60-64, 1:04:28; Jessica Hinkle, 1:18:05; Debra Johansen 1:12:52; Erika Johansen, 1:47:57; Christine Lipire, 1:26:12; Andrew Michalets, 1:08:21; Willy Moolenaar, 1st 65-69, 1:38:05; Sandy Rappel, 1:15:19; Loran Serwin, 3rd 55-59, 1:06:23; Christy Zieres, 3rd 50-54, 1:13:38. **Family Fitness Weekend duathlon** finishers at Ft. DeSoto (St. Petersburg, Aug. 21: 1/10/3, 64 total finishers) Joan Meadows, 2nd 50-54, 1:13:01.

With only two races left in the nine-race series, Satellite Beaches Garry Branch, left, is in second in the 55-59 age group; Melbourne Villages Rob Downey is in third in the 60-64 and Merritt Island's Teresa Williams and Palm Bay's Sue Stidham are in first and second place, respectively, in the women's Athena category.



**Fall Triathlon Festival Sprint Tri** finishers at Moss Park (Orlando, Aug. 21: 750/12.4/2.75, 228 total finishers) James Baker, 1:20:29; Jerry Bird, 1st 55-59, 1:09:49; Stephanie Bird, 1st 20-24, 1:13:54; Randal Crosby, 1:45:46; Daryl Gilbert, 2nd Clydesdale 40+, 1:28:00; Tristan Kattenbag, 1st 14 and under, 1:12:11; Lohn Lamothe, 1st Clydesdale 39 and under, 1:10:27; Mike MacCain, 3rd 40-44, 1:15:15; Marja Sprock, 1:22:56. **Fall Triathlon Festival Olympic Tri** finishers at Moss Park (Orlando, Aug. 21: .93/24.8/5.6, 107 total finishers) David Day, 2:12:11; Jesse Delia, 1st 35-39, 1:59:22; Lori Kruger, 2nd 45-49, 2:23:28; Phil Mazzella, 3rd 30-34, 2:11:57. Left, Stephanie and her dad, Jerry Bird, at Moss Park - each won their age groups.



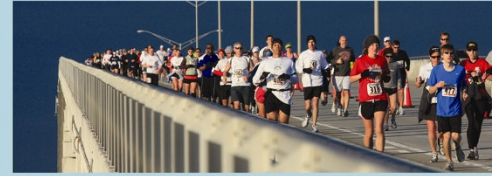
**Hammerhead Olympic Triathlon** finishers at Camp Blanding (Aug. 29, .93/24.8/6.2, 315 total finishers) Chris Crotty, 1st Athena, 3:09:25; Ed Donner, 1st 30-34, 4th OA, 2:09:36; Kenton Harris, 1st 20-24, 2:15:39; Vic Propst, 2:59:47; Michael Schultz, 3:01:08; Kaitlin Shiver, 1st OA Female, 7th OA, 2:11:45 - nine minutes in front of 2nd female overall). **Hammerhead Sprint Triathlon** finishers at Camp Blanding (Aug. 29, .5/12.4/3.1, 154 total finishers) Angie Preston, 1st 40-44, 1:16:14; Will Preston, 1:24:17. (Angie and Will Preston, left)



**Got Kids? Running Zone's Salty Dog Kids' Duathlon** is a perfect way to introduce your child to the run/bike/run world of multisport. The race, which is part of the Health First Health Plans triathlon weekend, kicks off at 9:30 a.m. on Oct. 2. Also on the same morning, Running Zone is offering the Pirates Plunder 2-miler at 7:30. Info at [www.runningzone.com/series/](http://www.runningzone.com/series/)



JOIN RUNNING LEGENDS KEITH BRANTLEY, ZOLA BUDD, BILL RODGERS, FRANK SHORTER & MORE AT EAST CENTRAL FLORIDA'S PREMIERE DISTANCE RUNNING EVENT



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- BILL RODGERS



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(This application was printed on recycled paper)





# RUNNING ON ISLAND TIME 5K

## August 21, 2010

### Merritt Island, FL



More than 330 athletes crossed the finish line of the Running on Island Time 5K. SCR wants to thank Kara Springer and her group of great volunteers for providing such an outstanding first race in the 2010-2011 Space Coast Runners Runner of the Year Series.

Near the finish, Covenant Christian senior Ezekiel Zauner made the break, taking the win in 17:09. Last year's Series champ, John Davis, out-kicked his training bud, Steve Chin, to take second place in 17:12. Chin grabbed third in 17:13.

Finishing fourth overall, Viera's Jessica Crate took the ladies win in 17:28. Almost two minutes passed before Cocoa Beaches Ceal Walker came in at 19:20, taking second place. Alexa Gemma was third in 29:09.

SCR would welcome your stories about our Series races and your photos. Send them to Patti Sponsler at sponsler@cfl.rr.com. All Running on Island Time 5K photos courtesy of Robin Hernandez.

#### Female Overall

17:28 Jessica Crate  
19:20 Ceal Muldoon Waller  
20:09 Alexa Gemma

#### Female Masters Overall (40+)

20:41 Sue Omalley

#### Female Grand Master Overall (50+)

20:46 Karen Minor

#### Female Senior Grand Master (60+)

22:15 Anne Dockery

#### Female 9 and under

31:10 Nyssa Holmquist  
31:58 Isabel Sierra  
34:14 Isabella Kube  
37:24 Trinity Stenger  
41:34 Cassie Bodi  
45:24 Isabel Gonzalez  
47:41 Ashley Aiken  
47:45 Emma Fernandez  
51:58 Danielle Grenon

#### Female 10-14

20:57 Althea Hewitt  
23:39 Emma Grimes  
24:26 Eileen Cullen  
25:07 Nina Li  
26:02 Caroline Cubero  
26:48 Jennifer Hicks  
27:27 Claire Cullen  
29:06 Danielle Spivey  
29:24 Lizzy Hicks  
29:28 Gracie Dunn  
31:05 Danielle Mendoza  
35:30 Georgia Grimes  
38:25 Emily Bodi  
38:32 Leah Biamonte  
39:27 Kaia Holmquist  
40:34 Jordan Iacabucci  
43:02 Mady Bodi  
44:13 Rachel Biamonte  
45:01 Madeline Davidson  
46:02 Ashley Kube  
46:02 Erin Cullen  
46:37 Marissa Grenon  
47:18 Riley McDonald  
55:19 Dona Stees

#### Female 10-14 (continued)

56:31 Rachel White  
1:04:54 Caroline Medilus  
1:05:00 Megan Fernandez

#### Female 15-19

20:49 Danielle Lusk  
20:51 Elizabeth Harper  
22:25 Leah Harpole  
22:26 Amanda Sebetka  
23:17 Julia Magill  
26:15 Megan Zimlich  
30:23 Shea Cullen  
31:49 Marie Medelius  
33:30 Mandy Moss  
36:12 Nicole Weisenberger  
41:42 Hannah Slaughter

#### Female 20-24

29:45 Michele Gray

#### Female 25-29

23:55 Layla Higgins  
28:05 Kimberly Yates  
28:12 Erin Bowman



Jessica Crate, Steve Chin



Non-grope group



Race Director, Kara Springer

**Female 25-29 continued**

29:19 Laura Andreski  
 31:52 Jennie Wetherington  
 31:56 Lauren Hubbard  
 32:52 Ashley Babick  
 32:54 Wendy Wheeler  
 38:19 Jacque Gilliam  
 46:28 Natalie Douglas

**Female 30-34**

25:08 Kate Howick  
 25:27 Cristie Sinclair  
 25:45 Cara Hipolito  
 25:52 Christy Black  
 26:08 Jackie Schmoll  
 26:21 Casey Gilbert  
 26:29 Jane Sagorski  
 27:25 Rene Dunne  
 28:53 Julie Ball  
 30:00 Radhika Pasricha  
 30:15 LeAnn Castner  
 31:44 Michelle Maddex  
 32:16 Julia Plumley  
 33:02 Charlene Harmon  
 33:38 Amanda Pearson  
 34:44 Jessica Beal  
 37:50 Madula Pottathil  
 38:18 Heide Cabrera  
 39:35 Joanna Seigal  
 44:14 Ragan Krupp  
 46:36 Marian Jaraplasan  
 48:52 Mary Crawford  
 52:16 Susan Grenon

**Female 35-39**

21:06 Tammy Foster  
 21:53 Lisa Petrillo  
 23:01 Devra Fain  
 25:07 Christy Tagye  
 25:27 Cindy Werling  
 27:44 Donna-Marie Hamilton  
 28:14 Daisy Mueller  
 30:29 Stephanie Legare  
 30:39 Tadzia Thurn  
 30:56 Sara Wamsly  
 32:09 Cristina Engel  
 32:36 Wendy Dunegan  
 33:51 Katie Boyer  
 33:58 Maite Quinones  
 34:17 Allison Stauffer

**Female 35-39 continued**

36:59 Amber Arnold  
 37:08 Scarlen Davidson  
 38:09 LeeAnne Herold  
 39:34 Krista Force  
 55:13 Susan Deloche

**Female 40-44**

21:19 Barbara Krause  
 22:36 Sandra Gannon  
 22:58 Angie Preston  
 23:36 Mary Hofmeister  
 24:14 Ellen Craghead  
 25:15 Patricia Tezel  
 26:42 Cyndi Bergs  
 27:01 Marisa Flint  
 27:52 Michelle Smurl  
 28:00 Amy Sequeira  
 28:10 Kimberly Budnick  
 29:27 Candice Shreve  
 29:35 Michelle Lamb  
 30:12 Melinda Niemeyer  
 30:21 Jen Bodi  
 31:48 Paige Sierra  
 31:59 Rebecca Sparks  
 36:45 Andrea Quiles  
 37:38 Christina Barchers  
 39:26 Holly Taggart  
 42:51 Gina McDonald  
 46:03 Michele Gordy  
 48:53 Toni Ball  
 49:16 Beverly Crowell  
 49:17 Joan Logye  
 55:17 Stacey Delode  
 1:03:22 Irma Granell

**Female 45-49**

20:52 Robin Hernandez  
 25:01 Molly Kirk  
 25:14 Terry Ferrisi  
 25:21 Christine Kennedy  
 25:57 Karen Hughes  
 27:10 Allie Bourne  
 29:48 Sharon Gillette  
 30:41 Julie Dunn  
 31:12 Kathy Carswell  
 31:17 Karen Richardson  
 31:41 Pam Wheble  
 32:52 Brenda Oliver  
 37:30 Linda Madyda

**Female 45-49 continued**

42:54 Helen Iacobucci  
 44:15 Cathy Norris  
 48:54 Andi Blaylock  
 51:25 Jenny Lucas  
 59:19 Sanoi Slaughter

**Female 50-54**

22:31 Robin Moran  
 24:48 Elizabeth Ring  
 24:58 Marlene White  
 25:18 Patti Sponsler  
 26:27 Debbie Rescott  
 29:57 Melanie Delman  
 30:13 Petrina Heavey  
 30:42 Nancy Sharp  
 31:58 Karen Sparks  
 35:19 Terry Ryan  
 36:07 Terry Shepherd  
 42:09 Anna Rodriguez  
 42:11 Charlia Adams  
 51:34 Jill Brown  
 1:03:14 Debra Hartnett  
 1:03:18 Yvonne Urbanek

**Female 55-59**

30:08 Tina Weeks  
 36:19 Lois Mrdjenovich  
 36:12 Blanche Morrison  
 51:58 Barbara Struck

**Female 60-64**

27:49 Jacquelyn Kellner  
 30:18 Susie Koontz  
 31:18 Maureen Morley  
 31:43 Mary Ramba  
 42:55 Carol Barber  
 47:50 Cathy Mulqueen

**Female 65-69**

48:38 Shirley Levens  
 49:01 Sandy Ball  
 52:15 Ann Sexton  
 55:19 Sarah Oldaker  
 58:25 Catherine Tishken

**Female 70-74**

39:50 Darlene Rosswick  
 47:40 Katie Marsch  
 49:18 Dodie Johnson  
 57:47 Johanne Lee  
 1:03:03 Seal Wells  
 1:14:00 Joan Joesting

**Robin Hernandez, Andy Dutra****L to R: Terry Ferrisi, Barbara Krause, Angie Preston, Sandra Gannon****Anne Dockery (and giant award)**

**Female 75 +**

47:26 Reggie Jennings  
 1:04:23 Roberta Osterling

**Male Overall**

17:09 Ezekiel Zauner  
 17:12 John Davis  
 17:13 Steve Chin

**Male Masters (40+)**

18:45 Howard Kanner

**Male Grand Master (50+)**

18:51 Joe Hultgren

**Male Senior Grand Master (60+)**

21:42 David Grant

**Male 9 and under**

30:04 Austin Hayes  
 30:26 Daniel Legare  
 35:51 Kyle Richardson  
 36:40 Matthew Legare  
 39:44 Matthew Ziegler  
 42:46 Braden Krupp

**Male 10-14**

22:35 Jason Howick  
 22:39 Joseph Ngo  
 22:41 Clay Tezel  
 23:44 Jared Hayes  
 24:00 Christian Hayes  
 24:49 Tim Campbell  
 25:27 Michael Fletcher  
 26:16 Victor Sierra  
 28:12 Michael Jingle  
 29:10 Timothy Legare  
 31:34 Tim Arnold  
 31:48 Michael Grenon  
 33:21 Mark Sebetka  
 37:48 Jared Gannon  
 38:15 Derek Moss  
 39:17 Ben Chitko  
 44:49 Jacob Crowell  
 1:11:07 Justin Weisenberger

**Male 15-19**

17:49 Cory Sayyeau  
 18:14 Noah Jocovitz  
 18:20 Matt Horner  
 18:32 Trace Teschke  
 18:43 Jon Brown  
 19:04 Justin Selph  
 19:36 Nick Diaz  
 20:44 Nick Flint  
 21:05 Eric Mueth  
 21:15 Nick Zedk  
 21:31 Christopher Blaylock  
 21:36 Thomas Triumph  
 21:38 Ian Oneill  
 21:45 Travis Spake  
 21:46 Ryan Huppert

**Male 15-19**

21:47 Tyler Muldoon  
 22:05 Nicholas Zehr  
 22:42 Tyler Johnson

**Male 20-24**

19:50 Ryan Oates  
 28:42 Matthew McDougal  
 34:11 Tommy Ring  
 45:10 Jeremy Austin

**Male 25-29**

19:14 Andy Dutra  
 20:06 Travis Hiers  
 24:37 TJ Hubbard  
 30:22 Justin Chetto  
 31:49 Johnny Daniels  
 38:09 Zachary Jaksetic

**Male 30-34**

17:32 Thaddeus Austin  
 18:09 Steve Hedgespeth  
 21:49 Ryan Caudill  
 22:36 Manuel Casrillo  
 24:45 Jeremy Michel  
 24:51 Mike Acosta  
 26:43 Daniel Hurst  
 27:25 Les Dunne  
 30:23 Chad Hintz  
 30:39 John Prudot  
 40:19 Eric Rigley  
 48:53 Casey Skipper  
 49:21 Jason Holmes

**Male 35-39**

18:35 Shane Streufert  
 19:14 James Fain  
 21:05 Bruce Furrow  
 22:29 Jonathan Howse  
 22:52 Tom Maddex  
 23:01 Javier Soto  
 24:12 Eric McKiney  
 26:52 Keith Quiles  
 27:55 James Krupp  
 29:50 Michael Grenon  
 30:50 Jeff Simpson  
 32:07 Sean Michaels  
 33:02 Sean Stauffer  
 33:38 Carlos Boyer

**Male 40-44**

19:25 Joe Castner  
 20:24 Ed Sebetka  
 23:10 Sean Black  
 24:05 Bill Alexander  
 28:32 Pat Ball  
 28:57 Leonard Logue  
 33:11 Tom Moss  
 39:09 Mike Legare  
 44:55 Albert Sierra

**Male 45-49**

19:35 Kurt Holst  
 20:55 Jeff Gleacher  
 21:00 Doug Nichols  
 24:06 Greg Hayes  
 24:59 Dave Hernandez  
 25:58 David Maltby  
 26:49 Randy Hicks  
 28:30 Bill Buonanni  
 29:04 Robert Sorrentino  
 29:52 Brian Bodi  
 32:46 Ray Oliver  
 33:55 Robert Ayala  
 41:32 Mike Blaylock

**Male 50-54**

19:12 Art Anderson  
 20:58 Juan Perez  
 21:48 Keith Kowalske  
 25:23 Donny Rhode  
 27:07 Pedro Medelius  
 28:47 Keith Butter  
 33:55 Ken Flieder

**Male 55-59**

21:42 Michael Miller  
 23:11 Tom Hoffman  
 23:18 Bud Timmons  
 24:16 Steve Wojcicki  
 27:47 Arleigh Sharpe  
 28:53 Nick Mrdjenovich  
 29:14 Rich Warren

**Male 60-64**

22:53 Jim Schroeder  
 23:45 Steve Kent  
 23:56 Gary Castner  
 24:17 Carl Bonds  
 25:57 David Farrall  
 26:29 Ray Brown  
 26:55 Frank Webbe  
 27:01 Greg McKay  
 35:25 Tom Vani  
 41:26 R.C. Koontz  
 45:05 John Schantzen  
 47:08 Louis Levens  
 52:48 Bill Penn

**Male 65-69**

21:46 T. Micael Tseghai  
 28:04 Dennis Testa  
 28:23 David Wofford  
 39:51 Joe Gaspertino

**Male 70-74**

28:39 Darwin Tangen  
 35:30 Morris Johnson  
 48:04 James Sexton

**Male 75 +**

33:09 Bob Pecor  
 42:04 Henry Campbell