

PROMOTING FITNESS IN BREVARD COUNTY THROUGH RUNNING & WALKING

# SPACE COAST RUNNERS

AUGUST 2016

## Awards Night Coverage

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New Local Trail Running

Run a Mile with  
Susan Then

*To Stretch or Not to  
Stretch?*



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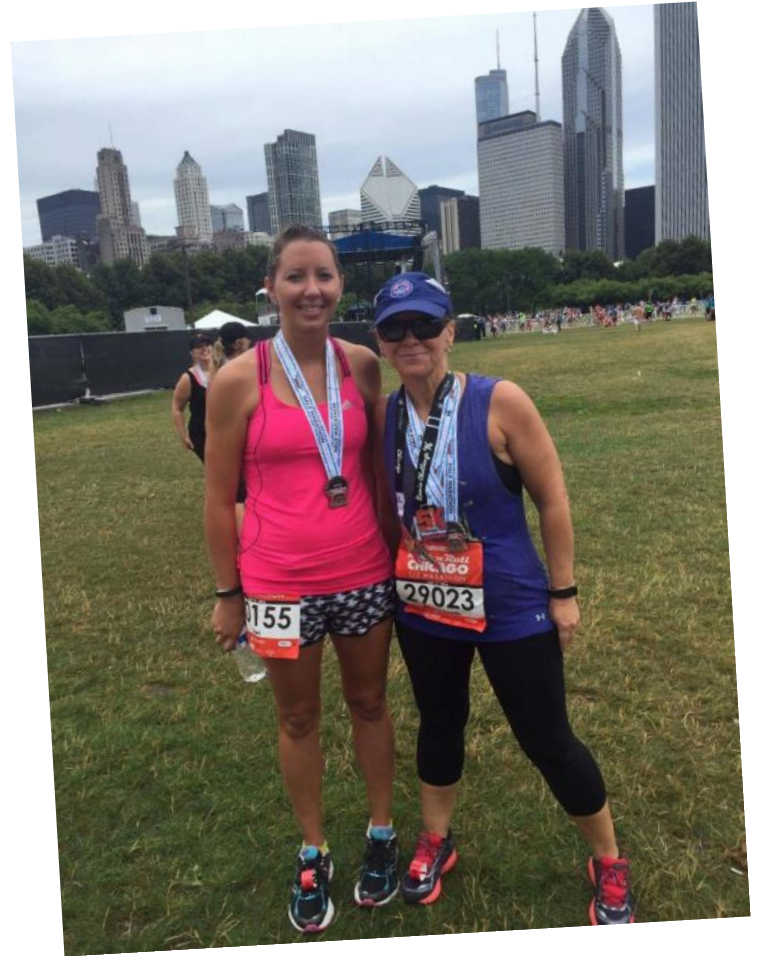
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**On Our Cover:** Willy Moolenaar is all smiles as she accepts her Hall of Fame plaque from Mary Ramba at the annual SCR Awards Night.

(Photo cover credit: Doug Carroll)

**Above:** Beat the Heat? It's June's Newsletter Contest winner Angela Leeds (right) and her cousin, Teri March at the Rock n' Roll Chicago Half Marathon. Her solution to beat the heat was to leave the state of Florida and go run in Illinois.

## SCR Membership Information

Head to [spacecoastrunners.org](http://spacecoastrunners.org) to renew your annual membership with no extra fees or charges. Beginning August 1, 2016, you will no longer be charged any additional online fees. Now, save the cost of a postage stamp and do it online.

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

# SPACE COAST RUNNERS

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**SPACE COAST RUNNERS (SCR)** is a nonprofit organization incorporated under the laws of the State of Florida. Our purpose is to promote fitness, through running and walking at the community level. SCR is a proud chapter of the **Road Runners Club of America**.

Visit us online at [SpaceCoastRunners.org](http://SpaceCoastRunners.org). We also invite you to attend our Board meetings, which are open to the public and are held at 7pm on the third Monday of each month.



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

Like us on [Facebook](https://www.facebook.com/spacecoastrunners) to stay updated on our weekly and monthly events and everything run related on the Space Coast.

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

Check out the [SCR Blog](http://SpaceCoastRunners.org) on our website for good stories and interesting tidbits.

**HOWARD KANNER**  
*SCR President*

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*Secretary*                **LISA HAMELIN**  
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*Member*                    **NANCY WINGO**



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

# SPACE COAST CHALLENGE 33K



**3 Great Races — 3 Different Distances**

**Starts with the Space Coast Classic 15K on 11.06.16**

**Complete all 3 & Receive the Challenge Medal**

Space Coast 33K Challenge information available at [spacecoastrunners.org](http://spacecoastrunners.org)



**W**elcome Back! Has everyone been training through the heat?? It's definitely tough and I'll admit that it hasn't made me want to jump out into the sauna that we call Florida. Hopefully everyone is on track for training and if not, at least healthy and being active in other ways.

The first race of the season is coming up on August 27th and I hope to see all the Space Coast Runners out there to kick start 2016-2017.

I think I mentioned our connection with the Road Runners Club of America (RRCA) in the past, but since we have so many new members (yay!), I thought I'd talk a little about it. The RRCA is the oldest and the largest running club in the country. It is comprised of non-profit clubs just like ours. They do not show a total number, but in Florida alone, there are 94 clubs registered under the RRCA!

We are insured under RRCA's umbrella, which is great (and required) for our own races (SCC, EOD, SWOF). There are many programs and services offered by the RRCA. One is the Championship Event Series—our very own Space Coast Marathon has been chosen as the State Championship race and the Space Coast Half Marathon as the Regional Championship race for this year.



The SCR Board typically send 2-4 representatives to the annual Convention, which always makes for a fun and very informative time. For additional info on the RRCA visit <http://www.rrca.org>.

Keep moving forward!

**Lisa Hamelin**  
Editor-in-Chief  
[lisahamelin@gmail.com](mailto:lisahamelin@gmail.com)

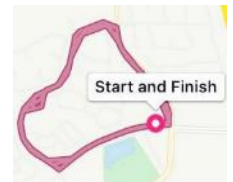


## GETTING TO KNOW THE SCR BOARD MEMBERS

**Kimberly Tomlinson**

**Favorite SCR series race:** So far it is the Space Coast Half-Marathon. But to be fair, I have not run all in the series so the jury is still a bit out :).

**Favorite Space Coast area to run:** The area in which I live and do most of my running- Stadium Road and Viera Blvd ... and all areas surrounding. I love the wide sidewalks providing for a safe run... Love the nature ... and you can run endlessly safely. I run my heart there ... Run in the shape of a heart (see pic).



**Running Partners?** I am a pretty lone runner but I have enjoyed running with my incredible daughters, a beautiful niece, and one nearly lifetime runner and running mentor who lives too much at a distance. I would so look forward to running with any of them again and am sure I will. I like pretty quiet running and just enjoying nature... I am not fast ... and like to follow my own pace.. So if you can allow for these things and feel free to move on during the run if you need to ... we would have a happy run :).

**Little known fact/secret about yourself:** I am a 20+ years survivor of metastatic breast cancer and pretty much a walking miracle as every decade of my adult life I have had some form of cancer. When I was diagnosed with a 3rd stage breast cancer at age 32, I prayed I would at least live to see my heart-halves, my daughters, Elisabeth and Joy to adulthood. God answered my prayers to infinity and beyond as my daughters are now 28 and 26 years old and I have two great sons-in-law and I am "Mena" (aka NaNa... No I do not use that other word :) ) to nearly 3 year-old Emma.



I am truly blessed, happy to be able to run and to be a SCR member and excited to fulfill my responsibilities as a SCR board member ... To infinity and beyond!

## Advertise in this newsletter.

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

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



## Our mailbox is always open to our readers.

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

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

# **RUNNING ZONE**



*All Your Favorite Brands*

**Shoes • Apparel • Accessories**  
**Runners • Walkers • Triathletes**

*Free gait analysis for proper shoe fit.*

**321-751-8890**  
**[www.running-zone.com](http://www.running-zone.com)**

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

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

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

**3696 N. WICKHAM ROAD, MELBOURNE**  
**ACROSS FROM BREVARD COMMUNITY COLLEGE**



# PRESIDENTIAL Ponderings

A Monthly Column from SCR President, Howard Kanner

## GREETINGS ALL!

And we are off... Just around the corner is the first race of the 2016/2017 Space Coast Runners Runner of the Year Series, kicking off with Running on Island Time on August 27th. The SCR Board is very excited about the upcoming year, continuing building the momentum that we have established.

I hope that everyone has enjoyed our second Summer Fun Run Series (congrats to Viera for a strong turnout), and our recent Summer Social. But now it is time to focus on the fall, and the upcoming race season. In Florida, we know that does not mean cooler weather, but we are like Honey Badgers, and we do not care about sweating in a little heat and humidity. (And we know how to hydrate properly, right?)

So, what do you have planned for the upcoming season? What are your goals? Do you want a PR? Do you want to go to a particular race destination? Do you want to try to run a new race distance, or try a tri? Do you have a friendly rivalry? Go to SCR's Facebook page (<https://www.facebook.com/SpaceCoastRunners>), and share them.

Personally, I just completed a phase of running marathons. I was very fortunate to have been able to run Boston, and it was the most awe-

some experience - 26.2 miles of crowded sidelines, cheering, sharing snacks and beer! I was having so much fun, I had to FaceTime my wife to share my enthusiasm (somewhere around mile 18). And the crowds were so energized, they just carry you up those Boston hills, through the "wall", and to the finish!

Now, I am switching gears, back to shorter distance races. My goal is to get as fast as I was in my youth (aka my previous age group). I will definitely have fun trying, both locally and at destinations that will be fun for even the non-running members of my support team.

See you out on the roads, and remember to smile, because you are achieving your goals.

*Howard*

Howard Kanner, SCR President

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

**P.S.** — Please feel free to send any of the SCR Board Members questions, comments and suggestions. Too many races? Too few races? Do we need more longer races? I will ask that you recommend races – none that are already in other series. Send all responses on this or any other subject to my email above.



## Space Coast Runners Runner of the Year Series

begins at the Running on Island Time 5K on 08/26/16

To register online [click here](#).



### AUGUST BOARD MEETING

August 15, 2016 — 7:00pm, Pro-Health Merritt Island

All members are welcome to attend.

# LOCAL FUN RUNS

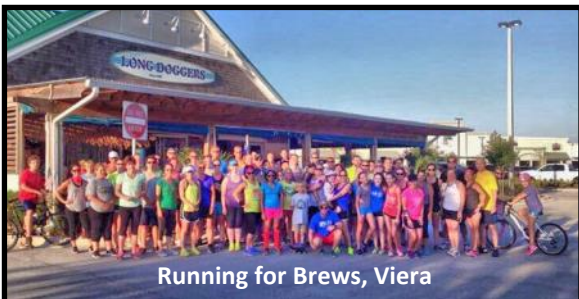
It's always better to run and walk with friends! Our fitness community offers several opportunities to find a group to train with. [Email us](#) to add your fun run.



Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners (mbergs@att.net)
Sun	Oars & Paddles Park, IHB	6:30 am	Running Zone (erin@runningzone.com)
Sun	Oars & Paddles Park, IHB	7:00 am	Up & Running Fitness (info@uprunningfitness.com)
Sun	Murrell Road Running Group (MRRG) Spyglass parking lot, Viera	7:00 am	<a href="http://www.meetup.com/Murrell-Road-Running-Group/">http://www.meetup.com/Murrell-Road-Running-Group/</a>
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Kim Badgett (kbadisrunning@gmail.com)
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone (erin@runningzone.com)
Mon	Long Doggers, Indialantic	6:00 pm	Steve Chin (stz180@msn.com)
Mon	Running for Brews Cocoa Beach, Hogan's Irish Bar	7:00 pm	Bo Trapnell (phogan330@gmail.com)
Mon	Florida Beer Company, Cape Canaveral	7:00 pm	<a href="https://www.facebook.com/events/1718765595050250/">https://www.facebook.com/events/1718765595050250/</a>
Tues	Iron Oak Post Run Club, Melbourne	5:45 pm	321-327-8479
Tues	Long Doggers, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Tues (1st/3rd of each month)	Playalinda Fun Club Runs, Playalinda Brewing Company	6:30 pm	Donna Scott (225-8978)
Tues	Running for Brews Satellite Beach, Long Doggers	7:00 pm	Corey Huau/Sasha Byers (runningforbrews@gmail.com)
Wed	Intracoastal Run Club, Eau Gallie	5:30 pm	Amy Ustjanowski (amy@theyogiperogi.com)
Wed	Cocoa Beach Fun Runs Long Doggers—1st & 3rd Wed Juice 'n Java Café—2nd & 4th Wed	6:30 pm	Judd Spitzer (juddls@gmail.com) and Craig Piepmeier (cpiepmeier@gmail.com)
Wed	Village Idiot Pub, Cocoa Village	6:00 pm	321-301-4487
Wed	Running for Brews Melbourne, Fia's Ristorante & Pizzeria	7:00 pm	<a href="http://www.meetup.com/Running-for-Brews-Melbourne/">http://www.meetup.com/Running-for-Brews-Melbourne/</a> - Marcus Smith
Thurs	Running Zone, Melbourne	6:00 pm	Running Zone (erin@runningzone.com)
Thurs	CrossFit Rise Above, Melbourne (1st Thurs of month), Chase Bank, Indialantic (all other Thursdays)	6:00 pm	Up & Running Fitness (info@uprunningfitness.com)
Thurs	Running for Brews Viera, Long Doggers	7:00 pm	Sean & Sandra Christian (IDLifeteamChristian@gmail.com)



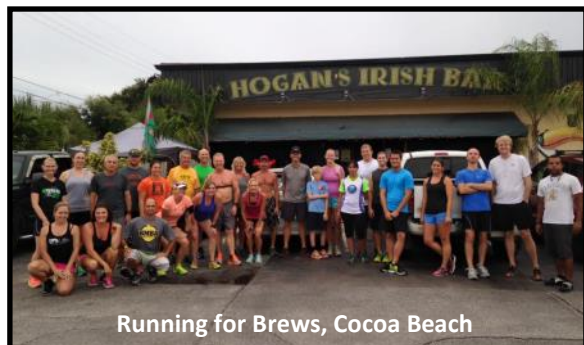
# LOCAL FUN RUNS & WALKS



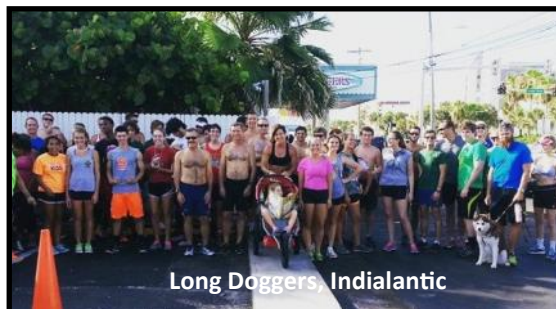
Running for Brews, Viera



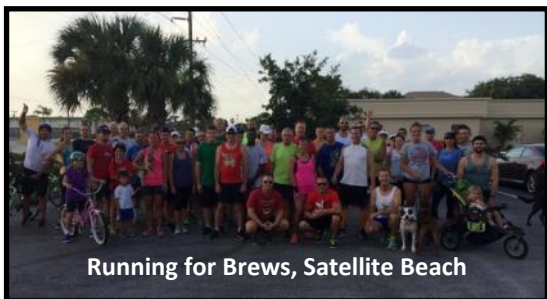
Intracoastal Run Club, Melbourne



Running for Brews, Cocoa Beach



Long Doggers, Indialantic



Running for Brews, Satellite Beach



Village Idiot Pub, Cocoa Village



Running for Brews, Melbourne



Running Zone, Melbourne



Cocoa Beach Runners, Cocoa Beach



Up & Running Fitness, Indian Harbour Beach

# 1 1th Annual "Running on Island Time" 5K Race/Walk

Benefiting Divine Mercy Academy



Visit [www.dmccs.org/5k](http://www.dmccs.org/5k) for more information

Saturday, August 27th, 2016 7:30 AM

1940 North Courtenay Parkway, Merritt Island



## 2016 - 2017 SCR Runner of the Year (ROY) Kick-off Race SCR Youth Series featuring ¼ mile and ½ mile distances

- Electronic Timing by Running Zone
- Technical shirts guaranteed for first 350 adults
- Youth shirts are Jerzee Cotton
- Door Prizes & Yummy Post Race Refreshments

### FEES:

Early Register (postmarked 8/18): \$30  
\$5 Discount for SCR Members for Early Registration  
After 8/18 or Day of Race Registration: \$35  
Students (17 & Under): \$20  
SCR Youth Series – Must Register FREE  
Kids Fun Run – No Register FREE

### TIMES:

Early Packet Pickup: Running Zone on 8/26 10A–6:30P

### RACE DAY 8/27:

6:00AM: Packet Pickup and Day of Registration

7:15AM: Day of Race Registration Ends

7:30AM: 5K Run/Walk Begins

8:45AM: Youth Series and Kids Fun Run Begins

\*Awards to Follow Kids Run

### RUNNER AWARDS:

Top 3 Overall M & F, Masters M & F,  
Grand Masters M&F, Senior Grand Masters M&F

#### Age Groups (Top 3 M&F)

9 & under	10-14	15-19
20-24	25-29	30-34
35-39	40-44	45-49
50-54	55-59	60-64
65-69	70-74	75-79
		80+

**WALKER AWARDS:** Top 5 M & F

**TEAM AWARDS:** Five Fastest Team Members  
Top 3 Teams

**MAIL:** Registration forms and payment to

Divine Mercy Academy c/o 5K Race

1940 N. Courtenay Parkway, Merritt Island, FL 32953

**ONLINE REGISTRATION:**

<http://secure.runningzone.com>

## Running on Island Time Official Entry Form

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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

Team Name (if applicable) \_\_\_\_\_

Sex (circle): Male Female Shirt Size (circle): YM YL AS AM AL AXL AXXL

Register me as a Competitive Walker per USATF Race Walking Rules. I must walk the entire 5K and will be eligible for the Top 5 Men and Women Overall Competitive Walker awards ONLY and NOT the standards Age Group Awards.

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

Signature

Signature of Parent for those under 18

Date

# SCR Central

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



## REFRESHING SUMMER SOCIAL

July 9, 2016 — Cocoa Beach, FL

Sure, it was sweaty hot, but members who braved the heat were treated to running camaraderie and beer.

When not eating pizza and salad or drinking local craft beers from Intracoastal Brewery, those in attendance took a chance on spinning the SCR prize wheel and posing for pics with their friends and family members. The Summer Social, capped by the introduction of this year's SCR Racing Team, is our club's second biggest membership drive. New and renewing members saved \$5 on club memberships.



- |                            |                        |
|----------------------------|------------------------|
| Rachel Akram               | Carmine Lento          |
| Miriam Akram               | Brian Milligan         |
| Sarah Akram                | Jennifer Mouritsen     |
| Patti Akram                | Michelle Mulak         |
| Heather Akram              | Jacob Nelson           |
| Bob Alexander              | Alan Nelson            |
| Heather Baka               | Kyler Owen             |
| Jessica Boudreaux-Milligan | Kalli Owen             |
| Maryjane Cole              | Keri Owen              |
| Henny Dennis               | Brianna Robertson      |
| Zechariah Dennis           | Don Tasker             |
| Tabitha Dennis             | Laura Tasker           |
| Krysti Dixon               | Sonya Timmerman        |
| Tracy Geiger               | Kathy Van Metter       |
| Gabriel Good               | Catherine Waldenberger |
| Martha Hanrahan            | Zach Wells             |
|                            | Noah Wells             |

If you are a new member to SCR and have not picked up your

**Space Coast Runners  
New Member Welcome Packet**

they're available at Running Zone in Melbourne.



## LAST CHANCE TO SAVE!

## SCR All-In-One Runner of the Year Series Special

One time registration, no online fees, 9 races, over \$50 in savings

Special ends at midnight on Monday, August 1, 2016. [Click here](#) to register right now!

# SCR Central

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

JOIN US

## SUNDAY

SPACE COAST RUNNERS  
FUN RUN

6:30 AM  
COCOA VILLAGE - RIVERFRONT PARK

HYDRATION STATIONS ARE SET OUT ON NORTH RIVER ROAD  
AT APPROXIMATELY MILE 2 & MILE 4

BOSTON ATHLETIC ASSOCIATION  
BOSTON MARATHON  
*John Hancock*

### CONGRATULATIONS SCR BOSTON 2017 QUALIFIERS!

To many a runner the holy grail of marathon racing is stepping across the finish line with a time that qualifies them for the Boston Marathon. The list of SCR qualifiers continues to grow.

**Joe Hultgren 3:27:41**  
Grandma's Marathon, Duluth, MN



Heather Baka and her running buddy, Sonya had been talking about joining Space Coast Runners for over a year. For Sonya's birthday, Heather decided to gift her a membership (and she bought herself one since their birthdays are less than a month apart). Heather said, "Super easy to join and looking forward to the great benefits, especially since we decided to do the Space Coast Marathon this fall (our first full)!"

**GREAT GIFT  
IDEA**

**Trend alert!** Celebrate a special occasion like a birthday or a significant anniversary with the gift of a SCR Membership. It's easy to do online at our website ([spacecoastrunners.org](http://spacecoastrunners.org)).

# 7<sup>th</sup> Annual Eagle Pride 5K & 1 Miler



**Saturday, September 17th, 2016 at 7:30 am**  
**Ascension Catholic School**

(Corner of Parkway & US 1, 2950 N. Harbor City Blvd., Melbourne, FL 32935)  
 To Benefit: Ascension Athletics

\* T-Shirts    \*\$1,500 worth of prizes    \*Free Kids Run

## Timetable

**Friday, September 16th: 10am – 6:00 pm**

Packet Pick-up & Registration at **Running Zone**  
 (Across from Eastern Florida State College on Wickham Road)

**Saturday, September 17th:**  
**Ascension Catholic School**

6:00 am      Packet Pickup & Race Day Registration  
 7:15 am      Late Registration ends  
 7:30 am      5K Start  
 8:45 am      1 Mile Starts  
 9:00 am      Kid's Run (7yrs/under) **FREE**



**Awards & Door Prizes immediately following all races**

## Awards: 5K

Male and Female: Top 3 Overall,  
 Top Masters (40+), Age Groups (Top 3 M&F):  
 8 & Under, 9-11, 12-14, 15-19, 20-24, 25-29, 30-34,  
 35-39, 40-44, 45-49, 50-54, 55-59,  
 60-64, 65-69, 70-74, 75+

## Awards: 1 Mile

Top 3 M&F in age groups: 11 & U, 12-19, 20+

## Registration Fees

5K Adult (including race day)	\$25
5K Kids (16 yrs. & Under)	\$20
1 Mile (with T-Shirt)	\$15
1 Mile (No T-Shirt)	\$10

SORRY, NO REFUNDS

Questions: Contact Heather Haley, ascensioneaglepride@gmail.com

## EAGLE PRIDE 5K & 1 Miler – Official Entry Form

Make Check Payable to: **Ascension Catholic School (memo: Eagle Pride 5K)**

Mail Complete Form and Check to:      Ascension Catholic School, c/o Eagle Pride 5K Race  
 2950 N. Harbor City Blvd., Melbourne, FL 32935

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

5K       1 Mile

Address \_\_\_\_\_

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

Phone (daytime) \_\_\_\_\_  Male  Female

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

Shirt Size (circle):    YM   YL   AS   AM   AL   AXL   AXXL

Ascension Students only:  
 Grade & Teacher: \_\_\_\_\_

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

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

\_\_\_\_\_  
 SIGNATURE

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

\_\_\_\_\_  
 DATE

# SCR Central

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



## Viera Wins the 2nd annual Battle of Brevard Fun Run

**July 20, 2016** — Viera came out strong on their home turf to win the Battle of Brevard Fun Run by two participants over reigning champions, Rockledge. Despite hot temperatures on Wednesday evening, 178 runners and walkers came out to enjoy the fun, food and camaraderie. We had more city/towns represented this year than last and Palm Bay was the night's surprise. They came in third despite having to wear black shirts in the summer heat.

Port St John participants gave us a great tip. Walgreens sells shirts with your local town/city name on them. Remember this for next year's battle!

Great food was provided by Viera Pizza. Thanks to all the Space Coast Runners' volunteers that helped make this year's event another success.



**HELP WANTED**  
**LOCAL RUN SPOT CONTRIBUTOR**

The newsletter staff is looking for an individual to choose a local running trail or run spot to profile each month. You would need to take a few pics and tell us about your experience. See example on page 21.

**Apply here**

Rank	Time	Name	Age	Sex	City	Time	Time	Time	Time	Time		
3	3:3	MOVIER	706	Chris	20	Rockledge FL	17:06.5	17:06.5	5:31	5:24.2	11:18.3	0:52
4	1:30	M3539	491	Steve	37	West Melbourne FL	17:06.5	17:06.5	5:31	5:24.2	11:17.5	0:55
5	1:30	M1519	895	Colin	17	Melbourne FL	18:05.8	18:05.8	5:50	5:29.5	11:53.0	0:53
6	1:30	M1519	895	Colin	17	Melbourne FL	18:05.8	18:05.8	5:50	5:29.5	11:53.0	0:53
7	1:30	M1519	895	Colin	17	Melbourne FL	18:05.8	18:05.8	5:50	5:29.5	11:53.0	0:53
8	1:30	M1519	895	Colin	17	Melbourne FL	18:05.8	18:05.8	5:50	5:29.5	11:53.0	0:53
9	1:30	M1519	895	Colin	17	Melbourne FL	18:05.8	18:05.8	5:50	5:29.5	11:53.0	0:53
10	1:30	M1519	895	Colin	17	Melbourne FL	18:05.8	18:05.8	5:50	5:29.5	11:53.0	0:53
11	1:30	M1519	895	Colin	17	Melbourne FL	18:05.8	18:05.8	5:50	5:29.5	11:53.0	0:53
12	1:30	M1519	895	Colin	17	Melbourne FL	18:05.8	18:05.8	5:50	5:29.5	11:53.0	0:53
13	1:30	M1519	895	Colin	17	Melbourne FL	18:05.8	18:05.8	5:50	5:29.5	11:53.0	0:53
14	1:30	M1519	895	Colin	17	Melbourne FL	18:05.8	18:05.8	5:50	5:29.5	11:53.0	0:53
15	1:30	M1519	895	Colin	17	Melbourne FL	18:05.8	18:05.8	5:50	5:29.5	11:53.0	0:53
16	1:28	M2529	173	Andy	28	Winter Garden FL	18:34.0	18:34.0	5:59	5:56.8	12:19.1	0:50
17	1:28	M2529	173	Andy	28	Winter Garden FL	18:34.0	18:34.0	5:59	5:56.8	12:19.1	0:50
18	1:17	M2024	210	Derek	23	Melbourne FL	18:40.3	18:40.3	6:01	5:59.9	12:25.5	1:00
19	1:17	M2024	210	Derek	23	Melbourne FL	18:40.3	18:40.3	6:01	5:59.9	12:25.5	1:00
20	1:17	M2024	210	Derek	23	Melbourne FL	18:40.3	18:40.3	6:01	5:59.9	12:25.5	1:00
21	1:17	M2024	210	Derek	23	Melbourne FL	18:40.3	18:40.3	6:01	5:59.9	12:25.5	1:00
22	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
23	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
24	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
25	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
26	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
27	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
28	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
29	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
30	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
31	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
32	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
33	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
34	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
35	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
36	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
37	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
38	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
39	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04
40	1:30	M1214	947	Luke	14	Melbourne FL	18:53.9	18:53.9	6:05	6:02.0	12:05.3	1:04



Run against traffic if running on the road. During group runs, never run more than two abreast. Go single file when cars or cyclists need to pass.

# SCR Central

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



## You don't have to be the **FASTEST** to win this one!!

Join us for an exciting prediction run. It's the last of our summer fun runs and it's sure to be a "guess-fest".

### The Prediction Fun Run

Surprise course distance - you'll find out when you get there! The course will be between 2.5 - 4 miles.

### The Prediction

Participants will sign up at the SCR registration tent. Everyone will sign our waiver and then write down next to their name how long it will take them to complete the fun run course (hour:minute:second).

### How To Win

Finish closest to your predicted time. Top 3 finishers will win a crystal ball prize.

### The Rules

No one is allowed to wear, carry, or have in their possession watches, Garmin, FitBits, timing devices, sun dials, measuring devices, phones, headphones, etc.

No help from non-participating family members, friends or random people you might think of paying for assistance at Wickham Park.

You will be disqualified if suspected of cheating by one of our many volunteers who will be strategically placed on the course with binoculars. You're only allowed to use your wits and senses.

### For Everyone

Food and drink will be waiting for you at the finish line area. Enjoy a little tech-free time with your friends and fellow club members.

## It really is ALL ABOUT YOU!!!

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# SCR Central

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

FOLLOW US ON >>TWITTER: @SPACESTRUNNERS

>>INSTAGRAM: @SPACECOASTRUNNERS

>>FACEBOOK: @SPACECOASTRUNNERS

## Newsletter Contest!



### Move Over Pokémon Go *SCR Go is the Latest Rage*

Snap a photo of you trying to catch an elusive SCR board member in their natural habitat. Most creative photo (judged by an elite staff of newsletter punks) will win a free entry to the Islamorada Half Marathon or 10K, held in December. Extra points could be given if Pikachu makes an appearance in the photo as well. Good luck!

Email your photo to [newsletter@spacecoastrunners.org](mailto:newsletter@spacecoastrunners.org) or direct message it to the [SCR Facebook](#) page. Remember you must be in the photo with the SCR board member. In case you forgot, the list of board members are on page 3. All entries must be received by midnight on Sunday, August 28th.

## Fashion Police:

Boland is best in red, white & blue



Cue the fireworks. Jo-Anne Boland celebrated the 4th of July holiday by running the Firecracker 5K in a spirited run ensemble. Her patriotism was radiant as she sprinted to the finish line sporting a geometric red and white tank with a solid blue skirt. Jo-Anne's USA-inspired look was fresh and modern. We loved it!

## Out & About

SCR has been helping to hydrate Brevard County by supplying water and Gatorade to participants at 3 of the Florida Today's Run Brevard's Breweries Tour locations this summer.



Pat Kiesselbach stops for water provided by Kimberly Tomlinson and Michael Higgins.

# SCR Member Race Discounts

**SPECIAL DISCOUNTS EXCLUSIVELY FOR CLUB MEMBERS**

## FEATURED RACES

**Rock 'n Roll**  
MARATHON SERIES®



BEACHSIDE  
HALF MARATHON

**VR Vacation Races**  
Run where you play



**zooma**  
women's race series



- ◆ **NEW!** **Shark Tooth Virtual Run** presented by Virtual Strides. Receive a 20% discount on all [Virtual Strides](#) events by entering the special club discount code **SCRmember20** during registration. Choose 5k/10k/ Half Marathon distances all of which will benefit the August charity, WildAid and its Shark Savers program.
- ◆ **NEW!** Head on down to Vero Beach's 8th annual [Beachside Half Marathon](#) & 5K on 10/8 and save! Use the discount code **SCRUN** to receive your discount.
- ◆ **NEW!** Run through the streets along the eastern coastline of Volusia County and save! Receive a \$10 discount for the [Lighthouse Loop Half Marathon](#) in Port Orange on Sunday, October 30, 2016. SCR members use discount code: **SCR**.
- ◆ **NEW!** SCR Members can now save \$10 on any and all [Rock 'n Roll Marathon Series](#) events. Use code **SCROCKS** on marathon, half marathon and relay races. Please note that discounts don't tend to apply during early bird pricing, series sales or in conjunction with another code. Valid until 12/31/16.
- ◆ **NEW!** We are excited to bring you a discount to the 2nd annual [Islamorada Half Marathon & 10K](#) on December 11, 2016! Receive a 20% savings when you use discount code SPACE which is valid through 9/1. Take advantage of racing in the beautiful Florida Keys.
- ◆ Save 20% on any of the [Masters of All Terrain](#) off road running events. Use code **SPACEMOAT**. Events are on 9/10—Half Marathon and 1/7/17 — Ultra.
- ◆ Receive a 10% discount on any [MultiRace](#) event. Coming up is the [Key Biscayne Half Marathon & 10K](#) on 10/2. Use discount code **SpaceCoast** to save! (Offer not valid on: DRIHOPE4ACure, Pineapple Man & Bay Harbor).
- ◆ Special savings for all the ladies! The [Zooma Women's Race Series](#) is offering members a 10% discount on any of their upcoming races including: ZOOMA Cape Cod Half Marathon + 10K (9/24/16) North Falmouth, MA and ZOOMA Florida Half Marathon, 12K + 5K (10/22/16) Amelia Island, FL. Enter code: **SPACECOAST** to receive the discount.
- ◆ [Vacation Races](#) is extending a 15% discount to all SCR members. To save 15% on upcoming 2016 races like the Great Smoky Mountains Half (9/10/16), the Lake Powell Half Marathon (10/15/16) and the inaugural Everglades Half Marathon (11/19/16), use code **16VACRC145**.
- ◆ Receive a 20% discount on the [3rd Annual Honeymoon Half Marathon](#) and 10K in Dunedin on 11/5/16. Simply email [xanaduracemanagement@gmail.com](mailto:xanaduracemanagement@gmail.com) to request the Space Coast Runners discount code.
- ◆ Local Discount! Save \$10 off the registration price for [The Florida Marathon & 1/2](#) on February 5, 2017. Use code: **SCRISTHEBEST** to receive your discount on the marathon, 1/2 marathon or 1/2 relay.

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



# WORKMAN WARRIORS-5K

*Supporting the Transitioning Patriots of Brevard*



**\$5 RACE!  
EACH RUNNER  
RECEIVES A  
TECHNICAL  
TEE!**

**WHAT: WORKMAN WARRIORS 5-K RACE BENEFITTING THE  
TRANSITIONING PATRIOTS OF BREVARD, INC.**

**DATE: AUGUST 6TH**

**TIME: REGISTRATION AT 6:30,  
RACE BEGINS AT 7:30**

**COST: \$5.00 PER RUNNER  
(PRE-REGISTERED)  
\$10 DAY OF**

**LOCATION: WICKHAM PARK- FAR EAST PAVILION BY THE LAKE**

## Entry Form

**SEND APPLICATION TO:** Ritch Workman, 6450 Anderson Way, Melbourne, FL 32940

Make Checks Payable to The Transitioning Patriots of Brevard, \$5 for Pre-registration, \$10 Day-of. No refunds; part of your fee may be tax deductible.

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age on Race day \_\_\_\_\_

Includes donation of \$ \_\_\_\_\_ Transitioning Patriots of Brevard. Total Payment enclosed \$ \_\_\_\_\_

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

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_ Gender \_\_\_\_\_

Shirt Size: (circle one) YL S M L XL Team Name (If Applicable) \_\_\_\_\_

**WAIVER:** I know that running in a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to; falls, contact with other participants, the effects of weather, including heat and/or humidity, traffic and the conditions of the road, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Transitioning Patriots of Brevard and sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

**Signature (Parent if under 18 years old)** \_\_\_\_\_

The Transitioning Patriots of Brevard is a non-profit 501(c)3 organization – [www.SentinelsOfFreedomFL.org](http://www.SentinelsOfFreedomFL.org) – TIN 26-2041849 – phone: (321) 266-8810  
A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 800-435-7352 WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE. REGISTRATION NUMBER CH28903

# SCR Race Recaps

There are not too many local races on the calendar during the summer months but that doesn't mean our members aren't out there pounding the pavements, taking on trails and showing true SCR spirit in June and July. The newsletter staff is always trying to keep up with our members and sometimes we just get overwhelmed with all the great running and walking 1,100+ members can do!

It's with great delight that we welcome **Anne Dockery** to our team as our out-of-town race results coordinator. She'll be at her computer scouring race results every month...or you could make it easier for her and email yours to [newsletter@spacecoastrunners.org](mailto:newsletter@spacecoastrunners.org) if you want to see yours listed.



## Pelee Island Winery Half Marathon — 6/4/16 — Pelee, Canada

Lori Kruger 2:13:45 53

## Echo Half Marathon & 5K — 6/5/16 — Osteen, FL

Bret Halliday, Cocoa 1:36:08 **3<sup>rd</sup> AG 50-54**; Shane Streufert, Viera 1:39:34; Micah Vanatta, Titusville 1:49:26; Marie Thomas, Rockledge 1:55:46; Lisa Rose, Melbourne 1:59:41; Molly Kirk, Viera 2:02:44; Brittany Streufert, Viera 2:04:24; Janet Erlacher, Melbourne 2:06:15; Kimberly Prosser, Rockledge 2:09:09; Christine Kennedy, Mims 2:09:51; Rick Foresteire, Cocoa 2:13:15; Scott Rose, Melbourne 2:15:19; Nancy Wingo, Rockledge 2:21:01; Maria Dishaw, Satellite Beach 2:36:37; Marisa Flint, Cocoa 2:37:24; Randy Benthall, Lakeland 2:41:37; Lorna Mazza, Melbourne 3:18:12; Arlene Allen-Buono, Melbourne 3:20:22; Beth Walker, Melbourne 3:20:35; Shannon Leathlean, Titusville 3:35:25; Trisha Jones, Mims 3:35:25

**Echo 5K** - Giles Williams, Oviedo 29:31 **1<sup>st</sup> AG 70-74**

## Remarkable River 10K—6/10/16

Kurt Russell, Melbourne, 50:30; Christina Russell, Melbourne, 57:39 **3<sup>rd</sup> AG 35-39**; Yasmin Jarman, Grant, 1:03:31 **1<sup>st</sup> AG 60-64**; Marty Ransom, Mims, 1:08:31 **2<sup>nd</sup> AG 60-64**; Heather Mitchell, Titusville 1:12:08; **3<sup>rd</sup> AG 50-54**; Beth Walker, Melbourne 1:25:43; Arlene Allen-Buono, 1:25:43 **2<sup>nd</sup> AG 65-69**

## Riviera Beach/Singer Island Triathlon/Duathlon— 6/11/16

DUATHLON Cecilia Muldoon Walker, 58:40 **1<sup>st</sup> Female Overall**; Kristen Klein, 1:00:01 **2<sup>nd</sup> Female Overall**  
TRIATHLON Jennie Ward, 1:47:26; Mandy Gillespie, 1:32:56 **1<sup>st</sup> Female Fat Tire Division**

## Garry Bjorklund Half Marathon — 6/18/16 — Duluth, MN

Ed Engel, 44 2:43:59; Cristina Engel, 44 2:44:00

## Grandma's Marathon — 6/18/16 — Duluth, MN

Joe Hultgren, 56 3:27:41 BQ; Micah Vanatta, 48 3:59:41; Kathy Bils, 54 4:22:19; Tony Bils, 55 4:22:30

## Market Square Day 10K — 6/11/16 — Portsmouth, NH

Pat Kiesselbach 1:06:05

## Heartland Triathlon — 6/19/16 — Sebring

Willy Moolenaar 1:47:58 **1<sup>st</sup> AG 70-54**

## Utica Boiler Maker 15K — 7/10/16 — NY

George Oswald 1:36:15; Marion Oswald 1:48:26

## Chicago Rock n' Roll 5K — 7/16/16

Angela Leeds 33:42

## Bridge of Lions 5K — 7/16/16

Tracy Dutra 20:54; Andy Dutra 22:44; Greg Griffin 24:52; Alyson Lyons; 30:59; Sara Griffin 38:02

## Chicago Rock 'n Roll Half Marathon — 7/17/16

Angela Leeds 2:50:49

## Moss Park Forest 10K — 7/23/16

Tracy Dutra, 43:02 **1<sup>st</sup> Female Overall**; Felicity Cunningham 50:34



# RUN LOCAL



## DON GRIFFIN RECREATIONAL TRAIL in ROCKLEDGE



There's a new trail in town and it's called the Don Griffin Recreational Trail. Located in Rockledge, the 2.37 mile trail opened in May to the public. Designed for runners, walkers and cyclists, the 12-foot wide path winds its way around Lake Betsi offering folks scenic water views and the occasional glimpse of wildlife. We saw bunnies, a large gator and a few people fishing.

The trail is found at the back of the McKnight Family Sports Complex. Our Sunday run took place as the sun was beginning to rise when all was quiet and calm. It's hard packed gravel and you get to cross a newly installed steel bridge as you meander around the lake. The trail does not offer much shade. There are nearby bathroom facilities which were unlocked when we checked them out. Expansion of the trail is planned which will increase its distance. It's worth checking out if you like a new adventure.

Report & photos by Brittany Streufert. Trail is located at the north end of Cogswell Street within the McKnight Family Sports Complex .



DON'T WAIT TO  
HEAR THE WORDS  
SOLD OUT



# COCOA BEACH HALF MARATHON

Sunday, October 23, 2016 | Start Time 7:00am

- Central Florida's Only All Coastal Half Marathon
- Half Marathon Relay -- Run As A Team
- Expo At Ron Jon Surf Shop
- Awesome Jeannie Bottle Medals To All Finishers (including relay)
- I Dream of Jeannie Theme
- Jeannie & Major Nelson Running Division  
Get those costumes ready!
- Finish on "I Dream of Jeannie Lane"
- Bands & Music On The Course
- Great Post-Race Party
- Live Music Celebration



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



# Back By Popular Demand

Article by Marty Winkel



The Titusville Racing Series was started 10 years ago with the hopes of bringing awareness and showcasing some of the best and unique races in Titusville. Three of our races, Wild Shrimp Shuffle (aka Chain of Lakes) 10K and 5K, the Space Walk of Fame 8K and 2 Miler and the Blueberry 5K have been in the series for the entire 10 years. The A. Max Brewer Bridge-Chili Cook off 5K was added six years ago. Three other races were added at times to complete the 5 race series. Age Graded results were tabulated after each race with the top 12 males and females being recognized annually by receiving prize money totaling \$1,650. The winners also received unique awards and were treated to an awards luncheon.

The TRS has proven to be a success and we met our goals. Due to the expenses of hosting the TRS and losing our major sponsor (Living Well Chiropractic, Dr. Dayne Deeds) 2 years ago, it was decided to cancel the series. Several runners have asked to continue the series and discontinue the prize money. After some consideration it was decided to honor their request. The only things that will change, other than no prize money will be no option of a discount to those individuals signing up in advance for the entire series.

The following races will be in the series for 2016-2017: *(continued next page)*

Photo credit: Steve Colella

## Titusville Race Series Update

### October 8th - Wild Shrimp Shuffle 10K & 5K

Noted as one of the most scenic races in all of Brevard County, runners have the option of a 10K and 5K distance. Both races are run entirely within the Chain of Lakes park on a variety of surfaces making for beautiful and diverse course.

### February 25th - A. Max Brewer Bridge 5K

It's an evening run that has attracted an average of almost 800 runners per year. The course starts and finishes in Sandpoint Park, runs across the award winning A. Max Brewer Bridge and back into Sand Point Park. Participants receive free entry into the Titusville Rotary Club Chili Cook Off in Sand Point Park following the 5K.

### April 8th - Space Walk of Fame 8K & 2 Miler

Formerly the Indian River Festival, it is the oldest and longest running race in Brevard County next to the Space Coast Marathon. The SWOF offers 4 race options all with the same start. There is an 8K run, 8K walk, 2 mile run, and 2 mile walk. It is also the only race in the county offering prize money in the overall division as well as the Mas-

ters, Grand, Masters and Senior Grand Masters division. It is also the only race offering a Clydesdale and Filly division.

### May 13th - Blueberry 5K (Projected date)

As the only race in Mims, the Blueberry 5K is probably also the most unique and diverse 5K in the county. The first 1.5 miles are run on very well maintained roads with only 4 turns. The next 0.1 of a mile stretch is run through and on a wooded trail. The next 0.75 of a miles stretch has been run on a sandy section of the Space View Rails to Trails which should be paved by the 2017 race day. The last 0.75 miles are run around the perimeter of the blueberry farm. All participants can pick a pint of blueberry's after the 5K.

A fifth race may be offered dependent on having Playalinda Brewing Company partnering with TRS. The potential for a beer run would be scheduled for December or January. More to come....



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The Rall Capital Management Team



Join us for the next race in the 2016-17 Running Zone Foundation Race Series:



REGISTER TODAY!

#IRunForPizza5k



DRIVEN BY



PRESENTED BY



**This football themed race will kick off at the Avenue Viera!**

- 12th Year Anniversary!
- Support Your Favorite Football Team on Race Day
- Awesome Pizza & Football Awards
- Special Awards for Most Supported Team Participants!
- Zippy the Gecko Mascot to Lead the Kids' Run
- Tailgate Party After Race Catered by Pizza Gallery & Grill in the Courtyard Behind the Patio!
- Random Giveaway of NFL Football Tickets (any Florida team) Plus One Hotel Night Stay for Two!



Benefits Suntree/Viera Youth Football & Cheerleading League and WEGO Ministries

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

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

**Saturday, August 13, 2016 • 7:00am • The Avenue Viera, Melbourne**

Join us for the next race in the 2016-17 Running Zone Foundation Race Series:



REGISTER TODAY!

PRESENTED BY



DRIVEN BY



**Join us for a Spooktacular good time at this a Halloween themed evening race!**

- Best Halloween Costume Contest
- Separate Costume Contest for KIDS!
- Awards Ceremony will be at Eau Gallie Civic Center at 7:45pm!
- FREE BEER for Participants 21 yrs & older on the Beach at Squid Lips!
- Trick-or-Treat Bags to All Finishers!
- Fun Ghostly Gecko Awards
- Free Goblins Kids' Run with Zippy the Gecko
- Food provided by Squid Lips!
- Random Giveaway of Universal Tickets & One Hotel Night Stay for Two!

Benefits Eau Gallie High School Health & Wellness Academy



#GhostlyGecko

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

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

**Saturday, October 29, 2016 • 6:30pm • Eau Gallie Civic Center, Melbourne**



# Runner of the Year Series

**KICKOFF IS ONLY 3 WEEKS AWAY!**

Join us for the start of the 2016-2017 **SCR Runner of the Year Series**. Now in our 34th year of competition, the ten race schedule features the very best events and a total of seven different distances from which to choose over the course of the season.

The kickoff will be held on Saturday, August 27th in Merritt Island at the Running on Island Time 5K. The race will also be the showing of the Space Coast Runners Racing Team, in it's second year!

Run at least five qualifying races on our schedule and you'll be eligible to place in the Runner of the Year series. The open division male and female winners receive an award of \$200. Series is open to all eligible members of Space Coast Runners. Visit our website for all the [official series](#) info.

Members, it's your last chance to take advantage of the **All-At-Once ROY Series registration**. One registration will have you entered into nine races and you'll **SAVE** over \$50. Your registration must be received by Monday, August 1. [Click here](#) to register online.

## 2016—2017 SERIES SCHEDULE

08/27/16	Running on Island Time 5K
09/10/16	Turtle Krawl 5K
11/6/16	Space Coast Classic 15K & 2 Mile
11/27/16	Space Coast Marathon & Half Marathon
12/10/16	Reindeer Run 5K
01/28/17	Tooth Trot 5K
02/19/17	Eye of the Dragon 10K & 2 Mile
03/25/17	Downtown Melbourne 5K
04/08/17	Space Walk of Fame 8K
05/07/17	Eat My Crust 5K

## THERE ARE SEVERAL WAYS TO PLACE IN THE ROY SERIES



### ROY OVERALL

Space Coast Runners awards the top three overall male and female runners of the prestigious series. The open division winner will be presented an award and will receive a \$200 check. The second and third place finishers will also be presented an



### AGE GRADED COMPETITION

Age Graded awards are given to the top three male and female runners.

**What is age grading?** Age grading is a way of putting all race participants on a level playing field, regardless of age or gender. Age graded scores let you compare your race times to those of different runners, as well as to the standard for your age and gender (Runner's World).



### AGE GROUP AWARDS

The ROY series presents age group awards to the top 50% of the "eligible" runners or three deep, whichever is greater. Runners will receive points based on their finish in their age group and must run five series races to qualify for an age group award.

Age groups will be 0-9 years, then 5-year increments up to 79 and then 80 and over.

Members 14 years or younger cannot score points at the Space Coast Marathon or Half Marathon and will only score points for the Space Coast Classic, Tail of the Lizard and Space Walk of Fame 2-mile series races. Those ages 75+ have the option to score at either race distance.



### MASTERS DIVISION AWARDS

For the veteran runners, once the first three places are decided, awards will be presented to the top **Master** (age 40+), **Grand Master** (age 50+) and **Senior Grandmaster** (age 60+) based on the open division points for male and females.

First, the Master award will be given to the runner with the highest number of points who is 40 or older, then the Grand Master will be given to the runner with the highest number of points who is 50 or older, and finally the Senior Grandmaster will be given to the runner with the highest number of points who is 60 or older.

Please note: the series standings reflect your age on August 27, 2016, the date of the first race of the 2016-2017 ROY series season. If you have any series questions, please email Loran Serwin at [lservin@cfl.rr.com](mailto:lservin@cfl.rr.com).



## Running on Island Time 5K

### FEATURED ROY SERIES RACE

It's the 11th annual **Running on Island Time 5K!**

Last year there were over 330 runners and walkers (there is a competitive walking division). Tech shirts are guaranteed to the first 350 registered entrants this year. Listen to island steel drums playing as part of the pre-race festivities. Proceeds benefit Divine Mercy Academy.

- WHERE** ▶ Divine Mercy Catholic Academy, Merritt Island
- WHEN** ▶ 7:30 AM Saturday, August 27
- COST** ▶ **Save \$5.** Early discounted registration for SCR members is \$25 thru 8/18/16.

**WHAT TO EXPECT** ▶ Florida summer heat at its finest BUT a nice out and back course with no hair-pin turns. Plus, the special Oreo peanut butter banana treats are always awesome. Lots of raffles are always awarded.

#### **COURSE RECORDS** ▶

Male: Steven Cross - 15:39 (2015)

Female: Jessica Crate – 17:28 (2010)

Reigning Team Competition Champs — MIHS Cross Country

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

**ONLINE RACE REGISTRATION** ▶ [Click here.](#)



## Let Kids Run!

*We're dedicated to encouraging Brevard County youth to become active through the sport of running. Fitness can be fun + exciting!*

Space Coast Runners' **Youth Series** offers **FUN RUNS** (ages 12 & under) at 9 of our ROY series races.

These non-competitive runs are **free** but parents will be required to sign a waiver on the day of the run for their children to participate. If they wish, parents may run along with their children.

**Youth Series** runs take place after the associated adult race is completed. Distances can include ¼ mile, ½ mile, and 1 mile.

This year **kids will receive** a new, limited-edition award button to recognize their participation at each race. Collect all 9 for a complete Youth Series set. AND, any kid who completes 5 of the 9 runs will receive a special award and be recognized at the SCR Awards Night at the end of the season.

Waivers will be available at each race or you may bring one filled out. **Learn more** about the SCR Youth Series and download the waiver [here](#).

MARK YOUR  
CALENDAR!

# SCR Runner of the Year SERIES

2016—2017

## **Running on Island Time 5K**

Saturday, August 27, 2016  
at Divine Mercy Catholic Academy  
Merritt Island

## **Turtle Krawl 5K**

Saturday, September 10, 2016  
at James H. Nance Park  
Indialantic

## **Space Coast Classic 15K & 2 Mile**

Sunday, November 6, 2016  
at Gleason Park  
Indian Harbour Beach

## **Space Coast Marathon & Half Marathon**

Sunday, November 27, 2016  
at Cocoa Village Riverfront Park  
Cocoa

## **Reindeer Run 5K**

Saturday, December 10, 2016  
at Cherie Down Park  
Cape Canaveral

## **Tooth Trot 5K**

Saturday, January 28, 2017  
at Wickham Park Senior Center  
Melbourne

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

Sunday, February 19, 2017  
at Eau Gallie Civic Center  
Melbourne

## **Downtown Melbourne 5K**

Saturday, March 25, 2017  
at Holmes Park  
Melbourne

## **Space Walk of Fame 8K & 2 Mile**

Saturday, April 8, 2017  
at Space View Park  
Titusville

## **Eat My Crust 5K**

Sunday, May 7, 2017  
at Viera Pizza/Viera High School  
Viera



**Saturday, October 29, 2016**

7:15-7:50 A.M. Day of Race Registration

8:00 A.M. -5K Start

9:30 A.M. - Award Presentation

**EVENT LOCATION**

Chain of Lakes  
2300 Truman Scarborough Way  
@ Egret Way Pavilion  
Titusville, FL 32796

**EARLY PACKET PICK-UP & REGISTRATION**

Friday, October 28, 2016

4 P.M.-6:30 P.M. @ Egret Way Pavilion or  
NBCSC Office 9 A.M.-3 P.M.

**RACE FEES**

\$25-Early Registration (Before October 15<sup>th</sup>)  
\$28-Registration (October 15<sup>th</sup> -October 28<sup>th</sup>)  
\$30-Day of Race

**AWARDS**

Male & Female Top 3 Overall & Top Master  
*5K Chipped Timed by Space Coast Event*

**AGE GROUPS**

- 8 yrs. & under
- 9-10 yrs.
- 11-14 yrs.
- 15-19 yrs.
- followed by 5 yrs. . Age divisions through 80+

**PROCEEDS**

All proceeds go to help the community as a whole. North Brevard Charities Sharing Center, Inc. is a 501 © (3) Nonprofit Organization.

Angels don't always have wings...  
Helping each other, one hand at a time

**MAKE CHECK PAYABLE & MAIL TO:**

North Brevard Charities Sharing Center, Inc.  
4475 South Hopkins Avenue  
Titusville, FL 32780

Or visit our website and pay online via PayPal,  
[www.nbcsharingcenter.org](http://www.nbcsharingcenter.org)

Sharing is Caring, so let's Run to Share and Help Feed Our Community! Sign up to run and bring a canned good or other non-perishable food item

**On Line Registration is Available at SCEVENTMGT.COM**

**Contact: Marty Winkel 321-537-3526**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI: \_\_\_\_\_

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

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

Telephone \_\_\_\_\_ Email: \_\_\_\_\_

Male  Female T-Shirt: XS S M L XL XXL (T-shirt, size guaranteed if registered by October 1<sup>st</sup>)

**WAIVER**

I assume all risks associated with my participation in the 5K Run To Share including but not limited to injuries, contact with other participants including registered runners and volunteers, the effects of the weather, and traffic and hazards of the road, all such risks are known and appreciated by me. Having read this waiver, I for myself and anyone entitled on my behalf, waive and release the directors, organizers, volunteers and sponsors of this race from all claims or liabilities of any kind arising out of my participation in the 5K Run to Share. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose. For safety reasons, roller blades, skateboards, bicycles, baby strollers, baby joggers, radio headsets, and animals are PROHIBITED.

Signature (Parent, if under 18) \_\_\_\_\_ Date: \_\_\_\_\_

# AWARDS NIGHT



Pictured from left: Mary Ramba, Anne Dockery, Cheryl Ritter, Annie Caza, Kristen Klein

**Klein, Davis  
To Capture**



**Run Fast  
ROY Titles**

Ever wonder who the fastest runners in Brevard County are?

Well, it was very apparent at the 34th annual SCR Awards Night as athlete after athlete was recognized for their outstanding accomplishments during the 2015-2016 Runner of the Year Series. Host Bob Rall kept the festivities fun while president-elect, Howard Kanner congratulated the evening's winners.

SCR inducted three members into its Hall of Fame — John Davis, Willy Moolenaar and Steve Hedgespeth. RC Koontz who has volunteered for years to help his fellow runners received the prestigious Golden Shoe Award.

Kristen Klein and John Davis were celebrated as the overall Runners of the Year for their spectacular seasons. Anne Dockery and Gary Gates picked up the overall Age Graded series awards. (Photographs provided by Doug Carroll.)

# SPACE COAST RUNNERS

# AWARDS NIGHT



## MOST INSPIRING ATHLETE

**WINNER: NICKOLAS LAKE**

Having overcome back surgery at a very young age along with the daily struggles that come with Asperger's Syndrome, young Nickolas Lake did not deter this year when it came to running. Nick continued to improve and get faster as his family cheered him along the way at 5K after 5K. SCR members took note and to his surprise named him our Most Inspiring Athlete.

Fellow nominees included Anne Dockery, Julie Hannah, Jonathan Howse, Rhonda Creek



## BEST LOCAL RACE

**WINNER: SPACE COAST MARATHON & HALF MARATHON**

SCR members love a good, long distance run next to the beautiful Indian River. The Space Coast Marathon & Half Marathon beat out a handful of fine 5K's and a fellow half to take the win.

Fellow nominees included Eat My Crust 5K, Downtown Melbourne 5K, Turtle Krawl 5K, Cocoa Beach Half Marathon



## BEST LOCAL FUN RUN

**WINNER: SCR COCOA VILLAGE SUNDAY RUN**

It was a close race for this run as we're lucky to have so many great fun run options. SCR snagged the honor with its Sunday run.

Fellow nominees included Oars & Paddles Sunday Run, Running Zone Thursday Night Run, Cocoa Beach Fun Runners & Walkers Wednesday Night, Playalinda Brewing Co. Run Club Thursday Night

## MOST IMPROVED RUNNER

**WINNER: TEEN SUM**

After receiving the same nomination in 2015, Teen Sum wondered what the penalty might be if he wasn't the recipient of the Most Improved Runner award for two years straight? Fortunately, he didn't have to worry as his fellow SCR members recognized his continued improvements and PRs to name him this year's winner.

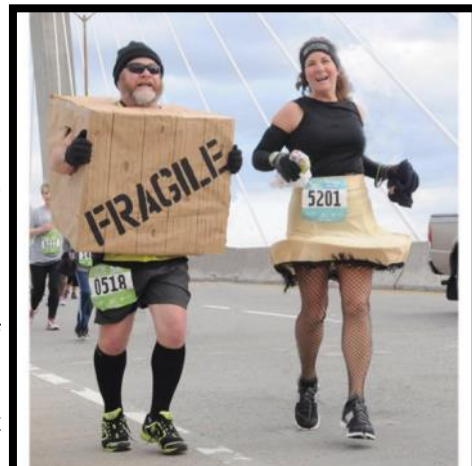
Fellow nominees included John Wall, Kristy Taro, Jonathan Howse, Elisha Gould

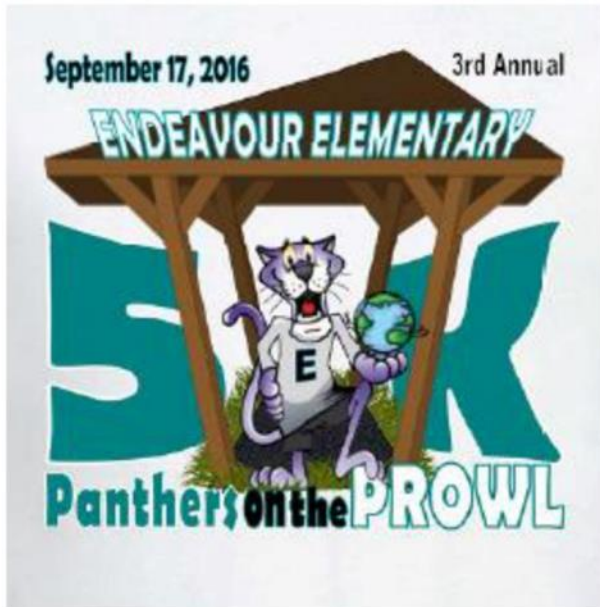


## BEST FINISH LINE PHOTO

**WINNER: KEITH & MARISA FLINT**

Super run couple in costumes, Keith & Marisa Flint had to take to the streets of Savannah, Georgia to capture this best finish photo and it couldn't be beat.





### Event Location

Eastern Florida State College (Amphitheater)  
1519 Clearlake Road  
Cocoa, FL 32922

### Day of Race Activities

6:30 a.m. - Registration / Packet Pickup  
8:00 a.m. - 5K Start  
8:05 a.m. - 1 Mile Walk / Run Start  
8:30 a.m. - Post Race Refreshments  
9:15 a.m. - Awards

### Course Description

**5K** - 2 Loops around the campus, lake, and through the trail. **1- Miler** - One loop course through trail and around lake.

### Early Registration

Through September 3th - \$20

### Registration

\*September 4th - September 16th - \$25

\*\*Day of Race - \$30-cash only

### Awards

#### 5K awards:

1st, 2nd and 3rd Overall Male/Female,  
1st Masters Male/Female,  
1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> in the following Male/Female age groups  
8 & Under, 9-11, 12-14, 15-19 and 5 year age groups thru 75+

**1-Mile awards:** Top 5 Males and Females

**\*Shirts guaranteed to pre-registered runners only.**

### Early Packet Pick-Up (encouraged)

September 16, 2016 • 3:30 p.m. -6:00 p.m.

#### Endeavour Elementary

905 Pineda Ave.  
Cocoa, FL 32922

### Contact Information

Erica Stellmon 321-633-3545  
stellmon.eric@brevardschools.org  
Marty Winkel 321-537-3526, runsalot@cfl.rr.com

### To pay by cash:

Please bring your completed registration form and entry fee to the front office at Endeavour Elementary School  
905 Pineda St.  
Cocoa, FL 3292

ONLINE REGISTRATION IS AVAILABLE AT [SCEVENTMGT.COM](http://SCEVENTMGT.COM)---PANTHERS ON THE PROWL 5K

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

Address \_\_\_\_\_

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

Telephone \_\_\_\_\_ Email \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age on race Day \_\_\_\_\_

Male  Female T-shirt:  YS  YM  YL  S  M  L  XL  XXL

Choose one option:  5K  1-mile

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

Waiver: 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 Endeavour Magnet Elementary School, Space Coast Event Management, the sponsors, officers, volunteers and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, 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 (Parent, if under 18) \_\_\_\_\_ Date \_\_\_\_\_



# AGE GROUP AWARDS

## MALE DIVISION

**1ST** John Davis

**2ND** Shane Streufert

**3RD** Steve Hedgespeth

**Masters** Gary Gates

**Grand Masters** Keith Snodgrass

**Senior Grand Masters** Michael Miller

### 9 & Under

Michael Girard  
Jack Girard  
Garrison Gates

### 10—14

Maxwell Walker  
Cameron Shagena

### 20—24

Austin Hahn

### 30—34

Daniel Redlien

### 35—39

Ed Springer  
Mike Acosta  
James Girard

### 40—44

Jonathan Howse  
Ron Ritter  
James Krupp

### 45—49

Joe Lento  
John Wall  
Derek Stough  
Micah Vanatta  
Dean Worm  
Daniel Heidt

### 50—54

Michael Walker Chuck  
Mathews Jeff Gleacher  
Paul Bevilacqua

### 55—59

Joel Hultgren  
Art Anderson  
Keith Kowalske  
Sal Farino  
Robert Pike  
Greg Griffin  
Keith Dutter

### 60—64

Matt Mahoney  
Bud Timmons  
Wolfgang Jensen  
Michael Pagoria  
Jerry Bird

### 65—69

David Grant  
Teen Sum  
Joe Godleski  
Gary Castner  
Ray Brown

### 70—74

Michael Zeitfuss

### 75—79

Morris Johnson  
Tom Ward

### 80+

Bob Pecor

## FEMALE DIVISION

**1ST** Kristen Klein

**2ND** Annie Caza

**3RD** Lori Kruger

**Masters** Cheryl Ritter

**Grand Masters** Anne Dockery

**Senior Grand Masters** Mary Ramba

### 9 & Under

Kara Hedgespeth

### 10—14

Madden Lorraine  
Lillian Robertson  
Solana Hosburgh

### 20—24

Anna Montes

### 25—29

Charlene Anstett  
Rachel Redlien  
Monique Pridgin

### 30—34

Cami Waldon  
Amanda Shagena  
Alysson Lyons

### 35—39

Charlotte Walters  
Lisa Girard  
Sherri Lorraine  
Kate Chapman

### 40—44

Brittany Streufert  
Tricia Rydson  
Julie Hannah  
Gina Rall  
Tadzia Harvey

### 45—49

Cristina Canales  
Betsy Butler  
Rhonda Creek  
Debbie Wells  
Kristen Faust  
Marisa Flint Brenda Heidt

### 50—54

Ilse Berube  
Tena Hochard  
Leslie Faletra  
Christine Kennedy  
Beverly Glenn  
Robin Fratto  
Kathy Bils

### 55—59

Carol Ball  
Joan Meadows  
Pat Mister  
Elizabeth Ring  
Jessica Barone

### 60—64

Roz Freas  
Susie O'Connell  
Luanne Memmott

### 65—69

Susie Koontz  
Pat Kiesselbach

### 70—74

Willy Moolenaar

### 75—79

Dodie Johnson

### 80+

Roberta Osterling

The 2016-2017 Runner of the Year Series begins at the Running on Island Time 5K on 08/26/16.

# MORE AWARDS

## AGE GRADED DIVISION

- 1ST** Gary Gates
- 2ND** Shane Streufert
- 3RD** John Davis

- 
- 1ST** Anne Dockery
  - 2ND** Annie Caza
  - 3RD** Lori Kruger

## RAN ALL RACES

- |                  |                   |
|------------------|-------------------|
| Art Anderson     | Susie Koontz      |
| Charlene Anstett | Joe Lento         |
| Ilse Berube      | David Lerret      |
| Annie Caza       | Madden Lorraine   |
| James Chiravelle | Andrea Lucas      |
| Joe Deen         | Joan Meadows      |
| Jack Girard      | Bob Pecor         |
| Michael Girard   | Suzie Philbeck    |
| Beverly Glenn    | Bob Rall          |
| David Grant      | Kenneth Rhoden    |
| Brenda Heidt     | Cheryl Ritter     |
| Daniel Heidt     | Cameron Shagena   |
| Steve Hedgespeth | Kelly Stanton     |
| Tena Hochard     | Shane Streufert   |
| Joe Hultgren     | Micah Vanatta     |
| Dodie Johnson    | Cami Waldon       |
| Morris Johnson   | Charlotte Walters |
| Jo Ellen Kanner  | Dean Worm         |
| Pat Kiesselbach  | Michael Zeitfuss  |

## YOUTH SERIES

- Kara Hedgespeth      Abigail Tastad
- Lillian Robertson
- Evan Taro (not pictured)



## VOLUNTEERS OF THE YEAR

Howard Kanner + Pat Kiesselbach



Participate in all 10 of the Runner of the Year Series races and you'll receive a special award!



## Become a 2016-2017 Space Coast Runners Sponsor

<b>Olympic \$3000</b>	<ul style="list-style-type: none"> <li>- Name and logo (large) on start/finish line banner</li> <li>- 18 free race entries with t-shirts (6 to each of the 3 races)</li> <li>- Name and logo (large) on race t-shirts</li> <li>- Name and logo (large) on SCR website for the season</li> <li>- Name and logo (large) on individual websites (3 races) for the season</li> <li>- Name and logo (large) on all race applications/marketing materials</li> <li>- Full page article in SCR newsletter</li> <li>- Recognition on SCR social media</li> <li>- Race packet inclusion</li> <li>- Recognition at event</li> </ul>
<b>Gold \$1500</b>	<ul style="list-style-type: none"> <li>- 9 free race entries with t-shirts (3 to each of the 3 races)</li> <li>- Name and logo (large) on race t-shirts</li> <li>- Name and logo (large) on SCR website for the season</li> <li>- Name and logo (large) on individual websites (3 races) for the season</li> <li>- Name and logo (large) on all race applications/marketing materials</li> <li>- Half page article in SCR newsletter</li> <li>- Recognition on SCR social media</li> <li>- Race packet inclusion</li> <li>- Recognition at event</li> </ul>
<b>Silver \$900</b>	<ul style="list-style-type: none"> <li>- 6 free race entries with t-shirts (2 to each of the 3 races)</li> <li>- Name and logo (medium) on race t-shirts</li> <li>- Name and logo (medium) on SCR website for the season</li> <li>- Name and logo (medium) on individual websites (3 races) for the season</li> <li>- Name and logo (medium) on all race applications/marketing materials</li> <li>- Half page article in SCR newsletter</li> <li>- Recognition on SCR social media</li> <li>- Race packet inclusion</li> <li>- Recognition at event</li> </ul>
<b>Bronze \$600</b>	<ul style="list-style-type: none"> <li>- 3 free race entries with t-shirts (1 to each of the 3 races)</li> <li>- Name and logo (small) on race t-shirts</li> <li>- Name and logo (small) on SCR website for the season</li> <li>- Name and logo (small) on individual websites (3 races) for the season</li> <li>- Name and logo (small) on all race applications/marketing materials</li> <li>- Half page article in SCR newsletter</li> <li>- Recognition on SCR social media</li> <li>- Race packet inclusion</li> <li>- Recognition at event</li> </ul>
<b>Supporter \$300</b>	<ul style="list-style-type: none"> <li>- 1 free race entry with t-shirt (pick 1 of the 3 races)</li> <li>- Name (small) on race t-shirts</li> <li>- Name and logo (small) on SCR website for the season</li> <li>- Name and logo (small) on individual websites (3 races) for the season</li> <li>- Name (small) on all race applications/marketing materials</li> <li>- Half page article in SCR newsletter</li> <li>- Recognition on SCR social media</li> <li>- Race packet inclusion</li> <li>- Recognition at event</li> </ul>

For more information, contact [Judd Spitzer](#) or sign up online [here](#).

# 2016 SCR Hall of Fame

Inductee: *Willy Moolenaar*



Marty Winkel nominated Willy Moolenaar for the Space Coast Runners Hall of Fame and when he did so he felt she was probably the least assuming and well deserving (and long overdue) member to be recognized as a Space Coast Runners Hall of Fame recipient.

Willy's accomplishments are many and she literally has hundreds of awards, ribbons and trophies from all over the country and the world. It was with great pride that the club inducted Willy as its 21st member in the SCR Hall of Fame.

As a little girl Willy Moolenaar grew up in the Netherlands, making her way to the United States in October of 1962. She settled in Chicago. At the age of 48, Willy retired from the airline industry and it was about this time that she decided to quit smoking. Shortly after quitting she began to run, it kept her occupied and filled the void that not smoking had left.

In 1991 Willy decided she would sign up for a 5K race when she could run the entire distance non-stop. She did just that and finished her first 5K in 29:46. She was first in

her age group but Willy jokes that there was no one else in that group. And now, she was hooked as a runner.

Since she began her journey as a runner, Willy has completed a total of 26 marathons and has battled both Graves Disease and Non-Hodgkin's Lymphoma along the way. While marathons are her specialty she is equally accomplished at shorter distances. Some of her PR's are: 5K – 22:57 at age 55, 10K – 47:54 at 55, 15K – 1:14:27 at 57 and half marathon – 1:48:50 at 54.

At the 1999 USATF National Championships at age 58 Willy placed 1st in the 800 and the 1500. In 2000 she set PR's of 3:04 for the 800 and 6:29.57 for the 1,500. These times ranked her at a World-Class level for women in the 55-59 age group.

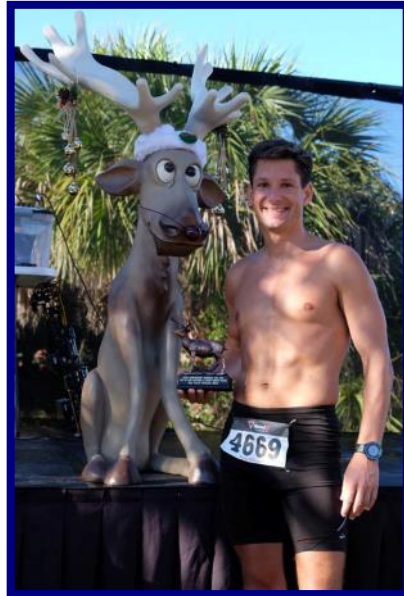
Willy started running triathlons in 2007. Not surprisingly she was placing in her age group right away. To read more about Willy and her many accomplishments, visit the Space Coast Runner's Hall of Fame online by [clicking here](#).



**IN WILLY'S WORDS:** I am honored to be named to the Space Coast Runners Hall of Fame and **humbled by this recognition**. As I look at the award, it brings back memories of my achievements, the people I met and the friends I made along the way.

# 2016 SCR Hall of Fame

Inductee: *John Davis*



The 22nd inductee into the SCR Hall of Fame is a good friend and fellow training partner of Shane Streufert who nominated John Davis this year. Although Davis was unable to attend Awards Night to receive this special honor, his many accomplishments were noted.

Davis has run and competed in the Space Coast Runners Runner of the Year (ROY) series for 10 consecutive years. John has won 1st overall in the series 7 times including the most recent 2015-2016 series. This puts him second only to Doug Butler who has 8 OA titles. There are no sign of John stopping any time soon.

In addition to winning ROY seven times he has amassed a very impressive list of other running accomplishments:

ROY: 1st OA seven time champion  
(08-09, 09-10, 10-11, 11-12, 13-14, 14-15, 15-16)

ROY: 3rd OA (2007-2008)

ROY: 1st Age Group (2006-2007)

ROY Age Graded: 2nd place (2014-2015)

ROY Age Graded: 3rd place (2013-2014, 2015-2016)

Personal Bests of: 16:07 5K, 34:44 10K, 53:12 15K  
1:15:35 Half Marathon, 2:42:21 Marathon

John has won virtually every local race at least once and most several times including winning the 2015 Space Coast Half Marathon and the Excalibur 10 Miler. In the Rock 'n Roll St. Pete Half Marathon he captured a 3rd Overall finish in 2013. In the local Running Zone Race Series, he has placed 1st Overall, 2nd OA twice and 3rd OA twice.

Based on his extensive list of running accomplishments John was inducted into the Space Coast Runners Hall of Fame by its members. To read more about John, visit the Space Coast Runner's Hall of Fame online by [clicking here](#).



**IN JOHN'S WORDS:** Virtually all of the awards that I've won over the years end up in boxes, but the Hall of Fame plaque is the lone award sitting on my wall. The **Hall of Fame** has often been a motivator to train to my fullest for each ROY series, and I'm thankful that this year marked my 7th Series championship. Over the years, I've went back and read the descriptions of the runners that have been inducted numerous times, and I've often wondered if the things I was **blessed enough** to accomplish might one day make me a candidate. After all the years of hard work, I'm most certainly grateful for my induction, and now I can finally **retire from running**. Just kidding, I think I'll keep running.

# 2016 SCR Hall of Fame

Inductee: *Steve Hedgespeth*



The 23rd inductee into the SCR Hall of Fame was also presented by Shane Streufert. He started off by telling the audience what great respect he had for fellow runner and competitor, Steve Hedgespeth. He's known for his racing strength and fortitude as every race Steve shows up to run he gives it his all (after the warmup sweat pants come off) and that's not easy when you're competing in both the SCR ROY series and the Running Zone's race series.

Hedgespeth has placed in the Space Coast Runners Runner of the Year (ROY) series 14 of the last 15 years! This includes three 1st Overall, five 2nd OA, five 3rd OA, 1st Age Group, and 3rd Age Graded.

In addition to placing in top 3 in the ROY series an unbelievable 13 times he has a very impressive list of other running accomplishments:

#### ROY

3 time 1st OA (01-02, 05-06, 06-07)

5 time 2nd OA (07-08, 10-11, 11-12, 12-13, 13-14)

5 time 3rd OA (02-03, 03-04, 09-10, 14-15, 15-16)

1st Age Group (04-05)

3rd Age graded (12-13)

Personal Bests since moving to Florida are: 16:33 5K, 1:16:38 Half Marathon, 2:48:52 Marathon.

He has won several local races including the Space Coast Half Marathon and the Excalibur 10 Miler. In the local Running Zone Race Series, he has placed 1st Age Group three times, and once in 2nd AG and 3rd AG.

Steve was a Division 1 college runner at Maryland. This did not come easily as he did not make the team his freshman year when he tried to walk on but with great determination made the team his sophomore year. In the 5K, Steve's personal bests were 15:33 and 2:39:01 in the marathon.

Steve Hedgespeth is one of two SCR members who have placed in the top 3 in the Runner of the Year series 10 times or more. The other is fellow HOF member, Doug Butler. Based on this and Steve's list of other running accomplishments he was inducted into the Space Coast Runners Hall of Fame. To read more about Steve, visit the SCR's Hall of Fame online by [clicking here](#).



**IN STEVE'S WORDS:** I am honored to be inducted into the Space Coast Runners Hall of Fame. I **never really considered myself a candidate** before, since usually only one person gets inducted each year and typically inductees have been running for many more years than me. I could never have sustained competitive running as long as I have without **the support of my family** and the local running community. Thanks everyone!



*Inaugural*  
**HOPE HEALS 5K**  
*Saturday, October 15, 2016*

**EVENT LOCATION**  
 Wickham Park (Pavilion 6)  
 2500 Parkway Dr  
 Melbourne, FL 32935

**PROCEEDS**  
 All proceeds go to raise awareness and support for families walking their journey affected by Pseudo Tumor Cerebri and Arnold Chiari Malformations.  
 Visit Inter-Cranial Hypertension Research Foundation to learn about this debilitating condition.

**RACE DAY SCHEDULE**  
 Saturday, October 15, 2016  
 6:30 -7:50 AM – Day of Race Registration & Packet Pickup  
 8:00 AM – 5K Start  
 9:00 AM – Awards Presentation

**Additional Information**  
[www.hopeheals.info](http://www.hopeheals.info)

**HOPE HEALS ON-LINE REGISTRATION AVAILABLE AT SCEVENTMGT.COM**

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

Address \_\_\_\_\_ DOB \_\_\_\_\_

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

Telephone \_\_\_\_\_ Email \_\_\_\_\_

**T-shirt, size only guaranteed if registered by Oct 1, 2016**

Male  Female T-shirt:  XS  S  M  L  XL  XXL

I assume all risks associated with my participation in the Hope Heals 5K including but not limited to injuries, contact with other participants including registered participants and volunteers, the effects of the weather, traffic and hazards of the roads, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled on my behalf, waive and release the directors, organizers, volunteers, Brevard Parks & Recreation, Space Coast Event Management & Timing and sponsors of the race from having all claims or liabilities of any kind arising out of my participation in the Hope Heals 5K. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. For safety reasons, roller blades, roller skates, skateboards, bicycles, baby strollers, baby joggers, radio headsets and animals are prohibited.

Signature (Parent, if under 18) \_\_\_\_\_ Date \_\_\_\_\_

**RACE FEES**

\$20 - Early Registration (Before October 1)  
 \$25 – Registration (Oct 1 – Oct 14)  
 \$30 – Day of Race

**EARLY PACKET PICKUP**

Friday, October 14, 2016, 4:00 PM – 7:00 PM

Wickham Park Pavilion 6

CONTACT INFORMATION

Elaine Ferriola, 321-634-4729

Hopeheals321@gmail.com

5K Chipped Timed by Space Coast Event Management & Timing

**AWARDS**

**All finishers will receive a uniquely designed Finisher medal.**

Male & Female Top 3 Overall & Top Master

Male & Female Top 3 in the Following age Groups

8 & Under, 9 to 11, 12 to 14, 15 to 19 and 5 Year Age Groups Thru 80+

**MAKE CHECKS PAYABLE & SEND TO:**

HOPE HEALS

325 Milano Lane Unit 101

Melbourne, FL 32940

**SPONSORS**



# 2016 SCR Golden Shoe

Recipient: *R.C. Koontz*



**T**he Golden Shoe is presented annually to recognize an individual who has demonstrated a sustained, long-term commitment to runners on the Space Coast.

It is said that “Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.” Some volunteers can also be timeless, which is true of this nominee for the Golden Shoe Award. Richard Koontz, better known to the club as “RC”, is just one such person.

RC started running in 1978 and progressed to triathlon a year later. His extensive running and triathlon accomplishments, including finishing every Disney Marathon, are a subject for another time. As a member of the Chattahoochee Roadrunners Club, he learned about Space Coast Runners and the Melbourne Marathon from his coach, Roy Bensen. When RC and Susie moved to Brevard County in 1989, they met Harold Tucker, and became members of Space Coast Runners.

Dick White, a SCR past-president who nominated RC relayed how meeting him was not only an enriching friendship but how much it mean to our club.

“We had the good fortune to meet RC and Susie when we moved to Brevard County twenty years ago. Our friendship over the years has provided ample opportunities to witness RC’s generous and giving nature. Yet, his unpretentious manner often causes his contributions to go unnoticed. He has given his time and energy to Space Coast Runners consistently for over 25 years.

When we took over the directorship of the Eye of the Dragon in 2004 and for the following 10 years, our good friend was called on to haul water, tables, and race sup-

plies because he was the only one of us with a pickup truck. He helped with setup at the race site, and did the same for Kathy Ojeda for the years she directed the Space Coast Classic. Additionally, RC could be found before the races cutting up oranges and setting out the food display, and cleaning up afterward. He has since continued to volunteer in this capacity at the Eye of the Dragon.”

An avid cook in his own home, RC shares his culinary skills every New Year’s morning at the Cherie Down Park fun run. For 15 years, Chef Boy RC has served up scrambled eggs, Canadian bacon, and coffee for the runners and walkers ushering in the New Year, prior to his polar bear dip in the ocean.

If you run at River Road on Sunday mornings, you can thank RC for being one of the regulars who puts out the water and Gatorade each week. For the past two years, he has been mixing Gatorade and loading his truck before most of us are even up, to make sure that the first wave of runners have fluids when they hit the 2 mile mark.

On a more personal note, RC’s volunteering extended to pinch hitting as a babysitter. When our daughter, Rachel, was a toddler, he frequently minded her at the races while Mom competed in the SCR series. If you ask him to do anything, RC will do it. He is unassuming, jovial, and always has a quick quip.

Space Coast Runners is fortunate in having such an individual as a club member and friend to all. To read more about RC and other Golden Shoe Recipients online, [click here](#).





Report by Brittany Streufert

**OVERALL MEN**

Wade Gunter, 1:06:00  
 Craig Booth, 1:07:46  
 Matt Mahoney, 1:08:13

**OVERALL WOMEN**

Midori Wiles, 1:20:50  
 Keri Owen, 1:24:52  
 Deb Stokes, 1:33:07

**ATHENA DIVISION**

Vicki Logan 1:51:29  
 Jessica Mosca, 2:29:22

**CLYDESDALE DIVISION**

Ronald Vanous, 1:55:24

**TOP RELAY TEAMS**

The JW's, 58:53 (Male)  
 P&G, 1:38:38 (Female)  
 Lincoln's Lodge, 1:13:55 (Coed)

**FAT TIRE DIVISION**

Tom Riggle, 1:26:26  
 Charles Eccleston, 1:28:37  
 Navin Itwaru, 1:44:55  
 Sara Griffin, 2:08:35

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



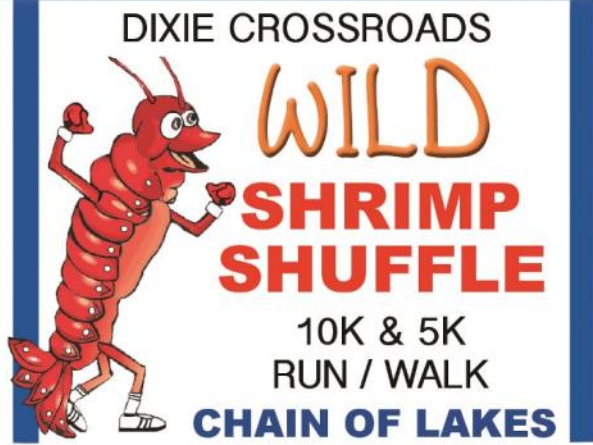
The second annual Lost In The Bay Duathlon was held on a hot and sunny June morning in Palm Bay. The Up & Running Race Management event saw both individuals and relay teams covering the run-bike-run course which was designed as a 3 mile run followed by a 10 mile bike, followed by a final 2 mile run.

The event offered participants the option of competing individually or as a relay team. There was a fat tire division and a Clydesdale/Athena one as well.

The overall favorite coming into the event was Julio Castillo who unfortunately suffered a flat tire, relinquished the lead he had built and ended up with a DNF. This left the door open for Wade Gunter, 58, to take the win in 1:06. For the women, Midori Wiles, 55, crossed the finish in first in 1:20:50.

By the end of the event, many of the participants were leaving with their awards medals and smiles on their faces. The race benefited the Children's Home Society of Florida, Brevard Division.





DIXIE CROSSROADS

# WILD SHRIMP SHUFFLE

10K & 5K  
RUN / WALK

CHAIN OF LAKES

## Titusville, Florida October 8, 2016

7:45 A.M. • 5K RACE START  
8:15 A.M. • 10K RACE START

**LOCATION:**

Chain of Lakes  
2300 Truman Scarborough Way  
Titusville, Florida 32796

**COURSE:**

The race will start and finish at the pavilion just south of the entrance off of US-1. The course is a combination of asphalt (pedways) & cross-country trails .25m 5k .5 10k

**EARLY PACKET PICKUP:**

Friday, October 7th 4:30 P.M. - 7:00 P.M.  
at Pavilion near start / finish  
Both the 5K and 10K courses are  
USATF certified # Pending

**RUN VIRTUAL**

Can't make it to the Wild Shrimp Shuffle on Oct 8? Sign up & run virtual & receive your WSS shirt & medal. Will be mailed within 24 hrs after receiving and email confirming your run.

**EARLY REGISTRATION:**

Before September 23, 2016 - \$25

**REGISTRATION:**

September 24 - October 7, 2016 -\$30  
Day of Race - \$35  
Virtual 5K or 10K - 35\$

**RACE DAY SCHEDULE:**

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

**AWARDS 10K & 5K:**

All 10K & 5K finishers receive a 4 inch Wild Shrimp finisher medal.

Shirt guaranteed to pre-registered participants

- Top 3 Overall - male & female
- Top Master (40+) overall - male & female
- Top 3 Finishers age group - male & female

**AGE GROUPS:**

- 8 yrs. & under
- 9 - 10 yrs
- 11 - 14 yrs.
- 15 - 19 yrs
- Followed by 5 yr. age divisions through 80+

**CONTACT:** Marty Winkel 321-537-3526

runsalot@cfl.rr.com

**MAKE CHECKS PAYABLE & MAIL TO:**

Space Coast Event Management  
ATTN: Wild Shrimp Shuffle 10K & 5K  
7 Indian River Ave. #605 • Titusville, FL 32796

**SPONSORS:**

Dixie Crossroads • Insight Forensics  
Playalinda Brewing Company



**ONLINE REGISTRATION AVAILABLE ON SCEVENTMGT.COM**

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

Address \_\_\_\_\_

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

Telephone \_\_\_\_\_ Email \_\_\_\_\_ DOB \_\_\_\_\_

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

**WAIVER**

I assume all risks associated with my participation in the Wild Shrimp Run 10K & 5K including but not limited to injuries, contact with other participants including registered participants and volunteers, the effects of the weather, traffic and hazards of the roads, all such risks are known and appreciated by me. Having read this waiver I, for myself and anyone entitled on my behalf, waive and release the directors, organizers, volunteers, Brevard Parks and sponsors of this race from having all claims or liabilities of any kind arising out of my participation in the Wild Shrimp 10K & 5K. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. For safety reasons, roller blades, roller skates, skateboards, bicycles, baby strollers, baby joggers, radio headsets and animals are PROHIBITED.

Signature (Parent, if under 18) \_\_\_\_\_ Date \_\_\_\_\_



## Report by Marisa Flint

### OVERALL MEN

David Galvez, 15:54  
Troy Smith, 16:35  
John Davis, 16:59

### OVERALL WOMEN

Kaitlin Donner, 17:39  
Holly Wooley, 17:46  
Natalie Bress, 18:49

### MASTERS DIVISION

Shane Streufert, 17:17  
Tasha Camps, 21:47

### HEROES DIVISION

Keith Moon, 21:06  
Heath Powell, 24:12  
Stephen Bernstein, 22:23

### TEAM DIVISION

Viera Pizza Race Team  
Running Zone  
Harris

### SCHOOL PARTICIPATION

Manatee Elementary  
Holland Elementary  
Indian Harbour Montessori

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

*"It's a little like a turkey trot in that the event is the kickoff to the holiday." - Pete Vaughan*

The streets of Melbourne sizzled as over 1,100 runners and walkers hit the pavement on a sunny, sweltering Fourth of July to kick off Running Zone's 2016-17 race season. Californian David Galvez set a blistering pace to win in 15:54, followed by Troy Smith in 16:35 and perennial speedster John Davis in 16:59. On the ladies' side, Kaitlin Donner took first place in 17:39, with Holly Wooley hot on her heels in 17:46; Natalie Bress rounded out the top three in 18:49. Besides the individual awards, Running Zone gave awards for top teams, most school participation, and a special hero award for participants who are members of the military, fire, and police.

The Firecracker 5K continues to grow in popularity; participants numbered around 200 more than last year in spite of even hotter temperatures. Running Zone took care of runners with two water stops on the 5K course, and runners and walkers were treated to popsicles at the finish—a welcome delight with which to cool off. They also provided free child care during the race, and afterward participants could get “personalized receipts” which listed their gun time, net time, splits, and division places. As well, Planet Smoothie ladled out delicious smoothies and Einstein Bagels provided bagels and cream cheese. Participants received technical shirts, and one lucky winner scored an iPad. Running Zone also rolled out something new as they kicked off their seven-race series: markers to alert and motivate runners when they reached 1/2 mile, 1/4 mile, 200 meters, and 100 meters to go. After the age group awards Running Zone held a contest for patriotic participants who dressed up in their best red, white, and blue; the first place winner, a young Captain America, won a free pair of shoes while second and third place received Running Zone gift cards.

The Firecracker 5K is becoming an annual tradition for many runners who want to get in their run before celebrating our nation's

## Firecracker 5K Continued



birthday. For those who want a memento of the day, complimentary photos shot by Trihokie Images are available [here](#), and check out the [video](#) that captures the fun and patriotic spirit of this season kickoff race.



**Pictures clockwise from top left:** Satellite Beach's Charles Holloway carries the American flag throughout the 5K. Bob Rall finishes in a flash of red, white and blue. SCR team members and friends celebrate the 4th of July with Zippy the Gecko and Curry the dog. David Galvez accepts his prizes for winning first place overall.



## Susan Then

Wife, Runner, Survivor

**Family:** Husband — George

**Age:** 69

**Originally from:**  
Yorktown Heights, NY

**Currently reside:**  
Indian Harbour Beach, FL

**Number of years running:** 34

**Began running because:** Used to volunteer at water stops at the NYC marathon and thought, "If they can do it, so can I." First time I ran a mile, I thought I was ready for the Olympics!

**I knew I was hooked when:** I could actually run a few miles without feeling like I was dying.

**Race personal records (PRs):**

5K: 17:37

10K: 37:45

Half Marathon: 1:23

Marathon: 3:12

**What has been my biggest running accomplishment to date:** I qualified for the Boston Marathon four times when the qualifying time for was 3:20 for 40-year olds. A few others are coming in second in a 20K in Central Park and hearing my name over the loud speaker, winning the Jan Peek 10K and winning the Dutchess County Classic Half Marathon in 1:23.



**Favorite local and/or out of town race:**

Trail races in the Northeast, the Turtle Krawl and the Sister Run 5K.

**Favorite places to train:** Adirondack Mountains

**Running Goals:** My last race was the Gecko Run which I had to run/walk just to finish to qualify for an age group series award. Since then due to chemo, I am unable to run at all. My goal is being able to run again after 5½ years of chemo and radiation

**Training Philosophy:** Go out and just enjoy every running experience- just enjoy it and don't put too much technology or running aids in to it. It's about the pure experience!

**Running Partners:** My husband

**If I could run a mile with any other person(s), dead or alive:** Joan Benoit Samuelson

**One piece of advice that I would give to a new runner:**

Love every step you take as you are so very lucky to be able to do it. After being diagnosed with uterine carcinosarcoma on Feb 23, 2011, I continued running through 7 chemo regimens and 28 radiation treatments.

I had to stop this February as I just couldn't do it anymore and now, when I see runners of any age or ability, I wonder if they know just how very lucky they are to be out running their miles.

Everybody knows and is aware of breast cancer but few think or know anything about gynecological cancers, which are deadly. I feel very lucky to have had as many years as I did and my one hope right now is to get back on the roads! For any runner, love every step you take as you are the lucky ones!

**Last movie I saw:** Thirteen Hours- Benghazi

**Favorite hero:** Grete Waitz

**I can't live without my....** Husband and four cockers

**Last time I took a selfie:** Never.



Susan finishing the Run for the Gecko 5K in May while undergoing treatment.

If you would like to be featured in an upcoming "Run a Mile with" profile, please contact SCR newsletter editor, [Lisa Hamelin](mailto:Lisa.Hamelin@spacecoastrunners.org).



Benefitting

**REGISTER NOW!**

**UpRunningRace  
Management.com**



**2016 Inaugural  
Event!**

# The Rainbow Run 5k

**Saturday, September 17, 2016 – 7:30 a.m.  
Eau Gallie Civic Center**

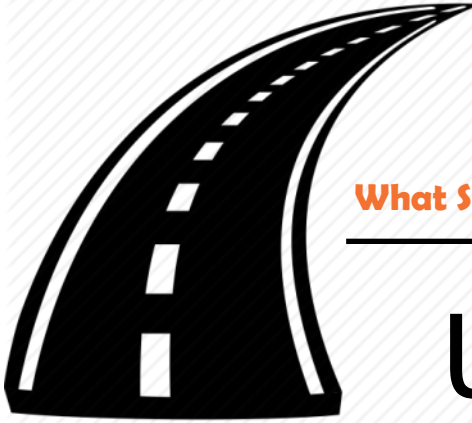
Healthy, family-oriented 5K run/walk within a happy community. Celebrating arts, culture and world-class fun!

- **Disco brunch following 5K hosted by PC Keats – DJ & disco ball!**
- **Awesome race shirts guaranteed if registered by Sept 2<sup>nd</sup>**
- **Strollers welcome**
- **Awards for top age group finishers**
- **Timing by Up & Running Race Management**

**\$28 before  
August 20th**



*Proceeds benefit Space Coast Pride, Inc. Pride is a celebration of LGBT culture, to promote awareness of our community and bring awareness of the struggle for equal rights.*



# Long Distance Relationships

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

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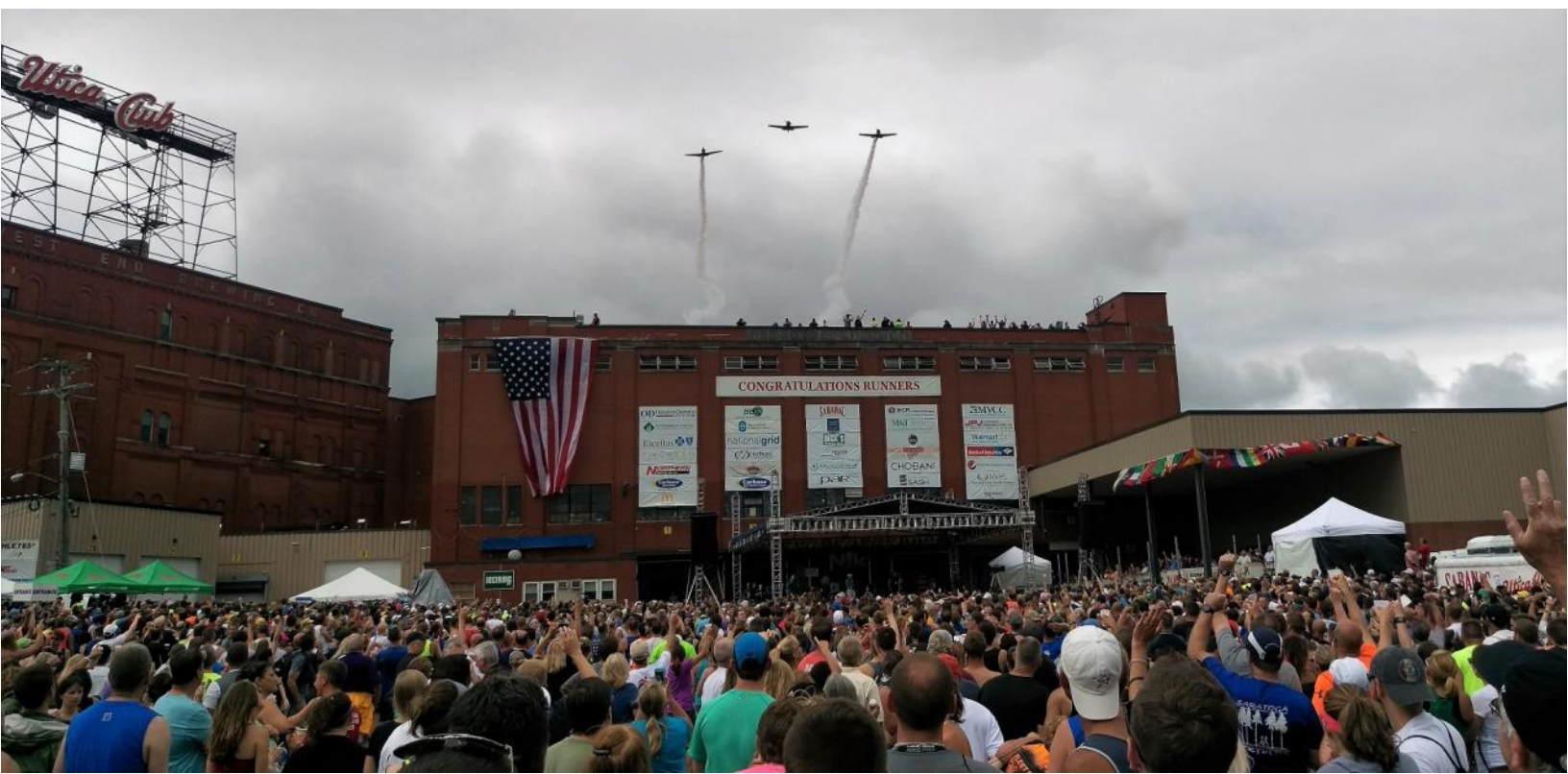
## Utica Boilermaker 7.10.16

Why is the second Sunday in July a more festive day in the city of Utica, New York, than Thanksgiving and Christmas combined? Because it is Boilermaker Sunday, when Utica hosts one of the biggest 15K races in the US!

by MARION OSWALD

If you are looking to run a large race with tremendous crowd support, the Boilermaker is the one. Utica either runs it, volunteers at it, or cheers it on all the way along the course. Sunday, July 10, saw the 39th Boilermaker with well over 11,000 finishers in the 15K and 4,000 finishers in the 5K which is held on the last 3.1 mile stretch of the course. It is an A-to-B course with an excellent shuttle bus service between the two, from ECR International's boiler plant to the Saranac brewery, the two main sponsors of the race. Did we mention free beer for everyone at a post-race party that rocks, held at the brewery, with live music and a fly-over? All that comes after a challenging course with numerous tough uphill and downhill stretches that take you through all of Utica. Run by the golf course and pass by the zoo, where zoo keepers show some interesting animals in support of the runners, such as a big snake that makes everyone speed up. There are 3 official water and ice stops at every mile, and some unofficial ones which give out popsicles. Those are needed, as Boilermaker weather is usually hot and humid, quite like Florida really. This year there was a little rain, a surprising first for this race in all those years.

The Utica Boilermaker kicks off with a large expo on Friday at Mohawk Valley Community College. The expo and packet pick-up continue on Saturday. On Saturday morning there is a kids' run and a 3-mile walk. A speakers' forum discusses issues of running importance over a pasta dinner; this





# Utica Boilermaker 7.10.16

year Bill Rodgers was there, together with Kathrine Switzer and her husband Roger Robinson. How can a forum be more inspirational? The Boilermaker also draws many international elite runners, which gives the race added prestige; test yourself against the best! 20 year old Ethiopian Teshome Asfaha won in a blazing 43.58, and Cynthia Limo, age 26, from Kenya was the female champion in 48.50. They each won \$7,000 in prize money. Boilermaker sign-up for both 15K and 5K is early, in March, and fills rapidly. All runners receive a beer glass, as well as a finisher's pin, but no shirt; these are sold at the expo or online, together with other fun merchandise.

We cannot wait to run the 40th!

Find the full results at [www.leonetiming.com/2016/Roads/Boilermaker/](http://www.leonetiming.com/2016/Roads/Boilermaker/) and more background and pictures at [www.uticaod.com/boilermaker](http://www.uticaod.com/boilermaker).



# 5K Run For The Shade!



**Sherwood  
Elementary**

**Saturday, November 5, 2016  
Corner of Post Road and Titan  
Blvd. Melbourne, FL**

6:30 – 7:50 AM Day of Race Registration & Packet Pickup

Race Day schedule

8:00 AM Start of 5K

8:05 AM Start of 1 Miler

9:00 AM – Awards Presentation

## Course Description

5K Course area is very flat surface (sidewalk) beginning at Titan Blvd. front of Sherwood Elementary – down Wickham Road by the Senior Center and back.

## Registration

\$25 prior to October 23<sup>rd</sup>

\$28 October 24 – Nov. 4 (4:00PM)

\$30 Day of Race

\$20 Students, 14 & Under Prior to Oct. 23<sup>rd</sup>

On-Line Registration Available on [sceventmgt.com](http://sceventmgt.com)

**Free Fall Festival Tickets per student with entry into the 5K (\$5 value)**

## Awards

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Overall Male/Female, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in the following Male/Female age Groups 8 & Under, 9-11, 12-15, and 5 year age group from 16-19 through 75+  
Top 5 Male/Female in the 1-Miler

**Shirts guaranteed to pre-registered runners only.**

## Early Packet Pick-Up (encouraged)

Sherwood Elementary Front Office

November 1 -3, 2016 \* 3:00 pm – 6:00 pm

No Refunds

## Contact Information

Kelly Thomas 321-254-6424 [Thomas.kelly@brevardschools.org](mailto:Thomas.kelly@brevardschools.org)

Make checks payable and send to:

Sherwood Elementary School

Run for the Shade 5K

2541 Post Road

Melbourne, FL 32935

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

RUN FOR THE SHADE

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

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Email \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age on race Day \_\_\_\_\_

Male  Female T-Shirt:  YM  YL  S  M  L  XL  XXL  5K  1-Miler

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

Waiver: 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 Sherwood Elementary School, Space Coast Event Management, the sponsors, officers, volunteers and supporters of this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the event. If I should suffer injury or illness. I authorized the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, 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 this event at my own risk.

Signature (Parent, if under 18) \_\_\_\_\_ Date \_\_\_\_\_

# Training Tips

## To Stretch or Not to Stretch

By Dr. Rich Clarke, Clarke Chiropractic & Wellness



Pop into most gyms or swing by any race and you're more than likely to observe numerous motivated souls performing the time honored tradition of stretching. Starting with the good old days of gym class and continuing well into organized sports, stretching became ingrained in our minds as a necessary, injury preventative task suitable for pre and/or post activity.

all times, but especially when engaging in any type of activity. Slower activation and reaction times, decreased coordination and balance all add up to subpar performances and increased likelihood of injury.

**But is this alleged work out staple really beneficial?  
Could it actually be hindering our performance?  
If so, is there a better alternative?**

**So what other options exist?**

First off, let's look at the most basic goal of the static stretch. (Static stretching refers to getting into a position that elongates some aspect of the soft tissue, and holding it for some duration of time.) Outside of general habit, people tend to resort to stretching when they feel tight. If this is the case, the goal of the stretch would be to "loosen up" by way of elongating tissue. However, studies have shown that in order to actually physically lengthen the muscle by way of static stretching it must be held for 3-5 minutes, 4-6 days a week, for 10-12 weeks.

Well, you can start by implementing dynamic stretching as your warm up. This would include movements like walking lunges, "butt kickers," air squats, arm circles, etc. In preparation for any activity a smart move would be to increase blood flow to the region being utilized. We're learning that static stretching can actually do the opposite. However, performing a proper dynamic warm up, including a basic light jog, encourages blood flow, which equals more oxygen and quicker waste removal from the muscles. It also literally warms up the tissue, many times alleviating that tight feeling which provokes so many of us to stretch in the first place.

Moreover static stretching actually diminishes blood flow to the area being stretched. We don't want this when dealing with an injured or injury prone tissue that requires the oxygen and repair mechanisms delivered by blood. And we definitely don't want this when preparing to participate in an event where the muscles being utilized require any type of stamina or endurance, of which is metabolically maintained via utilization of oxygen that is delivered by, you guessed it, blood.

**DYNAMIC STRETCH EXAMPLES:**

From a neurological standpoint, static stretching actually diminishes feedback to the central nervous system, especially to a part of the brain known as the cerebellum. This is a part of your brain that is highly involved in motor coordination, balance and proprioception (having a sense of where your body parts are in space when not looking at them); a part of your brain that you want to be on point at

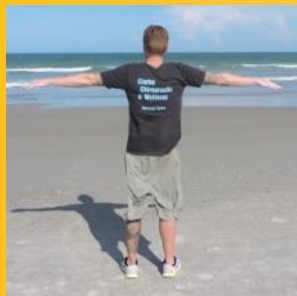




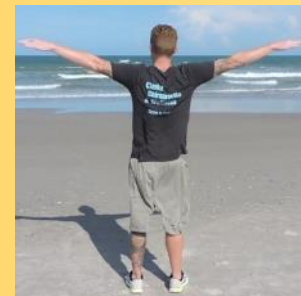
**BUTT KICKERS**



**AIR SQUATS**



**ARM CIRCLES**



So you decide to be proactive and try something different; ditching the static holds and intelligently warming up, yet you still feel stiff, tight and an overall lack of mobility. So much so that you're tempted to revert to your old ways and bend over and touch your toes for 30-60 seconds. Slow down there. We just explained that unless you perform static stretching for an extended time over at least two months, the tissues don't actually lengthen. Contrarily this method also diminishes blood flow to the tissue and feedback to the brain.

A better option at this point would be aiming to improve mobility in your tissues. For various reasons, whether it postural or remnants of an old injury, our tissues lose their full range of motion due to scar tissue or adhesions within the tissue. When an injury occurs, traumatic or otherwise, eventually your body lays down new tissue in order to repair the damage. Many times due to various reasons, the tissue does not get laid down in the proper orientation and can lead to a lack of mobility or discomfort within the tissue.

These adhesions or scar tissue can be addressed utilizing soft tissue mobilization techniques. This includes everything from the foam roller or LAX ball to techniques frequently applied in our office, mainly consisting of deep tissue stripping, Graston and Active Release Therapy (ART) in order to efficiently eliminate these adhesions and restore mobility to the tissue.

It should also be noted that simply applying these techniques to soothe discomfort and restore mobility is only part of the job. The next stage comes in the form of post mobilization movements. We like to implement a unique, flowing combination of isometric and eccentric contraction, mixed with PNF stretching to encourage optimal recovery and stability.

The one thing static stretching may indeed supply is a mental benefit, especially if it's been part of your regimen for years. At that point it's more of a habit that many hold on to for dear life, like our toes when performing that awkward hamstring stretch.

If you're experiencing stubborn stiffness or tender tightness, or are still suffering residual effects from an injury that should've packed its bags and vacated a long time ago, we would be glad to collaborate with you in working towards the common goal of restoring mobility, banishing lingering injuries, and providing you with the tools to enable continued play well into the future.

## ABOUT THE AUTHOR

Dr. Rich Clarke has owned and operated Clarke Chiropractic and Wellness ([clarkechiropracticwellness.com](http://clarkechiropracticwellness.com)) in Rockledge, FL since 2013. It has been his pleasure to collaborate with individuals from all walks of life, including many SCR members. He received his doctorate from Palmer College of Chiropractic, and provides customized plans implementing chiropractic, soft tissue techniques (Graston, ART, etc.), functional neurology and nutrition to optimize results for many injuries from head to toe; as well as to address underlying, potentially contributing metabolic dysfunction. He can be reached for an appointment or any other inquires at 321-848-0987 or [Dr.RClarke@gmail.com](mailto:Dr.RClarke@gmail.com)

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

# Where in the World?

ARE SPACE COAST RUNNERS RUNNING



## September 2016

**September 3**  
**Pocatello Marathon & Half Marathon**  
 Pocatello, ID

Brittany Streufert,  
 Shane Streufert



**September 3**  
**Forrest Gump Challenge Half Marathon**  
 Reeds Spring, MO

Carol Ball, Donna Neill



**September 4**  
**Go Girl Run Half Marathon**  
 Kansas City, KS

Carol Ball, Donna Neill



**September 10**  
**Great Smoky Mountains Half Marathon**  
 Townsend, TN

Beverly Glenn



**September 10**  
**REVEL Big Cottonwood Half Marathon**  
 Salt Lake City, UT

Heather Felix



**September 17**  
**Bar Harbor Bank & Trust Half Marathon & Fall 5K**  
 Acadia National Park, ME

Rhonda Creek



## October 2016

**October 9**  
**Chicago Marathon**  
 Chicago, IL

Heather Akram, Naweed Akram



**October 9**  
**Mohawk Hudson River Marathon**  
 Schenectady, NY

Cristina Canales



**October 9**  
**Twin Cities Marathon**  
 Minneapolis, MN

Doug Nichols



**October 16**  
**Columbus Marathon**  
 Columbus, OH

Ilse Berube, Lea Anne Richard



## November 2016

**November 5 & 6**  
**Disney's Lumiere's Two Course Challenge**  
 Lake Buena Vista, FL

Heather Felix



**November 20**  
**Philadelphia Marathon**  
 Philadelphia, PA

Molly Kirk, Marie Thomas



## December 2016

**December 4**  
**Divas Half Marathon**  
 St. Augustine, FL

Heather Felix



## January 2017

**January 7 & 8**  
**Goofy's Race and a Half Challenge**  
 Lake Buena Vista, FL

Heather Felix



## March 2017

**March 19**  
**Yuengling Shamrock Marathon, Half Marathon & 8K**  
 Virginia Beach, VA

Charlene Anstett, Heather Felix



# THANK YOU

## HEALTH FIRST PRO-HEALTH & FITNESS CENTERS!

*They allow SCR to use a meeting room in one of their facilities for our Board Meeting each month. Health First Pro-Health & Fitness Centers are where health and wellness are a way of life.*



As a member, you have access to four state-of-the-art facilities, each with their own unique feel and special features. With over 25 years of exceptional experience in health & fitness centers, Pro-Health & Fitness Centers have degreed and certified exercise staff dedicated to a well-rounded, total fitness experience.

They offer a wide variety of classes, from kick-boxing to yoga to swim lessons for the kids. And there's even a complete mind and body weight-loss program called LIVFIT. When you join any Pro-Health & Fitness Center, you become a member at all four locations — Merritt Island, Melbourne, Viera and Palm Bay. It's like having four gyms in one! For more info, visit [Health First Pro-Health & Fitness Center](http://HealthFirstPro-Health.com).

**See your next out-of-town race listed.**  
[Click here](#) to tell us where you're running.

# SCR MEMBER DISCOUNTS!

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

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# 3 Essentials Found in Most Runners' Cars

By Angela Leeds



**Every obsession involves tools of the trade. Fishermen, baseball moms, mechanics, etc. use their cars as a toolbox to keep the essentials close-by, and runners are no exception. Certain pieces of gear show you are part of the club while others just make you ready to run at a moment's notice.**

1. **The Sticker.**— A sticker on your car shows you are part of the club, highlights your accomplishments, yet emphasizes your uniqueness as a runner by the design you choose. I have read many online conversations debating the pride vs. bragging aspect of the stickers. However, for me, the sticker is a reminder of a goal that I struggled to earn. When I shuffle out of the workplace at the end of a long day and see that 13.1 sticker, I know that I am stronger than any difficult task.

2. **The Safety Pins, Sunscreen, and Sweat Towels.**—Hopefully, it's not just me. Preparation for any fun run begins with a medicine chest of essentials hanging out in the trunk, glove compartment, or behind the seats. Of course, there will be safety pins in the official run bag, but what if one is missing? What if I forget my favorite Space Coast Runners hat and have a long run scheduled? Extra headphones? Extra Gu? So many little hiding spots in the car that are just there to encourage you to run, leaving you with no worries that you left something at home.



3. **The Shoes.**—A few years ago, a carload of friends and I were headed from North Brevard to the Turtle Crawl in South Brevard when a shriek was heard from the backseat. Someone had forgotten her running shoes. Since then, I have always made sure that I keep an extra pair in the trunk. A pair of running shoes in the back ensures that you are always ready for great weather in a scenic spot or that you can squeeze your run in while waiting for your son's baseball practice to end.



This is a quick list of everyday running supplies, but my running toolbox changes periodically. I also have some personal favorites like my Turtle Towel seat cover. Let us know, what is in the Runner Toolbox in your car?



# Race Calendar

## DATE · EVENT · TIME · LOCATION · CONTACT

8/6	<b>Workman Warriors 5K</b>	7:30 am	Wickham Park, Melbourne	Bethany.iliff@gmail.com
8/13	<b>I Run for Pizza Football Kickoff 5K</b>	7:00 am	The Avenue Viera, Viera	events@runningzone.com
8/27	<b>Melbourne Mud Bash</b>	7:00 am	Wickham Park, Melbourne	dana@floridafuncrew.com
8/27	<b>Running on Island Time 5K</b>	7:30 am	Divine Mercy Acad- emy, Merritt Island	debwells@cfl.rr.com
9/10	<b>Turtle Krawl 5K</b>	7:30 am	Nance Park, Indialantic	turtlekrawl@seaturtlespacecoast.org
9/10	<b>Cocoa FD 9/11 Stair Climb</b>	6:00 pm	Cocoa High School Tiger Stadium, Cocoa	aclark@cocoafl.org



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# Space Coast Runners Membership Application



## Benefits of Belonging

- Subscription to the Space Coast Runners online newsletter which includes a race calendar, entry forms, club news, articles and photos.
- A discount to Space Coast Runner and Running Zone Foundation Races (pre-registered entries only.)
- Discounts at all local running stores and other businesses.
- Automatic eligibility for Runner of the Year Series awards – overall and age groups and ran all races.
- Network with and meet other runners and potential training partners – from the recreational jogger to highly competitive runners and walkers.

## Your Membership Supports

- Running and walking in our community.
- Annual high school scholarships.
- Development of races and fun runs.
- Local charities such as Brevard Special Olympics.
- The web site at spacecoastrunners.org which provides club information, news, up-to-date results and much more.
- The Youth Running Series which is a free series of non-competitive fun runs for ages 12 and under.
- Production of the Space Coast Runners online newsletter.
- Free Socials and Fun Runs county-wide.



Join now at Active.com, on our web site or fill out the following form and return it with a check to:  
Space Coast Runners, P.O. Box 541837, Merritt Island, FL 32954-1837

New Membership    Renewal    Individual – \$30    Family – \$35    Full-time Student – \$15

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

Address: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

If Family Membership, list names, dates of birth and sex: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I would like to volunteer:    SCR Youth Running Series    Space Coast Classic 15K  
(check appropriate boxes)    Eye of the Dragon 10K    Space Walk of Fame 8K    Space Coast Marathon

Membership Amount:   \$ \_\_\_\_\_

\*Tax Deductible Contribution:   \$ \_\_\_\_\_

Total:   \$ \_\_\_\_\_

**Waiver:** I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather including heat and/or humidity, traffic and the conditions of the road, such as risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Space Coast Runners, Inc., and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

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

*\*Space Coast Runners is a 501(c)3 Not-For-Profit Organization and any additional contribution may be tax deductible.*



**August**

# Happy Birthday

<b>1</b>	Robert Pike, Dana Mathew, Laura Wolf	<b>16</b>	Jack Kenworthy, Michael Kareta, David Shaffer, Laura Williamson, Lois Boxer, Lauren Suarez
<b>2</b>	Beth Timmons, Christine Kennedy, Robin Potter, Bill Floyd, John Hannah, Kaitlin Donner, Stephanie Bird	<b>17</b>	Tara Degnan, Alison Nolan
<b>3</b>	Bob Pecor, Jack Lee, Terry Crovo, Keith Geiger	<b>18</b>	Delma Pichardo, Mary Hofmeister, Mark Conant
<b>4</b>	Candy Smith, Judd Spitzer, Chris Pagoria	<b>19</b>	Roberta Osterling, Valerie Eastman, Adam Pederson, Rich Clarke, Kahlan Pederson
<b>5</b>	Kirt Zecman, Paul Kostka, Kristen Klein, Amber Traven, Steven Tagye, Tyden Cheatham	<b>20</b>	Hank Serafini, Janet Berner, Roger Pringle, Reanna Williams
<b>6</b>	Wilma Green, Audrey Kirk	<b>21</b>	Jim Schroeder, Charlene Anstett, Denise Unrue, Stephanie Deen
<b>7</b>	Luanne Memmott, Bret Halliday, Erika Barnes	<b>22</b>	Dylan Reasoner
<b>8</b>	Alison Bonner, Nan Pond, Matt Ma- honey, Donald Piercy, Jeannie Myers, Michael Pagoria, Sharon Smith	<b>23</b>	Kip Mathias, Logan Colongelo
<b>9</b>	Randall Hultgren, Kathy Pagoria, Holly Herrmann, Cathie Poor, Mitch Berube, Randy Benthall, Mem Nix	<b>24</b>	Joshua Maitlen, Morgan Kirk, Sophia Sardella
<b>10</b>	Trish Rich	<b>25</b>	Donald Dyke
<b>11</b>	Michelle Maricic, Joel Fenlason	<b>26</b>	Jessica Vu
<b>12</b>	Ann Marie Keim, Jara Tomana, Yvonne Martinez	<b>27</b>	Kim Snyder, Daniela Leavitt
<b>13</b>	Brittany Streufert, Tara Engeron	<b>28</b>	Noreen Holmes, Joseph Pellettiere, Kaitlin Badgett
<b>14</b>	Lisa Arnold, Cherie Serafini-Cook, Gabriela Shenbaum	<b>29</b>	Paul Bevilacqua, Maria Marren, Nicholas Mrdjenovich
<b>15</b>	Greg Maxwell, Piyam Brown, Scott Prevost	<b>30</b>	Marisa Flint, Michelle McGinnis, Stacy Diminture, Holly Wendel, Addison Tinker
		<b>31</b>	