

SPACE COAST RUNNERS

JUN/JUL NEWSLETTER



RUN A MILE WITH

>> Teen Sum

RACE REPORTS

- >> Eat My Crust 5K
- >> Run for the Gecko 5K
- >> Riverside Run/Walk 3K
- >> & many more!



**Promoting fitness in Brevard County
through running & walking**



The Starting Line

Jun/Jul 2014

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Above: No...Ed Springer isn't photo bombing! He's posing with two of the SCR Youth Series participation award winners.

Photo credit: Doug Carroll.

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ON OUR COVER: Art Anderson is inducted into the SCR Hall of Fame at the ROY dinner on May 10th.



Photo by Steve Colella



WHO WE ARE

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 chapter of the **Road Runners Club of America**.

Visit us online at 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.

CONNECT WITH SCR

twitter



Visit us on
Facebook



Are you involved in Social Media? Who isn't these days? Now you can connect with your fellow runners and walkers on Facebook, LinkedIn and Twitter. Stay current on club events, races and fun runs, set up workouts, communicate with other members of the community, share photos and provide feedback to the Board. Come join us and keep the conversation going!

Website: SpaceCoastRunners.org

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SCR MEMBER DISCOUNTS!

Receive a **10% discount** from these local businesses when you mention you're an SCR member.



FROM THE EDITOR



From the Editor June/July 2014

It's the pause that refreshes!

It's summertime! Well, not officially...yet. But, as I write this on Memorial

Day weekend, it is the unofficial start to summer. And, it sure feels like summer outside! As we head into our summer months, it's important to remember to pause.

The race calendar has hit the pause button. While there are still a few 5K races here and there, all three of our area Race Series are in pause mode. The Firecracker 5K, on the Fourth of July, will kick off the next series for the Running Zone, but after that race, we won't have another series event until August, when Running on Island Time kicks off the Space Coast Runners Runner of the Year series. The Titusville series won't get going again until October.

Your club newsletter will hit the pause button as soon as this issue hits your inbox. We combine our June and July issues into one, so we'll pick back up with the August issue. But, if you have running or walking stories, events, or other interesting or fun stuff to share with the club, don't hesitate to send them in. We'll hold them for the August issue, or we will post on our Facebook page.

And don't you forget to pause. Rest is a very important part of any training program, and it's especially important to pause during the hot summer months. Take a rest day or two as part of your training plan, and make sure you pause during your training to hydrate and to give your body a chance to cool down.

Stay safe. Run well. We'll see you on the roads.

Bob

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2013 2014

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ADVERTISE IN THE SCR NEWSLETTER

There are two ways to advertise in the Space Coast Runners newsletter. Give our members a discount and we'll give you a free small ad space (see page 4).

For other ads like business or race advertisements, we charge \$25 for a half page and \$50 for a full page. Contact Bob Rall, Editor-in-Chief Bob@RallCapital.com

Springer's Spiel

- A Monthly Column from SCR President, Ed Springer



Space Coast Runners,

Thank you for making the annual SCR awards banquet a successful and memorable event. There were approximately 110 attendees who took part in the celebratory evening. There were many awards presented from the 2013-2014 ROY Series, some posthumous commemorations, a few special recognitions for extraordinary contributions and achievements, and plenty of food. Our next big event will be the Summer Social at the Cocoa Beach Pavilion on July 12th from 2:00pm – 4:00pm. If you have never heard of a Hanteen™, you need to come out for your chance to win one on the prize wheel.

Now switching gears to a little tidbit of running history. On May 6th 2014 we commemorated the 60th anniversary of Englishman Roger Bannister's stunning takedown of the sub four-minute mile. Much like the mindsets proclaiming it was impossible to break the sound barrier, there was thought to be an artificial barrier

preventing man from running a mile under four minutes. Bannister's record opened a new door of possibility and challenge. Only 46 days later Bannister's record had been bested and many sub four minute miles have been run over the past 60 years. Nowadays, even runners at the high school level enter into the sub four minute mile club. Bannister's accomplishment was based on a belief it could be done and some training to make it a reality. He owned the belief and once he paved the way with his record run, he had many followers. We all have artificial barriers in our lives and are capable of extraordinary personal achievements when we believe and back it with action. I challenge all of you to believe and execute in all areas of your life. You may just impact and inspire those around you in the most unsuspecting ways.

Happy Running,

Ed



JUNE BOARD MEETING

The next SCR Board Meeting will be held at 7:00 pm, June 16th at the Pro-Health in Merritt Island. All members are welcome to attend.

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Runners • Walkers • Triathletes

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

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ACROSS FROM BREVARD COMMUNITY COLLEGE



Running Zone Foundation 2014-2015 Race Series Events

**REGISTER
TODAY!**

FIRECRACKER 5K



July 4, 2014 at 7:00 am, Liberty Bell Museum, Melbourne

This is the first race of the series that starts with the ringing of a replica of America's Liberty Bell. After the race celebrate the 4th of July by watching the Honor America Parade. Best Patriotic costume contest!

I RUN FOR PIZZA FOOTBALL KICKOFF 5K



August 9, 2014 at 7:00 am, Viera High School, Viera

This year's 10th Anniversary Football themed race will kickoff at Viera High School! All finishers receive special 10th Anniversary finisher hand towels! Show your support of your favorite football team! Most supported team participants gets prizes!

GHOSTLY GECKO 5K



October 18, 2014 at 6:30 pm, Eau Gallie Civic Center, Melbourne

This is a Halloween themed evening race at the Eau Gallie Civic Center. Come join us for a Spooktacular good time! All finishers receive goodie bags! Best costume contest! New this year! Separate Children's Costume Contest!

JINGLE BELL 2-MILER



December 20, 2014 at 5:45 pm, Satellite Beach Library, Satellite Beach

Santa and Zippy the Gecko invite you to the 10th Anniversary of the Jingle Bell 2 Miler! Special "Santa's Sleigh Presents" giveaways after the race to commemorate 10 years! Best Holiday Costume contest, jingle bells for everyone's shoes and Santa hats for the first 500 registrants!

BREVARD ZOO'S ZEBRA ZOOM 3K



February 14th, 2015, Brevard Zoo, Melbourne, 2 start times:

7:00 am Zoom = less than 20 minutes or 7:35 am A little less Zoom = more than 20 minutes

This 1.8 mile course offers plenty of animal viewing opportunities & the chance to spend a fun day at the Zoo for 50% off the entry fee!

PIRATE PLUNDER 2-MILER



April 4th, 2015 at 6:30 pm, Meg O'Malley's, Melbourne

Join us for a fun Pirate themed run/walk in Downtown Melbourne! Best Pirate costume contest! Pirate Party at Meg O'Malley's!

RUN FOR THE GECKO HAWAIIAN LUAU 5K



May 9th, 2015 at 7:00 am, EFSC/Wickham Park Pavilion, Melbourne

This is the race that started it all! Come join us and Zippy for a Hawaiian Luau! leis for all finishers! Luau dancers too!

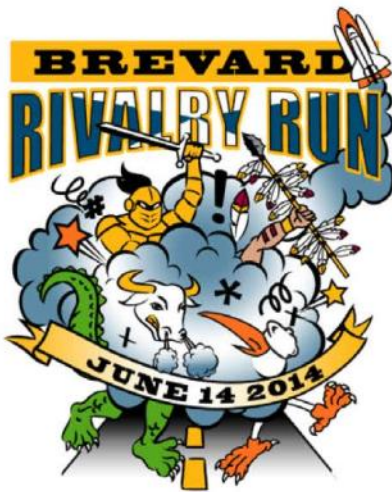
Other Running Zone Foundation events include the Excalibur 10-Miler on March 1, 2015, Corporate 5K on March 12, 2015, and Kids' Marathon (2.62 miles) & 1/2 Marathon (1.31 miles) on April 11, 2015.

Local Fun Runs & Walks



It's always better to run and walk with friends. Our fitness community offers several opportunities to find a group to train with. Below are the details on the groups currently meeting on a regular basis. If you know of others, let us know and we'll list them here. If you are the Organizer of a group event, please check to make sure we have the details correctly listed

Day	Location	Time	Organizer
Sun	Riverfront Park, Cocoa Village	6:30 am	Space Coast Runners
Sun	Oars and Paddles Park, IHB	6:30 am	Up & Running Fitness
Mon	Pizza Gallery & Grill, Viera	6:00 pm	Running Zone
Mon	LongDoggers, Indialantic	6:00 pm	Jessica Crate or Steve Chin
Mon/Wed/Fri	Fay Lake Wilderness Park, Port St. John	5:30 am	Christy Tagye
Tues	Palm Bay Rec Center	5:00 pm	Dave Hernandez
Tues	LongDoggers Running for Brews, Satellite Beach	7:00 pm	Danielle Pirolo
Wed	Bob's Bicycle Shop, IHB	6:00 pm	Jesse Hall
Wed	Daddy Ultra Runs, Cocoa Village	6:00 pm	Hernan Garcia
Wed	Squid Lips, Melbourne	6:00 pm	Running Zone
Thurs	Palm Bay Rec Center	5:00 pm	Dave Hernandez
Thurs	Running Zone, Melbourne	6:00 pm	Running Zone
Thurs	Chase Bank (Riverside/Melb Cswy)	6:00 pm	Up & Running Fitness
Thurs	LongDoggers Running for Brews, Viera	7:00 pm	Jessica Schecher



BREVARD RIVALRY RUN

5-K RUN/WALK

SATURDAY, JUNE 14 @ 7:30am

Max K. Rodes Park

TO BENEFIT SCHOLARSHIPS
FOR LOCAL HIGH SCHOOL SENIORS

REGISTER ONLINE at secure.runningzone.com



FRIDAY, JUNE 13
10:00 am - 6:30 pm
 Packet Pickup & Registration at **Running Zone**
 3696 N Wickham Rd Melbourne, FL 32935

SATURDAY, JUNE 14 Max K. Rodes Park
 3410 Flanagan Ave West Melbourne, FL 32904

6:30 am Packet Pickup & Registration
 7:15 am Late Registration for Rivalry Run ends
 7:30 am **RACE START**

AWARDS CEREMONY FOLLOWING THE RACE

Wear your school colors proudly
and come out and compete against
your rivals in the second annual
BATTLE FOR BREVARD!

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

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

BREVARD RIVALRY RUN OFFICIAL ENTRY FORM
 Make check payable to: **Brevard Seminole Club**
 Mail to: Brevard Seminole Club PO Box 410906, Melbourne, FL 32941-0906

Name _____
 Address _____
 City _____ State ____ Zip _____
 Phone (daytime) _____
 Email address _____

FEES:

	Until June 13	Race Day
5-K Run/Walk	\$28	\$35
Team Discount	\$25	N/A
Gecko Club/ SCR Members	\$25	\$35

FEE INCLUDES TECHNICAL SHIRT
 SORRY, NO REFUNDS

Sex: Male Female Date of Birth ____/____/____ Age on Race Day ____
 Team Name _____ (min. of 5 team members with one person of opposite sex)

Please circle shirt size: XS S M L XL XXL

I am proud to be a: _____
 Insert School Affiliation Here

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 Brevard Rivalry Run 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



Space Coast Runners

WELCOME NEW MEMBERS!

Laura Lee Adams
Janice Moore
Cammie Carman

If you are a new member to SCR and have not picked up your Space Coast Runners New Member Welcome Packet, they are now available at 2 locations: Running Zone in Melbourne and Daddy Ultra Runs in Cocoa Village. We look forward to meeting you soon!



2014–2015 SERIES SCHEDULE

Aug 23	Running On Island Time 5K
Sep 13	Turtle Krawl 5K
Nov 1	Space Coast Classic 15K/2M
Nov 30	Space Coast Marathon & Half
Dec 13	Reindeer Run 5K
Feb 7	Tooth Trot 5K
Feb 28	Eye of the Dragon 10K/2M
Mar 28	Downtown Melbourne 5K
Apr 11	Space Walk of Fame 8K/2M
May 3	Eat My Crust 5K

If you run, walk or do a little of both, make sure to mark your calendar for the upcoming Runner of the Year Series. Register once for all races and SAVE. [Click here](#) for more series information.

**SAVE
THE
DATE**

SCR SUMMER SOCIAL

SATURDAY JULY 12, 2014 FROM 2 – 4 PM
COCOA BEACH POOL PAVILION

Food, drinks, & prizes! Discounted SCR membership & renewals. Sign up for the entire Runner of the Year Series for \$180 (excluding the SC Marathon/Half). All attendees are welcome to use the pool for \$2 fee.



SCR Central

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



National Running Day is Wednesday, June 4th

Join us for a SCR sponsored run starting at **Daddy UltraRuns** in Cocoa Village at 6:00 pm on Wednesday, June 4th to celebrate National Running Day!

Be a part of this coast-to-coast celebration of running. All paces are invited to join the fun.

Water, drinks and food will be available for everyone.

Watch the [SCR Facebook](#) page on 6/4 for an exciting giveaway!



Girls on the Run of the Space Coast

SCR Ladies — Coaching opportunities are now open for the new Girls on the Run Space Coast program. The 12-week program is targeted to benefit girls aged 8-13 and you can help by coaching a team of girls. The course teaches them all about the importance of healthy eating, exercise, building self-esteem, teamwork and much more. At the end of the course the girls run a 5K. [Click here](#) to register or contact Theresa Mouton at tbaby968@live.com or 210-414-6848.

CONGRATULATIONS SCR BOSTON 2015 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. GREAT JOB!



Molly Kirk, 50 — 3:58:40 — ran first BQ on her 50th birthday

Qualified at this year's Boston Marathon for 2015

Betsy Butler * Steve Chin * Suzie Enlow * Susie Meltzer
Doug Nichols * Shane Streufert * Marie Thomas

*To have your name listed as a Boston Qualifier, email your name and qualifying time to us — [click here](#)

SCR Central

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

6 Lessons I've Learned from the Marathon at Age 50

by Molly Kirk

I am by no means an expert on running marathons - just someone who really loves to run. Here's my short list of what I've learned about running a marathon in the past few years.

1. It can be harder to volunteer for a marathon, than to actually run it.
2. Don't do anything different or new on marathon day literally means don't do anything different or new on marathon day.
3. Running partners make all the difference in the world.
4. Be thankful. There are plenty of people who would love to be in your place.
5. Have a mantra(s) for when things get really hard. A good friend advised me to have a positive thought to replace any negative thoughts.
6. Check to make sure your information is correct at packet pick-up



Molly Kirk, long-time SCR member, ran the Long Island Marathon in New York on May 4th. It was her 50th birthday and seventh marathon. With the help of running partner, Sal Farino, Molly ran 3:58:40 which qualifies her to enter the Boston Marathon in 2015.



CHANGE DIRECTION on the SCR Fun Run Sunday Mornings!

The **Sunday Morning Fun Runs** from Cocoa Village are now heading **NORTH**. The group meets at **6:30 am** every Sunday at Riverfront Park. All paces are invited to join the fun. Water and Gatorade will be available at miles 2 & 4. (Photo credit: Steve Colella)

SCR Central

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

In Memoriam Henry Campbell



Space Coast Runners past president and recent Lifetime Achievement Award recipient, Henry Campbell passed away on May 7, 2014. He had been active and very instrumental in leading SCR through its early years,

helping to increase our membership and always looking to improve SCR races.

We remember Henry for not only being a great leader but also as the inventor of the "Henry Campbell System" which was a wonderful timing method in the days before chip timing.

The sympathy and love of our membership is extended to his wife, Rosie and their family. Henry will be missed but always remembered by the Space Coast Runners.

Fashion Police: "Pink Wing Power"



Photo credit: Doug Carroll

Have you ever heard of "Schwings"? We spotted Juli Forsythe sporting these fun and fashionable shoe accessories at the Eat My Crust 5K in Viera. Not only are they super cute, they have meaning.

Juli saw them at a race awhile back and mentioned on Facebook that they might make her run faster. Sure enough, a good friend of the family saw the post and happened to see a pink pair while out shopping and snagged them for her.

Pink is Juli's favorite color, but more than that it's the color for breast cancer awareness. Her friend rows for a Dragon Boat team in Indianapolis, the Indy SurviveOars, a breast cancer survivor team (www.surviveoars.org/). She wears the wings for her and for all those battling cancers and disease.

Are you concerned about a certain runner's fashion? Do you just love someone's running wardrobe style? Submit them to the Fashion Police! [Click here](#) to file your complaint or compliment.

Marty Winkel

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RUNNING in Wild Florida

For the most part, Florida lives up to its nickname the “Sunshine State”. However, it's a well-known fact that Florida, specifically Central Florida, leads the nation in lightning strikes. The Space Coast sits comfortably within this high risk zone, and the northern end is part of what is commonly referred to by meteorologists as 'Lightning Alley'. Runners living within the Space Coast need to be particularly aware of the dangers of thunderstorms that generate hundreds of thousands of lightning strikes, and many needless deaths each year. Historically, the most dangerous months are June, July and August.

Lightning has been known to strike beyond a 10 mile radius from a thunderstorm. If you can hear the rumble, a bolt is close enough to hit. When you see lightning flash, count the number of seconds until you hear thunder. The storm is already close enough to be dangerous if the thunder roars in 30 seconds or less. This method of risk assessment clearly has its limitations and should not be relied upon as a warning system.

Keep in mind: there is no safe place outdoors during a lightning storm. If indoor shelter isn't an option while out on a run, do your best to avoid standing around trees or in open areas. Gazebos and pavilions, or any structure that isn't enclosed, are not safe havens against a lightning strike. Tackle a speed work session while running to your vehicle as fast as you can.

If you are heading out the door for your run and can hear thunder off in the distance make a U-turn! Monitor a NOAA weather radio station or wait 30 minutes after the last rumble of thunder is heard before considering going for a run. Alternatively, if you have a gym membership make friends with the treadmill to get in your workout that day. Be respectful of Mother Nature, particularly when it comes to lightning. It is clearly a threat that will not be outrun.



Source: National Oceanic and Atmospheric Administration. Picture: nasa.gov

By Michelle Smurl, avid runner and
Director of Animal & Conservation Programs at Brevard Zoo

TIPS 'N TRICKS

(you can thank us later!)



Have a question you want answered? Need help?

Email me at

lisahamelin@gmail.com

and your question may be featured in an upcoming issue!

Race Shirt Overload

Do you have excess race shirts and don't know what to do with them?

Consider a custom bag from Races R My Bag. They have a variety of styles to choose from and your bag can be constructed from your shirts, bibs, ribbons, etc. Check 'em out.

racesrmybag.com

It's Getting Hot Out There

As Floridians, we know that the hot and humid summer-time temperatures are coming! Here are a few tips to help in these conditions.

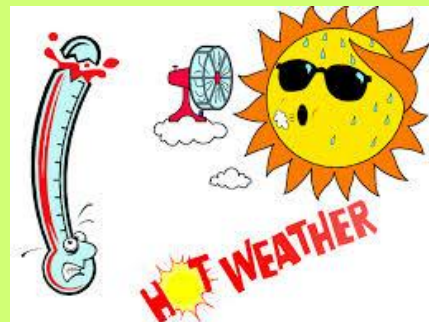
- Pre-cool by freezing a paper cup of Gatorade or other electrolyte drink and eat the slushie before your

run or eat a freezie pop.

- Another pre-cooling technique is to get a few small hand towels wet and freeze them overnight. Place them on your neck, head and back about 10-15 minutes before your run.

Place them back in the freezer to help cool off when you get back.

- Dump water on your head during your run.



Space Coast Classic 15k (Nov 1)

We are giving away a free entry each month! May's question was **Which marathon had the largest number of finishers and in what year did that take place?**

The 2013 New York City Marathon had a record 50,266 finishers. The winner of this month's contest is:

Betsy Butler

Congratulations Betsy—I will be getting in touch with you soon to let you know how to claim your prize!

For June/July's contest, send an email to lisahamelin@gmail.com with your answer to this question:

What was the temperature (in Fahrenheit) of the hottest race on record?

All correct answers will be put in a random drawing and the winner will be announced in next month's issue! If no one picks the correct answer, the next closest answer will win.

Breaking Down Barriers

Colton Schuster Special Olympic Athlete, 21



Special Olympics, through sport, has been working to change attitudes about people with intellectual disabilities and help society see their capabilities. People significantly underestimate the capabilities of people with intellectual disabilities. Colton Schuster is no exception. Born with an Encephalocele on the back of his neck containing Cerebral brain tissue, nerve endings & spinal fluid, Colton spent the first 23 days of life in the NICU (Neonatal Intensive Care Unit) at Arnold Palmer in Orlando. Within those 23 days he had four major brain surgeries. Colton does not walk or talk. He has been taught over the years some basics, but will never be without 24/7 care. Throughout his 21 years, he has had many surgeries, therapists, struggles and accomplishments. Even with his struggles, Colton, for the most part, is a happy guy.

SCR had a chance to catch up with Colton's mom and SCR member, Kira Juranek and discuss how Special Olympics has begun to play an important role in her son's life. Last year, Kira and her fiancé Chuck Collier were thinking about introducing Colton to track and field through the Special Olympics of Brevard County. Not a stranger to run/walk events, Colton and Chuck together have participated in all three runnings of the Eat My Crust 5K in Viera. However, joining Special Olympics meant Colton was going to have to do all the training and events on his own.

When did Colton join Special Olympics of Brevard? This is Colton's first year with Special Olympics Track and Field. Practices started on January 4, 2014.

What are his events? Colton is participating in the 10 and 25 meter push events

What has his training been like? Colton is very agile with his wheelchair. The coaches have learned what Colton can do and what he responds to and have "tailored" their coaching towards his abilities. He has progressed from being all over the track to staying in one lane (he's allowed to use two lanes). Our toughest challenge has been teaching him to go when the gun goes off.

Have you seen him progress throughout the season? Yes. In the beginning, we didn't know what to expect from Special Olympics. Our thoughts were mainly to get him to use his wheel-



Colton gets some words of encouragement and a fist bump from Coach Bob Rall at the Special Olympics track meet.



“Special Olympics compliments Colton’s social side. The other athletes always say hello and want to help him.”

chair for exercise and build up his arm strength. The coaches have developed a routine for Colton on how to start a race and they make him feel just as involved as everyone else not only in his events, but in relay races and group outings. This has been very rewarding experience for Colton and his family. His times are unimportant, his progress has been seeing the smile on his face and the other athletes cheering/helping and encouraging him.

What has been your proudest moment as his mother during this SO experience? His first blue ribbon at the Brevard County games. Even though Colton was the only wheelchair athlete there, seeing him push down the track with a big smile on his face was a GREAT mom moment.

He’s been invited to State games. How did you find out? What was your reaction? Track and Field coaches Bob & Gina Rall called me to deliver the news. I was very excited for Colton, we are looking forward to a good experience and as long as Colton has a good time, that is all that matters.

Looking back on the SO season, Coach Bob said, “We were extremely happy to have Colton join our Track and Field team. It’s the first year we’ve had a wheelchair athlete from Brevard. He worked hard and it was great to see the progress he made from the beginning of the season until the end. Special Kudos to his mom and Chuck Collier, for working so hard to keep him progressing. Colton is not able to communicate much, but as the season went on he would respond as best he could and give high-fives. The other members of our team loved to help him.”

The Special Olympic State games were held in Orlando May 16-18.

<< Colton has progressed tremendously in his first SO season, from being all over the track to staying in his own lane.

<< Colton received a special participation medal at this year’s Eat My Crust 5K where he pushed across the finish line by himself, on his 21st birthday.





Hall of Fame & Golden Shoe Awards



Did you know that each year, Space Coast Runners awards the Hall of Fame and the Golden Shoe awards? The Hall of Fame is for an active Space Coast Runner member that is being recognized for their accomplishments. The Golden Shoe is for a recipient that has a positive influence on the sport of running based on his/her contributions to the community. The 2013-2014 awards go to Art Anderson for the Hall of Fame and Doug Carroll for the Golden Shoe. They were presented with their awards at the SCR Annual Award Banquet, held on May 10 at the Indian Harbour Beach Community Center.

SCR President, Ed Springer presented the award to **Art Anderson**:

This year's inductee has been competitively running in the SCR ROY series for 13 consecutive years. He has become an icon within the Brevard County running scene. He has placed every year in the SCR ROY series since the 2001-2002 season. His ROY accomplishments include:

(1) 3rd OA, (3) Masters, (3) Grand Masters, (2) 1st AG, (3) 2nd AG, (2) 1st OA Age Graded, (2) 2nd OA Age Graded and (5) Ran All Races

While these are quite impressive attributes, this year's inductee is probably less known for his running accomplishments and better known for running shirtless, even in close to freezing temperatures.

SCR Board Member, Mary Ramba read the nomination letter for **Doug Carroll**:

We would like to nominate Doug Carroll for the 2014 SCR Golden Shoe award. Doug has become a staple at most of the races in Brevard County.

He truly has a passion for photography and we are so fortunate to have him be especially interested in race photography. He gets out there early in the morning on most weekends so that he can take event photos. He then will touch up the photos, which are typically in the couple of hundreds upwards to a thousand images, and then take the time to upload them to Facebook and tag many of them. This is not a paid job for him, he does it because he enjoys it and has developed good friendships from being at races.

Doug's contributions to our running community are so big and selfless, that it is only fitting that we award him with the Golden Shoe. He enhances our races by providing the participants great memories that they might not have otherwise been able to capture. Thank you Doug! - Reported by Lisa Hamelin and Barbara Linton



SERIES FINALE

For our last issue of the Space Coast Runners series calendar year, we interviewed the newly crowned winners of the 2013/2014 Runner of the Year Series. Some are new faces, some you've seen before. Each has an interesting take on what it took for them to claim one of the top spots.



A run for the children

First place Female Overall

Mary Hofmeister

46, Malabar

Unfortunately we were not able to talk with the new series champ before this issue went to press. Mary stormed to the front of the female race with these impressive finishes in the series.

Space Coast Marathon—4:13:19

Reindeer Run 5K—22:54

Tiger Dash 5K—22:20

Tooth Trot 5K—22:25

Eye of the Dragon 10K—48:50

Downtown Melbourne 5K—22:36

Space Walk of Fame 8K—38:20



TIGER DASH 5K —
PHOTO BY DOUG
CARROLL



The start the 2014– 2015 SCR Runner of the Year Series happens at the.....

**9th Annual Running on Island Time
5K**

Saturday, August 23, 2014

Divine Mercy Catholic School, Merritt Island





REINDEER RUN 5K — PHOTO BY STEVE COLE

First place Male Overall

John Davis

36, engineer

Is a five-time winner of the men's overall title. Battled hamstring and plantar fasciitis issues this season.

What is your secret to running a successful series?

My secret isn't really much of a secret. I run a ton of miles, and I train really hard. I'm also very, very consistent in my training. With the exception of serious injuries, I never take time off and never miss long runs or workouts. Some people want to believe there's a magic shoe, or a magic training plan, or a magic supplement that will make them fast. In my experience, you have to train smart, train hard, and put lots of miles in. And you have to be patient and consistent because it doesn't happen overnight. There are some people that are naturally gifted and can run fast without the hard training, but I'm not one of those people. When I started running 5ks, I ran in the 23's and 24's for years. I was a middle of the pack guy. Doug Butler taught me about training properly, and I just followed his coaching and worked hard for a long time. Eventually, the hard work pays off.

Most important series race?

Space Coast Marathon — ended up 3rd overall with a 2:54:31 PR and 1,000 series points

Favorite pre-race meal?

Wheat bagel with peanut butter

Did you start the ROY series with a goal?

My goal every year is to win 1st OA in the ROY series. I didn't complete enough races last year because I missed some races early and then got injured pretty badly toward the end of the season. It's kind of ironic because last season (2012-2013) was the fastest season of my life at pretty much every distance, and then I didn't win or even place in the ROY series. I had a streak of four ROY championships prior to that, so I really hated to lose my streak, but when you're injured, there's not much you can do.

2nd Place Female Overall

Annie Caza

52, Indialantic

Enjoys triathlons, yoga, SUPing and pretty much anything physical

What do you enjoy most about running the SCR series? The friendly competition and running community. I enjoy the time that we spend with friends before and after the races as much as I enjoy the races themselves. The best part of SCR has been all of the friends that I've made. The running community is so supportive in every aspect—they share your successes as well as your challenges—and I feel blessed to belong to such an amazing group.

Did you deal with any injuries or setbacks during the series that you had to overcome? Most definitely. I've been injured all year and have had to take time off to recover from the injury. It has been difficult because I miss running and the camaraderie.

Which is your favorite SCR race? I'm going to go with my second favorite race, Turtle Krawl. It is a flawlessly managed race with a great cause, fantastic location, and super awesome medals and race shirts.



TIGER DASH 5K — PHOTO BY DOUG CARROLL

3rd Place Female Overall

Christine Kennedy

48, Mims

Believes in running you should just have fun with it and don't get caught up in the competition

Did you set a PR at any of the series races this year? I set a 15K PR at the Space Coast Classic with a 1:13.07

Were you surprised at the final series results?

Very surprised! I really didn't have a goal in mind. I start every year with "I'll just run the races that I want to". I ran the races that best fit my schedule. My ultimate goal was Boston on April 21st so I tried to have fun with the races that I did run.

Which SCR race is your biggest challenge? I have a love/hate relationship with the Space Coast Half Marathon. It's one of my favorites but 3 out of 4 that I have run I have struggled in one way or another. It's usually the weather, that weekend is very unpredictable (& often windy!). I'm out to get it this year!!



TIGER DASH 5K — PHOTO BY DOUG CARROLL

2nd Place Male Overall

Steve Hedgespeth

36, West Melbourne

Works on a long build-up of mileage over the summer and fall

Did you start the ROY series with a goal? I always strive for top 3 overall in the series. I knew that John Davis and Shane Streufert were going to be tough, and we ended up in the top 3 spots. There were some ups and downs throughout the year, but overall I am pleased with my season. The stretch from November through February was about the best I've run since college.

Which SCR Series race was most important to you this year?

The Space Coast Half Marathon has been the most important race in the series to me for a few years now. I am better at the longer distances, and this is the longest race of the series.

What is your secret to running a successful series? The key for me is to pace myself. Not just for each race, but for the year as a whole. It is really tough to stay in peak condition the entire year. I need to take mini-breaks from speed work every 3 months or so. This is a lesson I re-learned this year.



EYE OF THE DRAGON 10K — PHOTO BY DOUG CARROLL



RUNNING ON ISLAND TIME 5K — PHOTO BY DOUG CARROLL

3rd Place Male Overall

Shane Streufert

42, Viera

Spent most of the season marathon training for Marine Corp and Boston

Which SCR Series race was most important to you

this year? The Space Coast Half Marathon—I consider that the premiere race in the area and always want to try and do well there.

What is your secret to running a successful series?

Consistency

The 5K distance is run more than any other distance in the series. Do you have any words of wisdom on the 5K you could share?

The 5K is a different kind of pain. To be successful you have to endure the pain without slowing down. Your body can do more than your mind thinks it can.

Favorite post-race snack? Chocolate peanut butter banana smoothie



EYE OF THE DRAGON 10K — PHOTO BY DOUG CARROLL

Female Masters Brittany Streufert

41, Viera

Is always trying to get her friends to run enough races to be competitive in the series

Did you start the series with any goals? I was going for 100% participation again this year and missed it by one race. Since I live in a house where there's a very competitive runner, I am often exposed to point calculations and overall standing discussions. I have to say this makes me want to do well in the series so I can have a little street cred with the husband.

What SCR series race is your biggest challenge? The Eye of the Dragon 10K — that race and I have history. It makes me want to walk. The first three years I ran it I ended up walking but the last two years I have been winning. 2014 was a no walk, age group win year. Take that dragon!

Favorite pre-race meal? Slice of cheese pizza and a garden salad with mozzarella from Viera Pizza

Male Masters

Joe Hultgren

54, Melbourne

His better half, Priscilla makes an awesome pasta sauce. It's known in the house as the secret sauce that makes Joe run.

Did you set any PR's at any of the series races this year? Yes, a PR in the SC ½ Marathon (1:36:54). Hoping to better my PR's next year in the ½ and perhaps 10K.

What is your secret to a running a successful series? That is a tough question. There are a lot of ways to measure success. I guess the most meaningful measure is are you happy with your performance given what you've put into training. You don't have to achieve lofty goals to be successful.

Have you had to deal with any injuries? Yes, I've struggled with some hip issues which have impacted my racing and training. Time off hasn't helped so I am in the process of getting professional help. I think I'll be able to get back to serious training by September.



SPACE COAST CLASSIC 15K — PHOTO BY STEVE COLE

Female Grand Masters

Joan Meadows

54, Malabar

Didn't have any injuries this season but is having a hard time finding a proper shoe

Did you start the series with any goals? Yes, my goal was to complete all the series races and to achieve the position as Female Grand Master. Goal completed!

What is your secret to a running a successful series?

Paying for the series at once helps. If I'm preregistered it pressures me into running the race. The races are also spread out so that makes it easier.

What SCR series race is your biggest challenge? The Space Coast Marathon — One day I will run it and qualify for Boston. I came very close in 2013. One day!

Favorite pre-race meal? Pasta, salad and a glass of wine



SPACE COAST CLASSIC 15K —
PHOTO BY NANCY WINGO



TOOTH TROT 5K —
PHOTO BY DOUG
CARROLL

Male Grand Masters

Art Anderson

54, Melbourne

Tries to focus on being competitive for age-graded times

What is your secret to a running a successful series?

I haven't found any great secrets, so I just try to prepare well and put forth my best effort in every race. It is a long series, so I try to get into a weekly regimen that allows me to train hard in the first half of the week, and then recover in the second half of the week, so that I am well rested and feel fresh for each race. I try not to worry about the competition, because there will always be someone there to challenge you. And most importantly, I try to live in the moment and enjoy running each race.

Do you do any other cross-training activities? I try to surf whenever there are rideable waves, and this year we had some decent surf. I believe that surfing complements running really well, and vice-versa. Surfing is great for overall strength, balance and endurance, as well as a mental relief from all of the stresses and distractions of life.

Favorite pre-race meal? Fresh fruit, particularly oranges



DOWNTOWN MELBOURNE 5K —
PHOTO BY DOUG CARROLL

Female Senior Grand Masters

Susie O'Connell

62, Melbourne

Cross-trains by doing triathlons and has even done an Ironman.

Which SCR Series race was most important to you this

year? The most important race to me is the Space Coast Marathon which I've been doing on and off since 2000. It takes the most preparation and is my favorite. It is what it is. Every year is a different experience. I also look forward to the Downtown Melbourne 5K because I've done it for so many years. It's such a good course.

Did you start the series with any goals? I signed up for all the races at the beginning of the season. It was my goal to do them all. I got sick the night before one of them. I didn't reach my goal but there's always another year.

Did you deal with any injuries or setbacks during the series? I was diagnosed with high blood pressure so I have to keep my eye on that. No racing injuries. I've been lucky.

Male Senior Grand Masters

Abe Oroz

61, Palm Bay

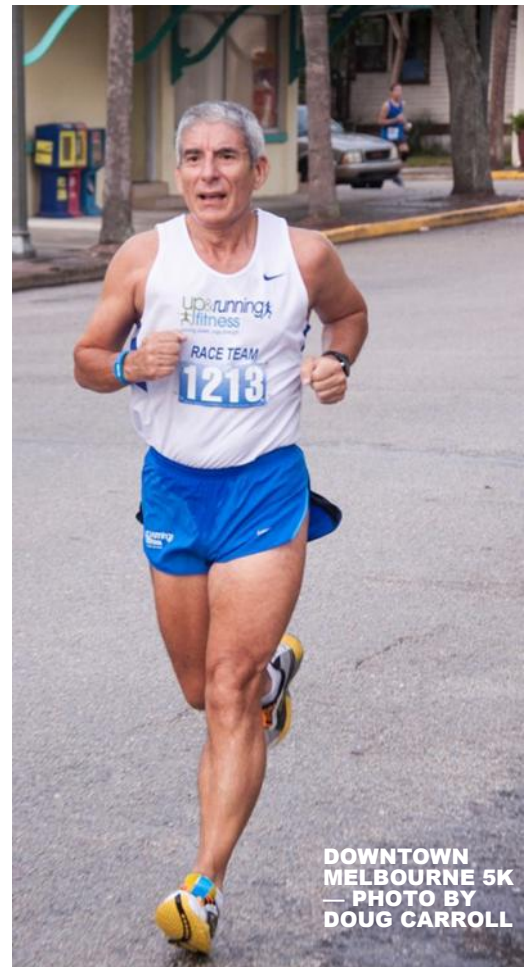
Always tries to drink a glass of chocolate milk after every run for the protein's benefit toward muscle recovery.

Which SCR Series race was most important to you this

year? I have to say the Eye of the Dragon 10K holds special sentimental value. It's not the Eye of the Dragon specifically, but the 10K distance. When I started participating in races in Eugene, Oregon (Track Town USA), the 10K was the most common race. It has been a great springboard toward my marathoning endeavors. For an old man, the 10k seems to optimize my speed (or lack thereof) with my endurance.

What is your secret to running a successful series?

Training! I have given up banana splits, drinking too many beers, and too many slices of pizza (don't ask about the chocolate!!). I've also been very committed to my training and have listened to my body in preventing and reducing injuries. Even on busy days I will make time to do training runs. I've been known to go out the door at nine pm to do a 20 mile run.



DOWNTOWN MELBOURNE 5K —
PHOTO BY DOUG CARROLL

1st Female Age-Graded

**Annie
Caza**

52, Indialantic



“I used to enjoy running longer distances up north, and avoided 5Ks. I did not really know how to run them. When I moved to Florida, 5Ks were predominant, so they were inevitable. With time, 5Ks have progressively become my favorite racing distance. The biggest difference is that to be successful at 5Ks, speed work is critical. Running camps are extremely beneficial for that.”

2nd Female Age-Graded

**Jacquelyn
Kellner**

65, Melbourne



“Each year I buy The Complete Runner’s Day-by-Day Log and write down all of the races I plan to enter. (I have 29 of these log books now. I like to go back to previous years and check races and finish times). I download and print the SCR race schedule as soon as it comes out. I also write on the same list the additional races I plan to run. I completed 19 races this year including the Disney Marathon. I also list all of the races on the kitchen calendar so my husband knows my schedule I feel fortunate that at age 65 I am still doing this.”

3rd Female Age-Graded

**Susie
Koontz**

68, Merritt Island



“My goal is to run most of the SCR races to support the club and organizations. Any of the races I go to motivates me because the runners are excited and everyone wants to do well. I do not set Pr’s anymore. Since I have been running such a long time, my primary goals are just fitness, fun and friendship.

My husband, R. C. and myself just completed a trail run in the Grand Canyon. We will finish up 2014 with Saint George Marathon in October, New York City Marathon in November, SCR half and look forward to the beginning the SCR series in August.”

1st Male Age-Graded

Shane Streufert

42, Viera



2nd Male Age-Graded

Joe Hultgren

54, Melbourne



EYE OF THE DRAGON 10K — PHOTO BY DOUG CARROLL

3rd Male Age-Graded

John Davis

36



EYE OF THE DRAGON 10K — PHOTO BY BOB RALL

“What I like about age-graded scoring is that it allows everyone to compete on a somewhat even playing field.”

“I use to dread the longer races because I just couldn’t compete as well with my peers. I never ran the times I wanted. I’ve increased my miles over the last couple of years and that’s really helped.”

“Tempo runs are one of the most important tools in my bag of tricks. You can start by doing short 3 mile tempo runs, and slowly build it up to 7-8 miles. It’s difficult, but it really gets your brain and your body ready for the pain of racing a 5K.”

Space Coast Runners *Youth Series*

Participation awards were handed out to all the children who completed 4 of the 7 races in the 2013-2014 Youth Series. The distances ranged from 1/4 mile to 1 mile at the various races. All children ages 12 and under were eligible to participate.

This season’s Participation Award Winners:

- Abigail Tastad, age 4
- Christopher Abreu, age 10
- Lillian Robertson, age 9
- Madden Lorraine, age 9
- Rhella-Divine Murdaugh, age 5
- Tanner Mitzlaff, age 11
- Tessa Mitzlaff, age 9

Congratulations and great job! We hope to see each of you running in the upcoming 2014-2015 series. Special thanks to Kimberly Badgett for being our Youth Series coordinator.

RAN ALL RACES



Each year Space Coast Runners recognizes the individuals who participate in 100% of the Runner of the Year Series events. For the 2013/2014 season, we had sixteen members who demonstrated this commitment.

Congratulations to these dedicated members!

Art Anderson
Susie Biery
Gary Castner
Wade Dauberman
LeAnn English
David Grant
Jonathan Howse
Joe Hultgren
Morris Johnson
Jacquelyn Kellner
Joan Meadows
Ed Springer
Teen Sum
Vern Thomas
Bud Timmons
Michael Walker

Marty Winkel
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RUN FOR THE GECKO "HAWAIIAN LUAU" 5K

May 10, 2014 — Wickham Park, EFSC Pavilion — Melbourne



5K Runners Hustle Hawaiian Style

The eleventh annual Run for the Gecko "Hawaiian Luau" 5K took place on a sunny, semi-humid Saturday morning. The race showcased a slightly different course that wound its way through the EFSC parking lot and out onto Wickham Road before looping back to EFSC where the finish line was waiting.

Shane Streufert, 42, ran the 3.1 miles the fastest, finishing first in a time of 17:18. Luke Redito, 19, was nine seconds back in second running 17:27, followed two seconds later by Austin Camps, 15 in 17:29. It was the first overall victory for Streufert in a Running Zone race series event.

Melbourne's Beth Mihlebach, 28, was the top overall female finisher with a time of 18:16. She was followed in by Melissa Taylor, 36, who ran 18:57 to claim second with Kim Hunger, 33, four seconds behind her for third in 19:01.



Top: Third place finisher, Austin Camps makes a strong statement as he crosses the finish line in 17:31.

Bottom: The race is off to a fast start with 653 participants streaking across the starting line.

RACE REPORT

RUN FOR THE GECKO "HAWAIIAN LUAU" 5K

May 10, 2014 — Wickham Park, EFSC Pavilion — Melbourne
(continued)



The Masters' winners at the 5K race were Tracy Dutra, 41, for the women finishing in 20:29 along with Joel Fenlason, 40, who made the trip over from Patrick Air Force Base to run 19:25.

Top three in the team competition were Running Zone, Health First and Set Goals, Not Limits.

Participants were treated to Zippy the Gecko and Hawaiian luau dancers at the post-race party along with lots of food courtesy of Pizza Gallery & Grill at the Wickham Pavilion.

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

Race report by Brittany Streufert. Photos by Tri-Hokie Images.



Top: Overall race winner, Shane Streufert receives his award.

Middle: Runners speed down Wickham Road twice during the race.

Bottom Left: Catherine Woodson, Janet Erlacher and Lori Kruger are post-race pretty.

Bottom Right: Kim Hunger (left) who placed 3rd along with Beth Mihlebach (right) the women's winner hang with Kaitlin Donner and her new pup, Roxy.



Riverside Run/Walk 3K

May 17, 2014 - Riverfront Park—Cocoa

The Cocoa Beach Regional Chamber of Commerce (CBRCC) hosted the 2nd annual family friendly Riverside Run/Walk 3K at Riverfront Park in Cocoa Village on Saturday, May 17.

The scenic race course began in the park at 7:30AM and took the 67 participants (25 males/42 females) through the quaint residential areas surrounding the Village. The early morning 70F temperature paired with cool winds coming off the Indian River provided ideal conditions for athletes and volunteers alike.

Space Coast Runner's member Joe Lento from Cocoa Beach captured the Male Champion title with a 6:48 minute/mile pace and a finishing time of 12:38 to edge out John Brandt from Augusta, GA by four seconds. Bill Pinch from Melbourne was 3rd with a time of 13:50. David Alexander of Satellite Beach grabbed the Master's Champion title with a time of 15:45.

Twelve year old Kate Joyce edged out the 2nd place overall female, Michelle Smurl with a strong finishing kick to capture the Female Champion title with a time of 14:53 and 8:00 minute/mile pace. Kate's younger sister, Nicole, finished strong to grab 3rd place overall female. Proud mom and race participant, Pam Joyce, believes her daughters may have caught the 'racing bug' and that we'll be seeing more of them at local races in the future. The Female Master's Champion title went to Mary Micolites from Melbourne who completed the 3K with a time of 15:56. For complete race results, [click here](#).

Race Director Darlene Montano helped organize the wonderful race volunteers from the Volunteers of America. She expressed her gratitude for the race sponsors that included Wuesthoff Health System, Running Zone, Culligan and Effex Agency. Their support helped the CBRCC provide a safe atmosphere for race participants, a fun post-race party and medals for overall and age group winners. The Riverside Run/Walk 3K helped kick-off the Annual Cocoa Village Summer Arts and Crafts Festival.



Race report by Michelle Smurl



Joe Lento—Male Overall Champion



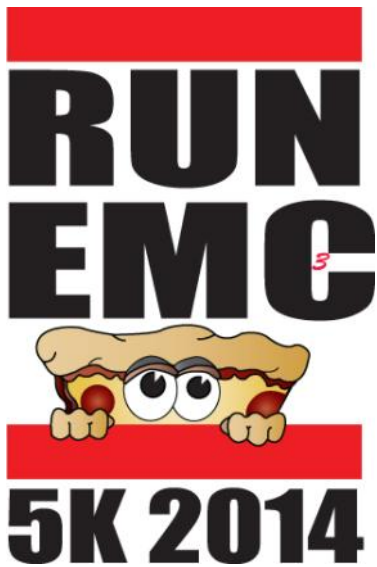
Ray Wulf with daughter Pam and granddaughters Nicole (3rd Overall Female) and Kate (Female Overall Champion)



Marcus and Donna Smith enjoying the post-race party

Eat My Crust 5K

May 4, 2014 — Viera Pizza/Mobil — Viera



“It’s tricky to rock a rhyme, to rock a rhyme that’s right on time. It’s tricky!” – Run DMC

Eat My Crust 5K, which was themed after Run DMC, left nothing to tricks as it was well organized, from the awards ceremony to having enough pizza for all of the race finishers to munch on when finished. Presented by Viera Pizza, it was the third running of this annual event which was held on Sunday, May 4th. The course was through a peaceful Viera neighborhood with the opportunity to enjoy the brisk, cool morning that had surprised most as it was the beginning of May. Although it was a chilly morning, more than 700 participants joined the 5K fun and had the opportunity to partake in yummy pizza afterwards. Participants were even encouraged to bring the family as there was a Lil’ Kid’s Pepperoni Run.

Awards for the event were pizza shaped medals to the top three in each age category. Not only could you win awesome pizza shaped medals, but money too! First place male and female runners received a check for \$500, followed by \$250 for second and \$150 for third. Further, the male and female winners of Top Masters were also awarded a \$100 check. Willam Vanos placed first with 15:36, two-time EMC winner, Jonathan Campbell with 16:27 came in second and third was awarded to Alex Hubbard (16:49). The Male Masters Champion was Shane Streufert with 17:17. The females were also fast with Kaitlin Donner in first at 16:42, Angela Cobb placing second with 18:03 and Elizabeth Mihlebach with third at 18:16. Amy Ertel was the Female Masters Champion with 19:14.



Left: Eddie Pawlak, 8, is super excited to receive his 3rd place age group award

Middle: MC B. Rall aka Bob Rall gives the race report live from the finish line.

Right: Joey Pepperoni and Moe, the Viera Hawk rock out pre-race with the VHS cheerleaders.

Eat My Crust 5K

May 4, 2014 — Viera Pizza/Mobil — Viera



1 race = 4 course records

- Men's Course Record - 15:36 - Bill Vanos, Orlando
- Women's Course Record - 16:42 - Kaitlin Donner, Melbourne
- Men's Masters Record - 17:17 - Shane Streufert, age 42, Viera
- Women's Masters Record - 19:14 - Amy Ertel, age 46, Orlando

Eat My Crust 5K was a success and raised \$15,000, which will be donated to Viera High School Athletic Department. Also, \$5,000 was raised from the raffling of a golf cart with the proceeds benefiting the Special Olympics of Brevard County and the Space Coast Early Steps program. It was a wonderful way to start off a Sunday morning at 7:00 a.m. This race was not only fun, but also offered a plethora of breakfast items and the opportunity to win remarkable prizes. Runners were even able to meet mascot sensation, Joey Peperoni. This is an event that must be marked on runners' calendars for years to come.

Plus, don't miss this race as it part of the Space Coast Runner's Runner of the Year Series for 2015. For complete race results, [click here](#). Race report by Michelle Au. Photos by Steve Cole and Doug Carroll.



DID YOU HEAR ABOUT ANI?

A nine-year old little girl ran at Eat My Crust and finished 18th overall. Little did those who could even keep up with her know she was a **World Record Holder in the **5K**.**

Interview by Brittany Streufert



Ani Veltcheva traveled from Gainesville, FL to race her first Eat My Crust 5K on Sunday, May 4th. Three weeks prior she had destroyed the 5K World Record for her nine year old age group by running an 18:47. The prior record was 19:05 which she did best at EMC3 where she clocked a solid 18:55 finish. After completing a science project for school, Ani graciously took the time to tell us about her training and running the Viera race.


You've been competing in 5K's all over Florida - how does the Eat My Crust 5K compare?

Eat My Crust 5k was one of the most fun 5ks. I saw pictures online from previous years and really wanted to run it. My favorite part of the race was the silly signs placed along the road. They made me smile and even giggle as I ran. I have never been to a race that has had funny signs like that. I loved it! The course itself was very nice, but at the end there were too many twists and turns which made it a little tricky and slowed me down.

You're obviously a well conditioned runner. Approximately how miles a week do you run in your training?

I run about 20 miles every week. At school, we have a program called Morning Mile. We run for 30 minutes every morning before school. Morning Mile starts at 7:00 am and I like to be the 1st one there. We always have morning mile no matter how hot or cold it is. The

Above: She left her mark. Ani's Eat My Crust time of 18:55 set a female 9-11 age group record for the race.

only exception is when it rains. I hate when it rains because instead of running with my friends, I have to stay in the cafeteria and watch a movie. Morning Mile is where I train for running. I also swim for 2 hours 5 days a week for my swim team, High Tide Aquatics. I'm pretty sure this helps my running even though I cannot explain exactly how. 

Now that you've broke the 9-Year Old World Record in the 5K, what is your goal time that you want to run? Or is it just keep trying to get faster?

I am so excited I shattered the old 5k record by 18 seconds! It's like a dream come true. Each time I reread the newspaper article announcing it and I get butterflies all over again. Though most people would be satisfied with being a world record holder, I have a new goal. I really want to beat my personal best time, 18:47. Maybe even go under 18:00 and beat college students. Haha. I know it's going to be tough but when I set my mind to it and train hard I know it's possible. So for right now, I only want to get faster and faster and faster and fasterrrr.

Back to Eat My Crust, Joey Pepperoni, our mascot, wants to know if you liked the pizza after the race? What are your favorite toppings on a pizza?

The pizza after the race was extremely yummy. My favorite pizza was the pepperoni pizza thin crust. I usually eat 2 slices but this pizza was sooo good I ate a lot more. Good thing the pizza was served after the race and not before it or I think everyone would have been so slow.

My older sister could not come to the race because she had to stay in Gainesville and work. We have a tradition – every time we are somewhere and eat something really good and the other is not around we save some. I saved my sister two slices of pizza! The fact that I saved her not one but two pieces of pizza shows clearly how much I loved the pizza. I definitely want to come back next year and hopefully even win a gift card for Joey Pepperoni Pizza from the raffle drawing. Even if I don't win a gift card, I know I will have fun running and stuffing myself with delicious cheesy yumminess after the race. I have a great idea. There should be a Joey Pepperoni Pizza place in Gainesville where I live so me, my family, and friends can eat there all the time.

Have you received more recognition from people now that you hold the world record?

Yes, it's pretty cool. A lot of other students that I have never seen before congratulate me or give me high-fives in the hallways at school. My sister even told me that random customers at the store she works at ask her about me. All this recognition makes me want to train harder and harder to make more people happy. Everyone I know is very proud of me and I like to make people around me happy.

Tell us something interesting about yourself.

I have different signs on the door to my room. As I reach a new goal I add a new sign. My first sign said "Only Animal Lovers can Enter". That meant that everyone in my family could come in, because we all love animals and have 2 dogs and 2 birds as pets. Then I started really enjoying running and swimming so I added a new sign that said "Only Athletes can Enter". This makes it hard for some of my friends to enter. I hope this encourages them to exercise more.

Then I made it to the Junior Olympics in swimming and added a sign that said "Only Junior Olympic Athletes Can Enter". This meant that only my sister and I could enter my room. I made the Junior Olympics in swimming, while my sister made it in gymnastics. It is kind of cool. Now that I hold the World Record for the 5k running I am about to add a new sign that says "Only World Record Holders can Enter". My sister, parents, and friends have to really work hard to qualify!

Photo right: Ani poses outside her door with all its signs



Space Coast Military Appreciation 5K

May 17, 2014 — Searstown Mall — Titusville



177 finishers crossed the line at the Space Coast Military Appreciation Day 5K on Saturday morning, May 17th. The race started and finished at the Searstown Mall in Titusville. Proceeds from the race benefitted Titusville and Astronaut High Schools and the Space Coast Junior ROTC program.

The Male Open Champion was Jacob Carter in a close race with the second and third place finishers. Jacob crossed the finish line in 19:13, just ahead of Joel Fenlason, who covered the distance in 19:18. Ryan Garret was a close third with a time of 19:29. Roy Meeks was the Male Masters Champ in 20:50.

Danielle Hustoles took the Female Open Champion award with a time of 21:15. Second place went to Traci Luman in 22:05, and Christine Kennedy took third in 22:59. Chiqui Behymer was the Female Masters Champion, coming in at 23:58.

For complete Race Results, [CLICK HERE](#).

Race report by Bob Rall.

Photo by Space Coast Event Management



SPACE COAST RUNNERS WOULD LIKE TO THANK HEALTH FIRST PRO-HEALTH AND FITNESS CENTERS!

They allow us to use a meeting room in one of their facilities for our SCR 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 information, visit their website at [Health First Pro-Health & Fitness Center](#) and become a fan on their [Facebook](#) page!

Turkey Creek 5k Trail Run

May 24, 2014 — Palm Bay

Ana Nesbitt, race director for The Turkey Creek Trail Run put on a great race in Palm Bay. It was a trail run through the trails of Turkey Creek Sanctuary, part of the Audubon Society's Great Florida Birding Trail and the Brevard County EEL Program.

Overall winner of the 5k was David Kilgore of Palm Bay who ran a winning time of 16:16. He was followed across the line by Alex Hoffman in 17:10 who hails from Malabar. Another Palm Bay resident, Isiah Marr grabbed third place in a time of 19:26.

For the ladies, Annie Kelly of Palm Bay raced to her overall title in 19:02. Ceal Muldoon Walker of Cocoa Beach came in second by running 21:58. Third place went to Indian Harbour Beach's Debra Johansen who finished in 23:28.

Masters winners at the race were Julie Fleck from Viera (23:46) and Keith Snodgrass from Melbourne (19:42). For complete race results, [click here](#). Race report by Lisa Hamelin.



Zonta's Zero Tolerance For Violence 5K

May 24, 2014 — Ritch Grissom Memorial Wetlands —Viera

Raising funds and awareness for the campaign to end violence against women, the Zonta Club of Melbourne held the Zonta's Zero Tolerance For Violence 5K on Saturday



evening, May 24th. The race started at 6pm at the Ritch Grissom Memorial Wetlands at Viera.

Keith Snodgrass was the Overall Male Champion with a time of 19:47. Art Anderson finished second in 20:31, and Joe Lento was third in 21:32. Matt Mahoney was the Male Masters Champion, covering the distance in 21:36.

The Overall Female Champion award went to Rachel Tate, with a time of 26:02. Teresa Duce was the second lady to cross the line, posting a time of 28:48, and Kristie Allen was third in 30:33. Jessica Barone was the Female Masters Champion, finishing in 30:42.

For complete Race Results, [CLICK HERE](#). Race report by Bob Rall.

RUN A MILE WITH *Teen Sum*



Meet an SCR member who found his calling as an athlete when he joined his company's pilot fitness camp in 2008 as a walker. He's now running all over Brevard County.

Name: Teen Sum

Family: Happily married for 32 years to my lovely wife Tina. Suzanne, our only daughter, is a true Gator, spent 8 years in UF. Earned her degree in Chemical Engineering in 2004 and Doctor of Pharmacy Degree in 2008. She is married to an Air Force officer 'Yan' and they have one boy 'Adam'. Yan, my son-in-law, is currently deployed to Afghanistan.



Age: 65

Originally from: Formosa, Taiwan

Grew Up In: Born in China, moved to Hong-Kong and then Taiwan at age 10. Left Taiwan at age 27 for American for good!

Occupation: Software engineer

Dream Profession: Retirement, hopefully soon!

Number of Years Running: 6

Began Running To: Joined first Harris funded pilot fitness camp as a walker in 2008 at age 59. Slowly gets sucked into running by Coach Elizabeth Ring.

I Knew I Was Hooked When: All the beer you can drink after the Space Coast Half Marathon.



Teen Before Running



Race PRs

(Personal Records):

2 miler: 15:20.5 5K:24:23.9 8K: 41:05
10K: 52:56 15K: 1:19:17
Half M :1:55:49

Most Satisfying Race Performance(s): Still working on it.

Favorite Race(s): Any race away from local home town because no one will know how bad you did in the race.

Favorite Place(s) to Run: Melbourne area

Running Goals: Run for fun and stay injury free

Running Partner(s): Love to run with the members of the Up & Running Race team/Fitness camp. And especially my running mate Michele Duster. Michele and I started getting into running at the same time and have been running together since.

If I Could Go on a Social Training Run With Any Other Persons, Dead or Alive: My beloved coach Elizabeth Ring and Karen Hughes. Little suck-up won't hurt anybody!

Funniest or Oddest Thing I've

Seen While Running: I saw a lady runner duck behind a tree during half marathon to take care of business...peeing!

Training Philosophies: Best effort but don't over do it.

RUN A MILE WITH *Teen Sam* continued

One Piece of Advice That I Would Give to a New Runner: Don't do it. Running is a very addictive sport. Some of the major side effects from running include: Lose all sleeping in on weekends, loss of weight, lose your beautiful 'Buddha' belly, enhancing your social life with new friends, live happily, healthier and possibly live much, much longer!

Favorite Reads: Between regular job, 6 night workouts and the running, who has time to read?

Favorite Movie: Very first James Bond (007) movie 'Dr. No' by Sean Connery. I believe it's in black and white. Oh, man, I am really old.

Other Sports & Interests: Zumba, Yoga & Boot camp

When No One is Looking I Like To:
Pick my nose

Favorite Meal: Love any hot and spicy food

Dream Vacation: Cruise to nowhere for a year

Why Did You Join SCR: Discounts on SCR races

I Think That SCR Could Do A Better Job: None, they are perfect. Well organized by very friendly staffs.



Above: Teen with his Up & Running team members.

Right: Finishing the Space Coast Half Marathon



Marty Winkel
321-537-3526
sceventmgt@gmail.com



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The Rall Capital
Management Team





SATURDAY, JUNE 21, 2014

7:30 AM

FAY LAKE WILDERNESS PARK

6300 FAY BLVD

PORT ST JOHN, FL 32927

PROCEEDS BENEFIT:

Port St. John educators Pete & Barbara Arroyos who are battling cancer.

COURSE

Race starts in the park and runs through the surrounding neighborhood before returning to the park to finish.

AWARDS

Top 3 Overall Male/Female
 Overall Masters (40 and up) Male/Female
 Awards 3 deep in Male/Female 8 & under, 11-12, 13-14 10-14 and five year age groups thru 75 & up

ENTRY FEE

Early: Thru May 31 - \$20
Timely: June 7 - June 20 \$25
Race Day: \$30 Cash or Check Only
 Packet Pick-Up Encouraged
 Fay Lake Wilderness Park
 Friday June 21, 2014 4:00PM- 7:00 PM

REGISTRATION

Make checks payable and mail to:
 Space Coast Event Management
 7 Indian River Ave. #605
 Titusville, FL 32796
SORRY NO REFUNDS!

CONTACT:

Marty Winkel • 321-537-3526 • runsalot@cfl.rr.com or
 Kathy Camick • 321-693-2696 • kcamick@cfl.rr.com

ON-LINE REGISTRATION AVAILABLE AT SCEVENTMGT.COM

NAME _____ DATE OF BIRTH _____ AGE ON RACE DAY _____

ADDRESS _____ CITY _____ STATE _____ ZIP CODE _____

PHONE NO. _____ E-MAIL ADDRESS _____ GENDER: M F

Please Circle Shirt Size: Men's: S M L XL XXL Women's: XS S M L XL

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 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

 Signature of Parent If Under 18

 Date



Long Distance Relationships

Keys 100—Key Largo to Key West — by Steve Colella

After my last year's failed attempt at this MONSTER, I signed up again and put in many training miles. I changed my running form, my supplements, and I found the best foods that work for me on the run. Most importantly, I listened to tips from many runners out there who run 5ks to 100s and to my Son who crewed me and got the race medal for his dedication to help get this done!

Our race plan was to finish in 28 hours. We figured that if things got bad I would still make the 31 hour cut off. At the start of race I was in heat 4 out of 5 so my start was at 6:30am. That started to bother me as I was missing out on 20 minutes of running in the morning. When I began, the weather was awesome, with a good stiff breeze blowing at my back and low humidity low. I never stopped, figuring that with this weather, lets gamble a little bit. At mile 36 I had a little display of throw up. I stopped at mile 40 for a fresh pair of socks and a fresh coat of Trail Toes. I stopped again mile 53, right before the 7-mile bridge. I picked up two water bottles for the bridge run. While another runner and I were on the bridge with about three miles until the end, a passing car came very close to us from behind. It was a very scary moment and I picked it up some more to get off that bridge!!!

At end of the bridge I put the lights on and at that time I knew in my heart I'm going to finish this race! At mile 75 my stomach was hurting. I felt like I needed to burp, so I drank some Coke and soda water and started feeling better. But my legs were starting to feel like jelly! Mile 90...OMG!! I was so sore that I hardly had any run in me, so I did lots of walking. Then I hit Roosevelt Street. It was only about 3.5 miles to the finish line but felt like the longest 3.5 you will ever travel! It took everything I had to run across the finish line! 26 hours and 10 minutes! Within 5 minutes of finishing, I passed out cold for about two hours. What a relief to finish that race! As always, Bob Becker, the Race Director and all the volunteers, racers, their support teams and families made this a first class event!



Steve crosses the finish line and is soon out for the count Key West style!



Long Distance Relationships

Keys 100—Key Largo to Key West — by Jim Schroeder



Finished in 28:39:03 for an AG 1st Place

Hats off to Bob Becker, Mike Melton and the huge number of enthusiastic volunteers and the Susan Anger-lead course marshals. Trust me on this when I say that Bob, Mike, the marshals and the volunteers put in at least 100X the hours one might think would be required to host a successful endurance run and relay. The aid stations were well stocked with water, sports drink, electrolyte tablets, PB&J, bananas, avocados, chips, sweets and helpfully staffed even at 3:00 AM; the grilled cheese at Mile 75 check in was unbelievable tasty!

The Keys 100 raises money to fund educational outreach and free prostate cancer screenings in South Florida and the Keys; the funding also supports prostate cancer research to improve long term survival prospects and eventually find a cure to this pervasive disease.

The full 100 mile individual race starts at Mile Marker 100 in Key Largo and finishes in Key West at Higgs Beach. A 50 mile individual race is also available that starts in Marathon and finishes at Higgs Beach. The popular and numerous relay teams populate the course the entire day with most finishing by early evening.

The weather this year was comparatively cool. I was not sweating at the start as per the norm and during the race just a few hot sections were encountered such as the iconic, "Canyon of Death," at Mile 43 and main street Marathon leading up to 7 Mile bridge. The key to a successful Keys 100 finish is maintaining heat control and keeping the core temperature as low as practical. During the sun intensive periods I wore a long sleeved white shirt, topped with a short sleeved white



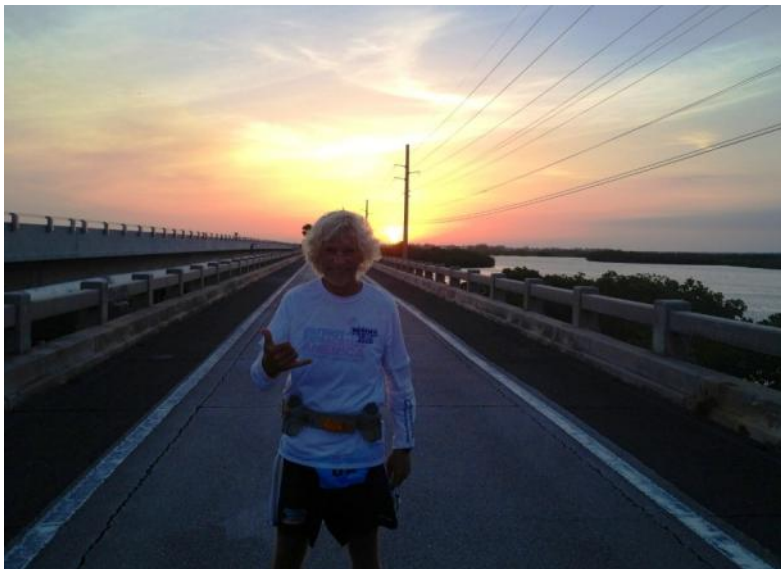
The car is stocked! — One of the Numerous Beautiful Keys Bridges that Seemingly Stretch On Forever into the Distance



Race Check In with Elizabeth Stupi (Timing Chip Volunteer), Jodi Weiss (Finished in 26:47:40) and her Dad Carl

Long Distance Relationships

Keys 100—Key Largo to Key West continued



shirt and desert hat for ear covering with an ice bandana; typically a new bandana with fresh ice was required every 2 miles or so. I also added a small handful of ice to my cap interior.

I was very fortunate to have a dedicated and professional experienced crew (Lynsey Bray, Kayte Branch and Luis Gomez with backup Kati Nagy) under the leadership of Crew Chief Lynsey Bray. This crew could read my mind, so much so that at around Mile 90 I was wishing for an egg sandwich ... Voila, Out trots Lynsey w/ an egg, cheese and sausage on croissant sandwich! Our support stops were usually a minute or less saving a



lot of time. I ate the usual food for an ultra: Peanut Butter & Nutella, Potatoes, Blueberries, Avocados and Banana supplemented by aid station treats. Hydration was maintained via water, Salt Sticks, and Nuun. The nighttime stretch required 4 or 5 Red Bulls plus a few caffeine tabs here and there to maintain alertness. My basic target for eating is 300 calories per hour. Fluid and electrolyte intake are cross checked by urine color but typically Keys requires a Liter or two of water plus electrolyte supplement per each 2 mile support stop.

I decided to head out at a 24 hour pace and hold that for as long as possible then walk off the fatigue, a bit of training for the Badwater 135 in July. I held the pace comfortably through 50 Miles, seesawing with Kathleen. After 50 Miles I slowed while she continued on at the same pace for a 3 hour PR at 25:08:42.

My 25 Mile Splits came in at:

25 Mile at 5:08:29
50 Mile at 11:46:01
75 Mile at 20:14:28
100 Mile at 28:39:03

The Approximate Pace per split was:

Mile 1-25 and 25 - 50 at 14 min / mile
Mile 50-75 and 75-100 at 20 min / mile



Overall my entire 100 Mile endurance run came out at a 17:11 average pace in 28:39:03 which for me is a Keys PR, however 2+ hours over my 100 Mile PR set in cooler temperatures.

"Triathlete's Choice Best of 2013"

Finalist for:

"Best Bragging Rights"

"Most Scenic Race" and

"Bucketlist Race"



OCTOBER. 12. 2014.

WE ARE GO FOR LAUNCH



Open to a limited field, athletes compete in a Classic + and an International + distance – each featuring a stunning bike ride inside the secured gates of the Kennedy Space Center, around all of America's major space program landmarks. Start with a swim in the protect waters of the Indian River and finish with a run alongside the historic aircraft at the Valiant Air Command Warbird Museum!

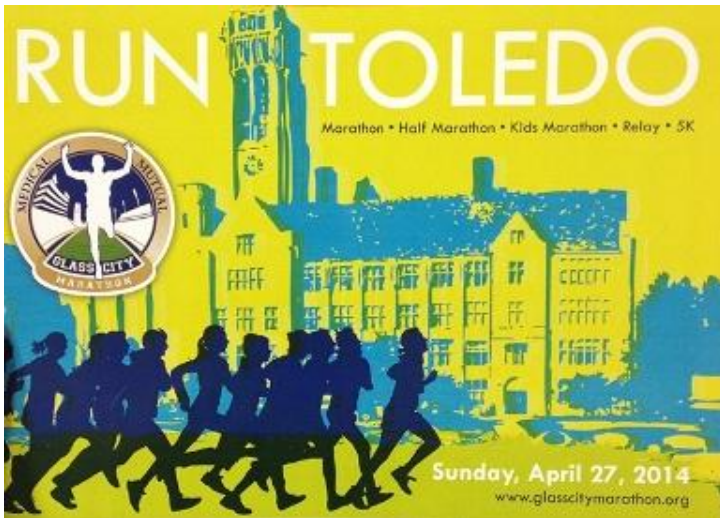


**RocketMan
Florida** Triathlon

CAPPED AT 1,000 - REGISTER NOW! ROCKETMANFLORIDA.COM

Long Distance Relationships

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



Making the Grade

✓ **COURSE**— Flat and fast even by Florida standards. Race starts and finishes at the University of Toledo. Lots of volunteer support and aid stations. Since it runs through quite a bit of neighborhoods there are lots of spectators along the way.

✓ **PROS**— 7:02 early start time which I prefer. Ample parking. Had indoor bathroom facilities in Savage Arena and port-potties outside so the lines weren't too bad. At various mile markers they had clocks with one volunteer saying the time as you passed and then the next volunteer giving you your pace which was extremely helpful. You get a great glass beer mug at the finish. Good after party with free beer, pizza and pretzel sticks.

✓ **CONS**— They do close roads near the University where you park so you need to be there early or know your way around. The weather can be tricky. It rained the whole time in 2013.



Toledo, Ohio — All I can say is “FINALLY”. I was actually going to run a marathon in cooler temps. I traveled to Toledo to meet up with my running friend, Jen Fish who lives in Iowa. We had met in Florida through our husbands who had formed a friendship after they started talking at the Eye of the Dragon 10K the year that Ben showed up and won the race.

Jen and Ben own a vacation home in Melbourne Beach. When the Fish's head south we always try to get together and do some running. Jen runs with me and my friends while Ben heads out with the faster paced friends of Shane.

We had talked about running a race together and Jen threw out the idea of doing the Glass City Marathon. She grew up in Toledo and had done the marathon before. She promised me that it was a flat course and that I would love it. Since most of

Long Distance Relationships

Glass City Marathon, Toledo, OH continued



Left: Jen & I at the Expo with her daughter, Emma. **Middle:** Done! We both have new PR's. **Right:** Knowing that I would need the power of the Boston Terrier and Will Ferrell, my training team, Marie Thomas, Susie Meltzer & Molly Kirk texted this photo to me in the early am on race day.

my friends were racing Boston the week before, Toledo seemed like it would be a good fit. My Florida girls and I could still train together on basically the same schedule.

All signed up, Jen & I agreed to run together, trying for a 3:45 finish. For any of you that know me, I've been trying to break four hours in the marathon since the fall of 2011. My PR was a 4:02 I ran at the beginning of 2013. Jen had previously run a 3:49:24 so I needed to get my act together and my head on straight.

The week of the race was a bit of a whirlwind. I arrived home from the Boston Marathon on Tuesday where I watched Shane and many of my friends run the historical race. It was inspiring. I headed out to fly to Detroit on Friday. Toledo is about an hour's drive from the Detroit airport.

Jen and I met up at the Expo on Saturday which was small but had a good amount of merchandise for race participants to peruse. I bought a t-shirt from the local Dave's Running store booth and got a free pair of throwaway gloves with my purchase. Nice! Afterwards we sat down and went over our run strategy. We both agreed to not go out fast and to try and hold our pace but at the same time see what the 3:45

pace group was doing.

Saturday night was spent eating pasta with Shane and trying to figure out what to wear since it was going to be COLD at the start. Shane talked me out of wearing two shirts. I decided to go with the long sleeve shirt, shorts and gloves. I was ready.

The start of the race is well done and there is ample room in the corrals and a large area for spectators. A bagpiper played Amazing Grace and since I'm Scottish I figured this was a good sign. The race started at 7:02 and off we went. First mile was about 20 seconds off marathon pace and then the pace group took off. We made the time up by the third mile and the pacers were not slowing down but we did.

The miles clicked off one by one. Jen doesn't talk when she's racing so I called out our pace each mile and said a few things here and there. I repeated in my head, "This is the day you will break four hours." We saw Shane and Ben several times out on the course which was totally encouraging.

Jen had gone ahead around 16 but I kept her in sight. By mile 23 I was starting to slow down because of some leg cramps. At this point Jen was behind me so I started to think about walking. Deter-

mined, I decided walking was not an option. I was across the street from the finish line area when my watch clicked 3:45. I smiled at that moment because never did I think I would be so close to finishing near that time. I had trained for it and I believed I could do it but the marathon had never been good to me.

I crossed the finish line in 3:46:47. Shane was there waiting and I had a good cry, mostly out of relief that it was all over. The 4-hour barrier had been broken. Jen was close behind as she ran her way to a new PR with a time of 3:49:06.

With our medals on and beer mugs in hand we all headed to the post-race party. Good food and beers by the local Great Black Swamp Brewing Company made for a nice end to the morning's marathon. Jen was right. I do love Toledo.



Above: Shane, Jen's sister, me, Jen and Ben who also ran a PR in the half marathon at Glass City that day.

The Glass City Marathon could be your ticket to Boston in 2016. [Click here](#) for more info on how to #RunToledo.

Space Coast Sports Hall of Fame 2014 Inductees



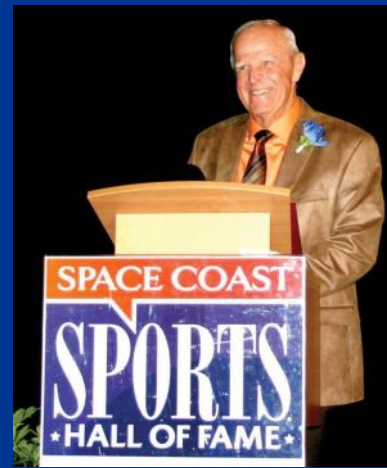
Rebecca Sparks



Mary Ramba



Don & Denise Piercy



Jack Kenworthy

The **Space Coast Runners** logo was seen early and often at the 2014 Space Coast Sports Hall of Fame induction ceremony. Nearly 400 people attended the event held on Friday, May 9th at the Cocoa Beach Country Club. They

gathered to honor this year's class. There were 28 individual inductees and one team honored for their accomplishments in their respective sports. Each inductee was introduced with a short video tribute before speaking to the crowd about their

Space Coast Sports Hall of Fame 2014 Inductees continued

sporting life.

Space Coast Runners had four members of the club inducted this year, and the Space Coast Runners' logo flashed on the screen during each of their video tributes.

Long-time SCR Board Member **Mary Ramba** was inducted as this year's Challenger Inductee. Mary overcame some challenges in her life to become a fixture on the Space Coast running scene. In 1997, Mary weighed 200 pounds and had a drinking problem. When she learned that she was going to become a grandmother, she stopped drinking and started a diet and exercise program that helped her shed 80 pounds. Since then, she has run 22 marathons around the country. She has recently cut back on the longer distances, but doesn't miss many of the area's 5Ks. She has truly become an ambassador for running on the Space Coast.

Longtime Space Coast Runners member **Jack Kenworthy** was presented with a Lifetime Achievement Award for his contributions to area sports. Jack was a longtime baseball coach at BCC and has been involved with Space Coast Runners for a number of years. An interesting story recounted at the ceremony was that Jack met fellow-inductee, Mary Ramba, while walking around a track at Merritt Island High School and encouraged her to participate in her first marathon. At the time, Jack was a coach for Team in Training.

Being named Space Coast Runners Runner of

the Year six times, and breaking 27 Florida road race records was the icing on top of the cake for an incredibly successful running career for **Rebecca Sparks**, another of this year's inductees. Rebecca has been one of the area's top runners for years and has quite the history. She was a Kansas High School State Champion from 1982 to 1985; a three-time All-American in college, and was named Female Athlete of the Year in 1992 for the U.S. Air Force...yes, the entire Air Force! She was also the first woman inducted into the Space Coast Runners Hall of Fame.

Don and Denise Piercy, dubbed the "Space Coast's First Couple of Running" were inducted for their contributions to the running community. Don was a CPA, and Denise a nurse, when they decided to open the Running Zone in 2003. The store has expanded twice since then and their operations now include the Running Zone Race Management and the Running Zone Foundation. Proceeds from the Running Zone Foundation races have benefitted a wide range of Brevard non-profit organizations.

It was a great night for local sports fans and a night to be especially proud of the influence of Space Coast Runners' members in our sports community.

Congratulations to all of this year's inductees!

--by Bob Rall



Like the Space Coast Runners page on [Facebook](#)

Follow us on Twitter [@SpaceCstRunners](#)





Where in the World are Space Coast Runners Running?

JUNE 2014



Les Courants de la Liberté' 10K 6/15—
Caen, Normandy,
France

Dick, Marlene & Rachel
White



Mayor's Midnight Sun Marathon 6/21—
Anchorage, AK

Cindy Bishop

JULY 2014



Light at the End of the Tunnel Marathon
7/13—Seattle, WA

Betsy Butler

JULY 2014



See Jane Run Half Marathon 7/13—
Seattle, WA

Carol Ball, Tracy Felts



Shipyard Old Port Half Marathon 7/13—
Portland, ME

Andy & Tracy Dutra, Pat
Kiesselbach, Loran Serwin,
Christy Zieres

AUGUST 2014



The Kaua'i Marathon & Half Marathon 8/31—
Kaua'i, HI

Carol Ball, Donna Neill

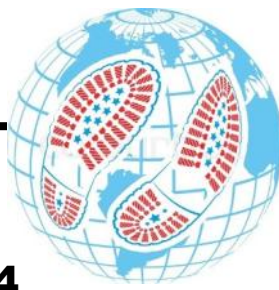
SEPTEMBER 2014



World Championship 70.3

9/7—Mont-Tremblant, Quebec

Cathy Friedel



Where in the World are Space Coast Runners Running?

SEPTEMBER 2014



Beat the Blerch Half Marathon 9/21—
Carnation, WA

Barbara Linton



Equinox Half Marathon
9/21—Fort Collins, CO

Brett White, Dick White



**Michelob Ultra Boston
13.1 Marathon** 9/14—
Boston, MA

Pat Kiesselbach



Air Force Half Marathon
9/20—Dayton, OH

Pat Mister

OCTOBER 2014



Mohawk Hudson River Marathon
10/12—Schenectady, New York

Howard Kanner, Steve Oliver, Kristin Tinker



Wineglass Marathon 10/13—Corning, NY

Cheryl Ritter, Ron Ritter, Brittany Streufert, Marie Thomas, Micah Vanatta



Marine Corp Marathon 10/26—
Washington, DC

Betsy Butler, Abe Oros

NOVEMBER 2014



New York City Marathon
11/2—New York City, NY

Steve Chin, Stephanie Kutteroff, Shane Streufert

Add your next Race to the SCR Calendar! [CLICK HERE TO EMAIL](#)



Where in the World are Space Coast Runners Running?

NOVEMBER 2014



**Michelob Ultra
Ft Lauderdale 13.1
Marathon 11/9—
Ft Lauderdale, FL**

Pat Kiesselbach



**Rock 'n Roll Savannah Marathon &
Half Marathon 11/8— Savannah, GA**

Mike Acosta, Les Dunne, Rene Dunne, Lisa Hamelin, Kira Juranek, Susie Meltzer, Gina Rall

Join us for the next race in the 2014-2015 Running Zone Foundation Race Series:



**REGISTER
TODAY!**



This year's football themed race will kick off at Viera High School with a tailgate catered by Pizza Gallery and Grill!

- 10th Year Anniversary!
- Support your Favorite Football Team on Race Day
- Awesome Pizza & Football Awards
- Special Award for the Most Supported Team!
- Zippy the Gecko Mascot to lead the Kids' Run
- Special anniversary finisher hand towels!
- 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

runningzone.com/series

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

Saturday, August 9, 2014 • 7:00am Start • Viera High School



Say What?

by Michelle Au



“Last year at this BQ race, I DNF’d, so I must run fartleks, throw in some interval training and work on negative splits to at least stand a chance this year.”

Ever had a conversation with a runner and it made your head spin? So much jargon, lingo and slang used to leave you wondering if you were talking about running or talking to an alien from another planet. Don't worry! Space Coast Runners will break it down on runner slang to leave you confident that you too will be speaking alien in no time.

Bandit – Someone who is running the race that didn't enter and pay. Look out for these people Race Directors!

Bib – Sheets printed with numbers to identify each runner of a race. Most raffles use the participants' bib numbers for drawings. Make sure you memorize your number for the chance to win an iPad or Paddleboard! Also, your bib should go on the front of your shirt or shorts.

BQ – Boston Qualify – It means the race you ran is a qualifying time for the Boston Marathon. One of the most exciting moments a runner can have!

DNF – Did Not Finish – This term is listed if you started the race, but didn't finish. Of course, that is no one reading this because Space Coast Runners are all pros.

DNS – Did Not Start – When a runner enters a race, but didn't start. Again, we are not familiar with the term because we are Space Coast Runners and we never give up.

Fartlek – Ahh...the ever-fun speed play. A concept developed in Sweden, it is where you run faster for however long or short you want.

Interval Training – Used to refer to track workouts or speed training. This training does help runners become faster. Negative Splits – Running the second half of the race at a pace faster than the first half. This is used for those runners that finish strong!

Out-and-back – A course where you run to a spot, turnaround, and run the same way back ending up at your starting point. This is good for telling you how far you have ran. If you ran 1.5 miles and are at the turnaround, you know you have 1.5 miles remaining.

Pace – How fast you are running typically expressed in minutes per mile. The faster the pace, the faster you run your distance.

PR – Personal Record – PR baby! It always feels good to say you PR'd as it means it was your best race time at that specific distance. Also called PB (Personal Best).

Streaker – No, not someone who is naked running a race. This means someone who has completed a race multiple years in a row.

Tempo – Running at a “comfortably hard” pace for 3-6 miles. You can usually sustain this pace for an hour. This is a great addition to a training program.

Hope this helps clear up a bit of the running slang circulating in the running world. Next time someone says he/she BQ'd or got a PR, you can simply respond appropriately with a “congratulations” and truly know what they mean.

Race Calendar—June/July/August



Date	Race	Start Time	Location	Contact
June 7	Bottoms Up Beer Run 4k	6:30 pm	Wickham Park, Melbourne	bottomsup@saaz.org
June 7	Sand Hill Crane 5k	8:00 am	Minton Rd, West Melbourne	swood@westmelbourne.org
June 14	Brevard Rivalry Run 5k	7:30 am	Max Rodes Park, West Melbourne	brevardrival- ryrun@gmail.com
June 21	Suck It Up Buttercup 5k	7:30 am	Fay Lake Wilderness Park, Port St. John	kcamick@cfl.rr.com
June 21	HBCA Brevard GLOW Run 5k	8:00 pm	Space Coast Stadium, Viera	brooke@hbca-brevard.org
July 4	Firecracker 5k	7:00 am	Liberty Bell Museum, Melbourne	dpiercy@runningzone.com
August 2	Homes of Hope Beach Run 5k	8:00 am	Paradise Beach, Melbourne	carrie2170@yahoo.com
August 9	I Run for Pizza Football Kickoff 5k	7:00 am	Viera High School, Viera	dpiercy@runningzone.com
August 23	Running on Island Time 5k	7:30 am	Divine Mercy Academy, Merritt Island	debwells@cfl.rr.com
August 30	Sister Run 5k	7:30 am	Ryckman Park, Melbourne Beach	tllnp@yahoo.com



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.*

★ HAPPY ★ BIRTHDAY!

June 2014

Birthstone: Pearl

Flower: Rose

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Tae Schroeder Alyssa Anderson Edward Armitage	2 Ricky McDonald Rodney Walker Lourdes Cox Nancy Buonanni	3 Sabrina Smith	4	5 Jo Shim	6 Philip Robles	7 Kathy Ojeda
8 Ralph Miller	9 LeAnn English Katrina Morgese	10 Gavin Thomas	11 Hank Smith Geoffrey Mitskevich	12	13	14 Roger Ogburn
15 Robert Sielski Frank Hosey	16	17	18	19 Christie Sinclair	20 Cathy Norris Ed Harrison	21 Joanna Beckes
22 Rebecca Skillen	23 Jeff Gleacher Mark Petrillo	24 Melanie Mackey Moe Desrosiers	25	26 Marielise Jacobs	27	28 Brandon Holst Darrel Foster
29 Derek Fortmayer George Then Jerry Brown Leslie Faletra Patricia Savage	30 Lexi Deese Lori Kruger					

Make sure to wish these folks a Happy Birthday when you see them.
Watch out, our **highlighted** members are moving up in age groups!

HAPPY BIRTHDAY!

July 2014

Birthstone: Ruby

Flower: Delphinium

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Kimberly McDaniel Lynette Quinlan Pat Deabenderfer	2	3 Jay Claybaugh	4 Tom Wright	5 Marty Winkel
6 Robert Meadows Stephen Bernstein	7 Braden Krupp Chris Slusher Kate Schindler	8 Christy Zieres	9 Carol McCauslin Philip Coe Stephanie Miller	10 Megan Paxton	11 Chris Loines	12 Rosanne Bessenaire Roger Travis
13 Andrea Bastien Jonathan Howse	14 Peter McBride Kathleen Samilian Wilma Fisk	15 Christian Hayes Jennifer Ogburn Michele Duester	16 Barbara Holst Ric Renfroe Luke Alexander	17 LeAnn Castner Mindy Klaproth	18 Sarah Lowe-Schroeder Ed Engel John Buchanan	19 Daniel Molodkin Joshua Kraver
20 Agatha Kolodziegczak Anita Travis	21 Joseph Faletta	22 Shelia Walker Angela Mellen-camp Ron Bolding	23 Greg Griffin Michael Zeitfuss	24	25 Jim Schaeffer Susan Smith Dennis Testa	26 Kirk Baird Amanda Watson
27 Annie Caza	28 Art Anderson	29 Angela Cobb Nathan Huet Maureen Morley Ashley Raymond	30 Shelby Kirk	31 Suzie Martin Tony Mazza Jerry Bird		

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