

Starting Line

RUNNING ZONE'S QUARTERLY NEWSLETTER



PIRATE PLUNDER *2 Miler*

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TODAY!

SATURDAY, APRIL 9, 2016 • 6:30PM • MEG O'MALLEY'S



VOLUME 7, ISSUE 2 • APRIL 2016

RUNNINGZONE.COM

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6 SECONDS SEPARATE TOP FINISHERS IN BREVARD ZOO'S SLOTH SKEDADDLE 3K



KAITLIN DONNER CLOSER TO THE 2016 SUMMER GAMES U.S. OLYMPIC SELECTION EVENT



WHY I RUN: KEENUN BARLEY

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PIRATE PLUNDER

2 Miler

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Saturday, April 9, 2016

Start at 6:30pm

Meg O'Malley's, Melbourne, Florida

#pirateplunder2miler



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For more information & to register, visit www.runningzone.com/series

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DON & DENISE'S DEN

Gun Time Versus Net Time

In most organized running and walking events, the results are displayed in an overall listing (first finisher's time, 2nd finisher's time, etc.) and an age group listing (Overall, Masters and typically 5 year age groups). This allows a participant to know where he or she placed in the entire field of participants as well as in their age group and gender.

The age group results are also typically used for calculating the awards. This is where things can get interesting. There are three different options throughout the race timing industry for calculating awards and age group results but before I explain these, let me review the difference between "gun" time and "net" time.

"Gun" time is calculated from the time the race starts (in Running Zone's case when the air horn blows) until you cross the finish line. If you are in the back of the start corral, your gun time starts as soon as the race begins so if "net" results are not also calculated, you are being penalized for being further back in the start corral.

"Net" time is calculated from the time you cross the start mat (and your chip or tag reads) until you cross the finish line. This allows for participants to line up according to his or her pace and your "net" time doesn't start until crossing the start mat.

There are basically three options for timers

and race directors to choose from when calculating awards for an event.

- 1 - All awards and results are based on "gun" time. The "net" time may be displayed in the results but they are only for informational purposes.
- 2 - All awards and results are based on "net" time.
- 3 - Hybrid method - Overall awards are based on "gun" time and masters and age group results are based on "net" time.

For Running Zone managed and timed events, we use # 3 above, the hybrid method. Here is our reasoning. If a participant thinks he or she is going to be one of the top finishers, he or she is usually at the front of the start corral. He or she also knows who they are competing against as others that are thinking the same way are at the front of the start corral too. This is a competitive race and you typically know who you are racing against. When it comes to masters and age groups, it is more difficult to know who your competition is in the race, so the "net" time makes more sense for calculating awards and results.

To summarize, Running Zone's awards are calculated as follows:

Overall Awards - Gun time
Masters Awards - Net time
Age Group Awards - Net time



Running Zone's Laura Sanchez and Denise Piercy prepare to hand out awards for the FLORIDA TODAY Corporate 5K in March.

The "gun" method is probably the more commonly still used within the industry. There are still a lot of races that are manually timed and only an electronic timing system can produce "net" times. There really is no right or wrong method, but the key is to communicate what the method is before the race in case you think you may win an award, overall, masters or age group.

I hope this wasn't too detailed but hopefully, you have a better understanding of how our timing and awards calculation works and the difference between a "gun" versus "net" time. Any questions, let us know.

Don & Denise Piercy

Don & Denise Piercy
 Running Zone Foundation, Inc.

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Pirate Plunder 2 Miler Closes In on Running Zone Foundation's 2015-16 Series Season's Final Race

By Mark DeCotis

The second-to-last event in the 2015-16 Running Zone Foundation Race Series, the Pirate Plunder 2-Miler, is set for 6:30 p.m. Saturday, April 9 at Meg O'Malley's in Downtown Melbourne.

The race allows leaders in the overall male and female standings as well as the age-group categories to increase their advantage and gives others participating an opportunity at a fun evening.

After all the fun pirate-themed 2-mile run/walk will present best pirate costume awards and include everyone at a post-race pirate party at Meg's.

The event benefits Girls on the Run, an organization that inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum that creatively integrates running.

The evening also includes a free Li'l Pirate Plunder Kid's Run with Zippy the Gecko and random giveaway of a three-day cruise for two to the Bahamas out of Port Canaveral.

For complete information visit www.runningzone.com/series/pirateplunder/ **RZ**



Pirate Plunder participants posing!

Run For the Gecko 5K Wraps Up Running Zone Foundation's 2015-16 Series

By Mark DeCotis

Running Zone will celebrate its 13th anniversary on Saturday, May 7 with the 13th edition of the Run for the Gecko.

The race begins at 7 a.m. at the Wickham Park Pavilion adjacent to Eastern Florida State College's Melbourne Campus.

The race also is the finale of the 2015-16 Running Zone Foundation Race Series.

"This is the race that started it all," said Running Zone co-owner Denise Piercy. "We are so excited to invite all runners and walkers to join us for the celebration."

The race, sponsored by Pizza Gallery & Grill, benefits the Leukemia Lymphoma

Society's Team in Training Brevard County chapter.

And in typical Running Zone and Pizza Gallery form, no one will leave hungry thanks to the pancakes and eggs for all finishers after the race along with birthday cake, and strawberries and champagne for finishers 21 and older.

The day also features a free kids' run with Zippy the Gecko and a random giveaway of a Dell laptop.

For complete race information visit www.runningzone.com/series **RZ**



Run for the Gecko 2015 was a Hawaiian Luau.

Congratulations!

**Running Zone's
General Manager
Pete Vaughn married Laura
on Saturday, March 26!**

**Congratulations
Dr. and Mr. Vaughn!**



Running Zone crew at the wedding!

6 Seconds Separate Top Finishers in Brevard Zoo's Sloth Skeddadle 3K

By Mark DeCotis

There was nothing sloth-like about the Brevard Zoo's Sloth Skeddadle 3K with just six seconds separating the top three overall finishers on Saturday, Feb. 13.

Viera's Shane Streufert, 44, broke the tape in 9:47.7 followed closely by Melbourne's Ed Donner, 39, in 9:50.5 and West Melbourne's Zeke Zauner in 9:53.2.

The female overall victory went to Kaitlin Donner, who was 11th overall in 10:41.3 to extend her unbeaten streak in Brevard County races into its fourth year.

The fifth event in the seven-race Running Zone Foundation Race Series saw 1,104 participants take times on a perfect morning. Beth Mihlebach, 29, of Melbourne Beach was the second overall woman finisher and 15th overall in 10:58.3. Palm Bay's Kim Hunger, 35, was third among the women and 18th overall in 11:08.

Jonathan Howse, 40, of West Melbourne captured the Male Masters victory in 10:39.3. The Female Masters crown went to Julie Hannah, 42, of Melbourne in 11:44.5.

For Kaitlin Donner, who is in the midst of her final training for the U.S. Summer Olympic triathlon trials, the zoo race was part of the big picture.

"My training for the day included a few three-mile efforts but I really wanted to run the zoo race so I just used the race as the first part of the workout," Donner said. "It worked out perfect and we couldn't have asked for better weather. All of the Running Zone ladies ran super well."

Next up for Donner is the season's first triathlon March 5th in Abu Dhabi. The final trials race is expected to be Yokohama, Japan in April.

"Training is going really well," she said. "I am in Clermont full time with the group here and really could not ask for a better training environment and training partners." The day also paid dividends for Donner's husband Ed.

"I was pleased to set a PR," Ed Donner said. "(Michael) Fisher was leading the whole run until about a half mile to go when Shane made his move. I was in fourth or fifth. I ended up making my move . . . but he held strong the whole way and I couldn't close that gap.

"I did make a big push at one point a quarter mile out but he heard me and picked it up to



Participants race to start the run!

the finish. It was a blast racing with Shane and Zeke, since we all train together on weekends."

Ed Donner also referenced the big picture.

"As Kaitlin gets fit so do I since we train together a lot," he said. "It's nice to still see gains and PR's still at 39. Mostly short faster races for me the first part of the year except the Excalibur 10-miler in a few weeks, Then tri season starts. Will see where Kaitlin's training takes me and my fitness."

For Streufert the shorter distance was the best and part of the larger preparation for a much longer race.


"When we came out of the zoo back onto the gravel road towards the finish area we still had a lead pack of about six of us including Ed," Streufert said. "At that point I think we had about a half mile left so I made a little surge and was lucky enough to get a little gap on the group. I think Ed was closing on me at the end so I'm glad it wasn't a two-mile race." As for the longer distance: "I started training for the Boston Marathon a few weeks ago so that's my next big race and will be my focus the next couple months," Streufert said.

Team honors went to Team Running Zone of Kaitlin Donner, Howse, Ron Able, Steve Hedgespeth and Joe Lento in a combined time



of 52:26.

Long Doggers Club of Streufert, Zauner, Michael Fisher, Art Anderson and Alison Nolan was second in 53:19 and The Has Beens of Rob Longstreet, Aidan Montague, Dina Viselli, Keith Moon and Kenny Brodrick were third in 57:38. The top 5 in school participation were Indian Harbour Montessori with 22; Surfside Elementary 20; Team Covenant 19; Westside Elementary 19; and Manatee Elementary 12. The next series race is the April 9 Pirate Plunder 2-Miler at Meg O'Malley's in Downtown Melbourne. The race begins at 6:30 p.m. For complete race and series information visit www.runningzone.com/series. **RZ**

 **Click here to see the Sloth Skeddadle 3K Results!**

Kaitlin Donner Closer to the 2016 Summer Games U.S. Olympic Selection Event

By Mark DeCotis

Melbourne's Kaitlin Donner took another step toward her moment of truth, finishing 21st in the ITU World Triathlon Abu Dhabi.

"I am pleased with knowing what I can change and learning more about myself as a racer at the Olympic distance but I can't say I am pleased with the outcome," said Donner who is peaking toward the May 15 race in Yokohama, Japan. It serves as the final U.S. Olympic Selection Event for the 2016 Summer Games in Brazil.



Mark DeCotis

Donner kept pace with the majority of the pack in Abu Dhabi, running in the top 10-15 for the first six kilometers before dropping back.

"I honestly have not even looked at the results," she said. "I think the overall time was just under two hours (1:58:15)."

Her splits were 19:33 for the swim, 1:00:27 for the bike and 36:56 for the run with 39 seconds in each of the two transitions.

Great Britain's Jodie Stimpson won in 1:56:09.

Donner followed up with the overall female victory in the CAMTRI Sprint Championships Elite Women event in Sarasota in 59:23 and a



Kaitlin Donner flashes a victory smile after winning the CAMTRI Sprint Championships Elite Women event in Sarasota.

I am pleased with knowing what I can change and learning more about myself as a racer at the Olympic distance...

— KAITLIN DONNER

victory in the Mixed Team Relay race with Jarrod Shoemaker, Erin Jones and Eric Lagerstrom.

"Overall I was happy with both the individual race and how I raced on the Mixed Team Relay on Sunday, you can never complain about a win," Donner said.

"It was a lot of fun having the event pretty close to home so (husband) Ed, Mom, Dad and (dog) Roxy could come."

Prior to Yokohama - where Donner needs to finish in the top two among American women and no lower than eighth to make the Olympic squad - lie the New Plymouth World Cup in New Zealand and the Gold Coast WTS race in Australia.

Donner is defending women's champion at New Plymouth. **RZ**

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RunningZone?ref=ts](http://www.facebook.com/RunningZone?ref=ts)



UPCOMING EVENTS

- 4/7 Altra demo run @ RZ 6pm
- 4/5-9 Pirate Plunder PPU
- 4/9 Pirate Plunder 2 Miler @ Meg O'Malleys 6:30pm
- 4/14 SAXX rep @ TNFR - Raffle for free Pair
- 4/21 Run Dog Run with Stunt Puppy 6pm
- 4/23 Countdown to Fitness Final Mile @ EGHS 1pm
- 4/28 SAXX rep @ TNFR - Raffle for free Pair + workout with Orange Theory Fitness (opening soon in Melbourne)
- 5/3-6 RFTG PPU
- 5/7 RFTG 5K @ BCC/Pavillion
- 5/30 RZ CLOSED - Memorial Day

Excalibur 10 Miler & Relay and the Dragon Slayer 2 Miler Brought Smiles Throughout the Kingdom!

By Mark DeCotis

Tracy Dutra takes the same approach to racing every time and despite not feeling well it paid off.

"I always run the best I can at every race," said Dutra who became the first repeat women's overall winner in the Excalibur 10-Miler on March 20.

"I knew I was mentally and physically tired so I was trying my best not to let that affect my ability to run the best I could for that day regardless of whether it was what I know I should be capable of. I am just happy that my best that day resulted in a win."

Dutra, 43, of Melbourne, broke the tape in 1 hour, nine minutes and 43 seconds good for 16th overall. She bested fellow Running Zone employee Katie Johnson, 22, of Melbourne by two minutes.

Johnson was 24th overall in 1:11:39. Dina Viselli, 31, of Melbourne, rounded out the women's podium in 1:12:06.

"I knew Katie was going to run a great race," Dutra said. "She is a strong runner and getting faster. I didn't know she was in second until the turnaround leading up to mile nine. I was so excited to

see her and knew she was close.

"Considering my fitness level prior to getting sick in January - right before I was supposed to run a marathon - I had expected to run this year much faster than last (1:10:33) but I was just not able to come up with the energy."

Viera's John Davis, 38, was the race winner in 58:39, edging last year's champion Shane Streufert, 44, of Viera who crossed in 59:08.

Melbourne's Luke Redito, 21, was third in 1:00:03.

Phil Young, 53, of Murfresboro, Tennessee, took the Male Masters title in 1:03:24 while Josephine Holtzclaw, 43, of Vero Beach won the Female Masters in 1:14:32.

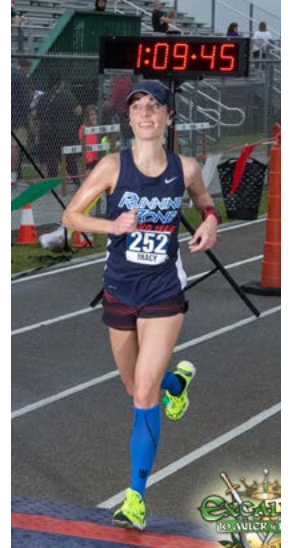
A total of 1,618 participants took times as did 258 relay teams, 128 in the co-ed category alone.

Oviedo's Robert Velasco, 30, captured the overall victory in the companion Dragon Slayer 2-Miler in 11:30. Michele Longstreet, 44, of Indialantic was the first woman and third overall in 14:00.

For more information and results, visit www.excaliburrun.com/ **RZ**



John Davis crosses the finish line to capture the third annual Excalibur 10-Miler.



Tracy Dutra becomes the first repeat champion of Excalibur.

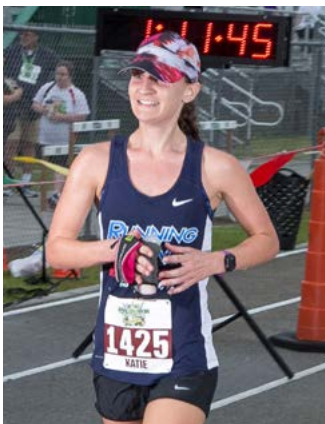


The finest Medieval finery was found at the Excalibur 10-Miler.



And they're off for the third annual Excalibur 10-Miler.

Click here to see the Excalibur 10 Miler & Relay and Dragon Slayer 2 Miler Results!



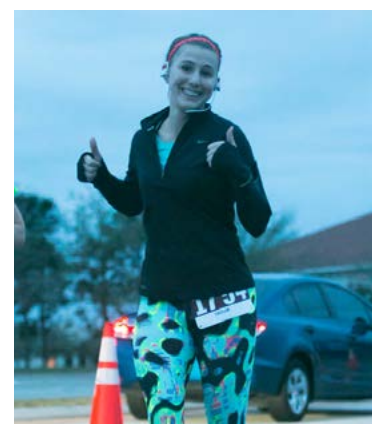
Katie Johnson flashes a smile as she finishes as second overall woman at Excalibur.



Runners on course at dawn's early light in Excalibur.



A large pack of runners greets the dawn on course during Excalibur.



Excalibur competitor's smile says it all.

Record Number of Corporations Run for Success in Corporate 5K

By Mark DeCotis

Mike Acosta isn't alone when it comes to recipes for success in the FLORIDA TODAY Corporate 5K.

While Acosta, 38, of Viera and CEO of Viera Pizza, won his sixth straight Overall Male CEO Championship in 21 minutes and 16 seconds on March 10, three other winners also celebrated encores.

■ Angela Coram, 37, of Indialantic and Pepper Tree Runners, scored her second straight Overall Female CEO victory in 23:39.

■ Health First pharmacist Kim Hunger, 35, of Palm Bay scored her third straight overall female title in 19:38.

■ And Tory Johansen, 25, of Melbourne and Northrup Grumman recorded his second straight overall race victory in 16:46.

A total of 85 corporations with 1873 registered to participate in this record year!

Securborator consisting of Tod Hagan, Jacob Staples, Cortney Riggs and Lee Krause captured the 100 employee or less title in a combined time of 1:33:50.

Raytheon COI of Todd Sukolsky, Jonathan Eskeldson, Will Moore and Frank Hosey took the 100-999 category in 1:25:26.

Northrup Grumman of Johansen, Zeke Zauner, Lori Kruger and Andrew Dewitt captured the 1,000 to 4,999 crown in 1:16:33 while Harris of Jonathan Howse, Joshua Williams, Gabriel Barfield and Jorge Del Valle won the 5,000+ title in 1:20:44.

For Acosta the thrill of victory is still fresh.

"It's literally been a surprise every year that I've won," said Acosta, a father of three. "Just like with any race, you never know who is going to show up on race day. So, you just go out there and put your best into it. And a little training with Team Viera Pizza and Team Black Sheep helps out as well.

"This event is quite important. Each year we form a team of coworkers and friends to train together and get ready for this race.

"It's a good opportunity for my coworkers to get a taste of the sport I love and see how great the running community is. Win or lose, as long as the team is improving and we are having fun it's a win. And the event



Tory Johansen of Northrup Grumman captures the overall victory in the FLORIDA TODAY Corporate 5K.



Health First's Kim Hunger is no stranger to the overall female championship in the FLORIDA TODAY Corporate 5K.



Mike Acosta accepts winner's trophy from Erin Schuck.



Like a fleet of high-powered aircraft on the runway the field heads out for the FLORIDA TODAY Corporate 5K.

that Running Zone puts on is unbelievable. Always a blast."

Acosta has been running since 2010 and has graduated to ultra marathon distance.

"My absolute favorite distance is the half-marathon," he said. "It's challenging and yet long enough to enjoy it. The 5K just goes by too fast. As for the marathon, I have run five. I'm not a huge fan of the distance, but love the training with friends and event day. I fell in love with running so much that we started our own 5K to help give back. Its the Eat My Crust 5K."

For a complete list of all Corporate 5K awards visit <http://brevardcorporate5k.com/>
RZ

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Why I Run – Keenun Barley

By Mark DeCotis

Being as busy as she is Melbourne's Keenun Barley gets her energy from an activity known to sap the best: Running.

A native of South Hill, Virginia, Keenun and husband Adam are parents to daughters Taneth, 17, and Kayson, 12.

In addition to home schooling her daughters, Keenun helps run Brevard Mommies on a Mission, a local organization that provides clothing, food, housewares and other assistance to Brevardians who are in need. She also runs a vegan food blog with a friend and is a chapter leader for the Melbourne Chapter of Moms Run This Town which is a national running group for women.

The Melbourne chapter has almost 500 members, all women who run or walk here in Brevard, and is growing.

Why I Run: I run for so many reasons. The biggest reason is for the energy. People are always telling me that they can't figure out how I have enough energy to wake up so early and be on the go all day long and then still somehow have energy to run. The reason I have so much energy is because I run. I run to get energy. When I go for a run in the mornings, I come home feeling so fired up and ready to tackle the day. That runner's high, I guess.

Another reason I run is for the fun. The connections you make and all of the good times and memories you make while running with your friends. Whether it's deep conversations on Sunday long runs or plotting how much beer we are going to drink after next weekend's 10K or whatever. It's just plain fun.

I go to Coach (Doug) Butler's running camp on Tuesday and Thursday evenings and I am telling you, there is no better sleep than the sleep I get on those nights. Running helps me to sleep more soundly and deeply, so I feel like I actually require way less sleep now than I did back in my pre-running days.

When I Run and Why: I feel like I run all the time. The other chapter leader for Melbourne Moms Run This Town leads a Couch to 5K and family group run at Wickham Park three evenings each week and you can usually find me there. Sometimes I go to get in my own mileage at my own pace and sometimes I go just to support and run with newer runners who need a partner. I run three mornings each week,



Keenun and husband Adam, right, are all smiles with friends after a recent race.

at Max Rodes Park, with a friend. Tuesday and Thursday evenings are running camp nights and Sundays are reserved for long runs, usually at Oars and Paddles Park. Saturday mornings on the causeway every once in a while and I guess, other than races, that's about it.

With Whom I Run and Why: I mostly run with my friends. I really enjoy group runs and we always have a blast and try to make it as fun as possible. I also love to run with new runners.

Helping someone get started in running is just such a great experience. I love answering their questions and telling them how I got started - it's such a great story - and just seeing how excited they get when they run farther or faster than they thought they could.

When my husband is home, we run together and I love it. It makes me so happy when we get to share that time together. But, my favorite person to run with is myself.

The only time I run alone is Tuesday and Thursday evenings for speed workouts at camp and I complain the entire time because it's hard. I am not a natural athlete and I am very vocal with my whining while I am running on those nights, but once I am done, I just feel amazing. I feel so empowered even if I only shaved a second or two off of my time or whatever. Those nights are the greatest because it's just me competing against myself. No talking. No giggling. Just me trying to talk myself through the workout and I love



Barley and husband Adam cross the finish line in the Excalibur 10-Miler.

it. Sometimes I even feel emotional and cry afterwards. Not kidding. It's the best!

Worst Running Experience You Learned the Most From: I have a ton. Here's one. A few years ago I was running the OBX Half Marathon and I started feeling really dizzy and weird around mile 12. I thought I was going to pass out and my vision was blurry. I was even having trouble speaking. I had no idea what was going on and I was pretty scared. Thankfully, a friend acted quickly and squeezed a Gu Pack into my mouth. Within a couple of minutes I was totally back to normal. I learned a lot about electrolytes that day. **RZ**

NEW PRODUCTS AT RUNNING ZONE

New Balance FreshFoam Vongo



NEW BALANCE FRESHFOAM VONGO

Proof that you don't have to sacrifice cushioning for stability, the Fresh Foam Vongo for men delivers a smooth, supportive ride you'll enjoy with each stride. Designed with data from runners like you, each part of the shoe is engineered to work together to provide the stability you need, from the bottom up.

Spenco Pure Sandal



AVAILABLE NOW: SPENCO PURE SANDAL

Don't let this basic sandal fool you. Spenco has reengineered it from the ground up. By utilizing their proven contoured shape the Spenco Product Team has added a substantial layer of memory foam to increase under foot cushion for muscle recovery while maintaining the Total Support® foot-

bed contoured shape. The lightweight and breathable synthetic suede straps make this the perfect post workout recovery sandal.

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It's easy to make a dog collar – but it takes a little bit more thought to make a collar that's strong, comfortable and stylish.

When we make our gear, we build things the right way, as if we had to wear them ourselves. We look at some of the best products for humans and adopt many of their manufacturing techniques, continually seeking out new technologies around waterproofing, odorproofing, reflectivity and more. Our gear is handmade in the USA with high-quality materials, built for comfort and built to last.

And then we test.

We test the heck out of our gear on all types of dogs, from everyday dogs to marathon runners to Iditarod champs, to ensure that our products keep up with whatever adventures life has in store for you and your dog.



UPATESUPATESUPATES

Womens New Balance 880v6



NEW BALANCE 880V6

Mile after mile, run confidently knowing you'll have a shoe that will support you every step of the way. The women's 880v6 high-mileage running shoe is cushioned for comfort and tough enough for all the effort you're going to throw at it.

Mens New Balance 990v4



NEW BALANCE 990V4

This is American craftsmanship. The 990 continues its 30-year legacy of great performance and iconic style with the new women's 990v4. It's the perfect combination of cushioning and stability, wrapped up in a look that will last forever.

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Flip Flops

By Richard C. Wilson, DPM Melbourne Podiatry Associates

As our weather turns warmer, closed shoes are giving way to flip-flops. Everywhere you go, you see people of all ages wearing this popular shoe gear. In fact, flip-flops are considered to be the most commonly worn type of shoe in the world. Despite the popularity of flip-flops, the questions remain: Are they safe to wear? Are they good or bad for the feet?

It is important to realize that sandals are the oldest known form of footwear. Archaeological evidence of sandal usage dating back 10,000 years was discovered in Oregon. Sandals were commonplace in most ancient cultures, including those of Egypt, Greece, and Rome. Predecessors of the shoe we know as the flip-flop were commonplace in these ancient cultures.

Although sandals have been worn in the United States throughout its history, what we know as the flip-flop arrived in the late 1940's. The rubber flip-flop is a variation of the Japanese sandal called the zori, popular in Japan for centuries. These sandals had a divider between the first two toes, as well as two straps holding the sole onto the foot. They were made of a variety of materials, including rice straw, leather, cloth, lacquered wood, rubber, and synthetic materials.

Worn by both men and women, different types were utilized for casual or ceremonial wear. Zoris were discovered by Allied troops occupying Japan after the Second World War, and those from New Zealand and the United States brought them back to their countries, starting the fad that continues to this day.

So what are the hazards of wearing flip-flops? There are many. These include the following:

- As with all sandals, flip-flops expose the feet to external hazards such as exposure to dangerous plants, insects, environmental chemicals, as well to bacteria, fungi, and viruses.
- Wearing flip-flops causes a shorter stride, and adversely affects the gait and posture.
- Flip-flops can cause irritation and blisters between the first two toes.
- Because the forefoot is not confined in the shoe, the toes must curl to grip the sole with each step. This can aggravate hammertoes, and can also cause tendinitis.

Flip-flops are considered to be the most commonly worn type of shoe in the world. Are they safe to wear? Are they good or bad for the feet?



■ The simple flat flip-flop has minimal shock absorption that can lead to shock-related conditions such as bruising, shin splints, plantar fasciitis, and stress fractures.

■ Flip-flops, especially those made of plastic, can be slippery and can create a fall risk.

The lack of arch support in a standard flip-flop can cause foot strain and plantar fasciitis. The lack of arch support and rear foot control also can lead to overpronation and oversupination.

The American Podiatric Medical Association has several suggestions for reducing flip-flop dangers:

- Examine flip-flops for signs of excessive wear and replace them.
- Make sure that the foot does not hang over the edge of the flip-flop.
- Watch for irritation or blisters between the toes.
- Don't wear flip-flops when walking long distances; when doing yard work, especially when mowing or using a string trimmer; or when playing sports.
- Do not share flip-flops. This is to prevent contagion of warts or athlete's foot fungus. I have treated two cases: A husband and wife and a mother and daughter who transmitted warts to each other between the toes from sharing flip-flops.
- Instead of wearing a flat flip-flop, wear one with some level of arch support. Many such flip-flops now exist. I recommend three: OluKai, Vionic, and Oofos.

The OluKai is a Hawaiian-inspired sandal, which comes in flip-flop styles. They have some arch support and are available in men's, women's and children's models. Some of the models are made of leather, which is preferable to synthetic materials.

The Vionic shoe company features many shoe types, all of which contain Orthoheel Technology, a supportive built-in arch support. This technology was invented by Dr. Phillip Vasyli, a Sydney, Australia, podiatrist. Vionic offers a wide variety of flip-flop models.

Lastly, the Oofos company offers a variety of clogs, sandals, and flip-flops, all of which contain Oofoam Technology, an arch support system which purports to absorb 37 percent more shock than traditional shoes and rebound this power back in to the foot when it propels. The Oofos flip-flops are very stable and comfortable.

In summary, the flip-flop is here to stay, especially in Florida. Wearing an appropriate one and heeding the recommendations provided will help to avoid problems.

*Dr. Wilson, a Melbourne native and Florida Gator, earned his doctorate degree from the Illinois College of podiatric Medicine in Chicago. After completing a surgical residence in Chicago, Dr. Wilson returned to Melbourne where he has been practicing with Melbourne Podiatry Associates for 30 years. The good doctor is passionate about his profession; running – a sport in which he has reveled for more than 45 years – and writing, particularly about all things running and foot related. **RZ***

RUNNINGZONE.COM



Health First Health Plans and Running Zone Foundation welcome you to the 11th Annual Running Zone Foundation Race Series. This year's Series offers seven fun and family-friendly events including four 5Ks, one 3K and two 2 mile races. We offer these shorter distances to provide participation among both walkers and runners of all ages and abilities.

And, knowing that being part of a team can provide a sense of camaraderie and extra encouragement, we also offer awards in two team categories for each race as well as the overall Series. Our **Team Challenge** lets any five friends, family members and/or co-workers enjoy the fun of competing together against other teams in the same category.

The **School Team Challenge** provides fitness and increased self-esteem for those 14 and under. More than 1500 children in elementary and middle school participated last season and Running Zone can help your school develop a walking or running program for your students. Parents and teachers can form an open team under the school name.

Team division details appear later in this brochure or can be found in the Running Zone Race Series section of our website at RunningZone.com/Series

Our 2015-2016 Series offers:

- **FIRECRACKER 5K**, Saturday, July 4th at the Liberty Bell Museum, 7:00am (across from Holmes Regional on Hickory St.)
- Start the race with the ringing of a replica of the Liberty Bell
- American flags and red, white & blue popovers to all finishers
- Most Patriotic Costume Contest
- Special awards to top 3 Local Heroes (Military/Fire/Police)!
- Free U1 Firecracker Kids' Run with Zippy the Gecko
- Breakfast catered by Einstein Bros Bagels!
- Honor America Parade after the race
- Benefits Honor America
- Random giveaway of one iPad!

O RUN FOR PIZZA FOOTBALL KICKOFF 5K, Saturday, August 8th at the Avenue Viera (7:00am)

- Support your favorite Football Team on Race Day
- Awesome Football Awards
- Special award for the Most Supported Team!
- Zippy the Gecko Mascot to lead the Kids' Run
- Tailgate Party after race at Pizza Gallery & Grill patio in the courtyard
- Benefits Sunrise/Viera Youth Football & Cheerleading League and WEGO Ministries
- Random giveaway of NFL Football Tickets (any Florida Team) plus 1 Hotel night stay for two!

O GHOSTLY GECKO 5K, Saturday, October 24th

- at the Eau Gallie Civic Center (6:30 pm)
- Best Halloween Costume Contest for adults
- Separate Costume Contest for Kids!
- Halloween Trick or Treat Bags to all finishers
- Fun Ghostly Gecko Awards
- Free U1 Gobblins Kids' Run with Zippy the Gecko
- Food & Beer provided after the race at Squid Lugs!
- New this year! Awards ceremony will be at Eau Gallie Civic Center at 7:45pm
- Benefits Eau Gallie High School Health & Wellness Academy
- Random giveaway of Halloween Horror Night Tickets and 1 Hotel night stay for two!

O JINGLE BELL 2 MILE, Saturday, December 19th

- at the Satellite Beach Library (5:45 pm)
- Santa Hats to the 1st 500 Entrants
- Jingle Bells for everyone's shoes
- Best Holiday Costume and Fun Stocking Awards
- Free Santa's Little Helper Kids' Run with Zippy the Gecko
- Santa Arrival on fire truck
- Cookies provided by Long Doggers!
- Benefits Satellite High School running programs
- Random giveaway of an LED TV!

O BREVARD ZOO'S SLOTH SKEDADDLE 3K, Saturday, February 13th at the Zoo (7:00am - Not Sloth Like = less than 20 minutes OR 7:35am - A Little More Sloth Like = more than 20 minutes)

- Check out Zoo animals during the Run/Walk
- Fun South Awards
- 50% Off Admission for all participants on Race Day*
- U1 Sloth Kids' Run
- Breakfast catered by Pizza Gallery & Grill!
- Benefits Brevard Zoo
- Random giveaway of one day Disney Tickets & 1 Hotel night stay for two!
- Also to celebrate the 10th Anniversary, we are also giving away 2 Family Membership Passes to the zoo!
- *Must show participants race number for discounts to Zoo
- **PIRATE PLUNDER 2 MILE, Saturday, April 9th at Meg O'Malley's (6:30 pm)**
- Best Pirate Costume Awards
- Fun Pirate Awards
- Free U1 Pirate Plunder Kids' Run with Zippy the Gecko
- Great Pirate Party at Meg O'Malley's after the race!
- Benefits Girls on the Run Space Coast Chapter
- Random giveaway of a 3 day cruise for 2 to the Bahamas out of Port Canaveral!

O RUN FOR THE GECKO 5K, Saturday, May 7th

- at Wickham Park Main Pavilion (7:00 am)
- 13th Anniversary Celebration Party
- New Exciting Awards for 2016!
- Pancakes & Eggs for all Finishers after Race
- Breakfast sponsored by Pizza Gallery & Grill!
- Strawberries & Champagne for finishers 21 & older
- Birthday Cake for all Finishers!
- Free Kids' Run with Zippy the Gecko!
- Benefits Leukemia & Lymphoma Society's Team in Training!
- Random Giveaway of a Dell Laptop

Amenities

All races provide participants with fun shirts, Chronotrack D-tag timing and a festive post-race party. In addition, there will be a guest appearance by Zippy, our Gecko mascot, to start each of the free kids' runs and to help with the awards presentation. Our standard overall and age group awards will be presented for each race along with door prizes and giveaways.

There is a **\$10,000** purse in prizes and gift certificates for the top series finishers.

Series Awards

Overall Male & Female	\$1000 CASH & Free Entry to the 2015-2016 Race Series
2nd Place Overall Male & Female Winners	\$500 CASH & Free Entry to the 2015-2016 Race Series
3rd Place Overall Male & Female Winners	\$350 CASH & Free Entry to the 2015-2016 Race Series
Top Male & Female Masters Winners	\$250 CASH & Free Entry to the 2015-2016 Race Series
Age Group Male & Female First Place	\$100 Gift Certificate to Running Zone
Age Group Male & Female Second Place	\$50 Gift Certificate to Running Zone
Age Group Male & Female Third Place	\$25 Gift Certificate to Running Zone
Team Awards: 1st, 2nd & 3rd Place Plaques	
School Participation Awards: 1st, 2nd & 3rd Place Plaques	

Registration

Please use the back page of this brochure to register for any of Running Zone Foundation Race Series races. Registration is also available online at RunningZone.com/Series. Day of race registration opens 1 hour before all races. Late registration closes 10 minutes before each race begins. Award ceremony will begin immediately following each race.

Please mail all registration forms to:

Running Zone, 3896 N. Wickham Road, Melbourne, FL 32935
Please make checks or money orders payable to: **Running Zone Foundation**

Start A Team

Being a part of a team can be very rewarding. All you need is a minimum of 5 people (1 person of the opposite sex) that want to be part of the team. Everyone on the team saves \$5.00 on the entry fees and you may be able to start training together for one or all of the upcoming races.

Team Competition

Gather your family, friends and co-workers! Teams must participate in at least four series races to be eligible for the series award.

Awards will be given to the top three teams. Each team consists of at least five members with one of the members being the opposite sex. The top four of the same sex and the 1st member of the opposite sex will be scored.

School Team Challenge: (Elementary and Middle Schools Only) An award will be given to the top three elementary or middle schools that have the largest participation. The School Team Challenge applies to each race as well as the series. Schools must participate in at least four series races to be eligible for the series award. Students only count towards participation challenge. Parents and teachers can form an open team.

(No Team Race Day Registration)

Eligibility

Series races are scored for runners and walkers in all age categories. Participants in the series must run a minimum of FOUR series races to be eligible for the series awards.

Standard Race Series Age Divisions

8 & Under	9-11	12-14	15-19	20-24	25-29
30-34	35-39	40-44	45-49	50-54	55-59
60-64	65-69	70-74	75-79	80+	

Scoring & Points

The first 10 runners/walkers overall will receive 100, 90, 80, 70, 60, 50, 40, 30, 20, 10 points in the open competition.

The first 10 Masters (40 years and older) runners/walkers overall will receive 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 points in the open competition.

The first 10 runners/walkers within each age group will receive 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 points in their age group competition.

Race Drop

Scoring will be based on 6 races. If you participate in all 7 events, your lowest score will be dropped.

Note: Your age group for the Series is determined by your age in the first series event in which you participate in during the season.

At the end of the series, individuals who accumulate the most points receive awesome cash, gift certificates and prizes and are recognized by Running Zone in June 2016.

Standings

The standings after each race will be calculated and displayed on Running Zone's website at RunningZone.com/Series

New This Year!
Finish ALL 7 races in the series and receive an awesome Series medal at the finish line of Run for the Gecko 5K!

Please use the EXACT registration information when registering for each race in the series (i.e. Robert vs. Rob or Bob vs. Bobby)





RUNNING ZONE FOUNDATION 2015-2016 RACE SERIES EVENTS

**REGISTER
TODAY!**

FIRECRACKER 5K • JULY 4, 2015



FIRECRACKER 5K • July 4th, 2015 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 8, 2015



I RUN FOR PIZZA FOOTBALL KICKOFF 5K • August 8th, 2015 at 7:00 am, The Avenue Viera – This year's football themed race will kickoff at the Avenue Viera! Pizza Gallery & Grill post race party in the courtyard behind their deck at the Avenue Viera. Show your support of your favorite football team! Most supported team participants gets prizes!

GHOSTLY GECKO 5K • OCTOBER 24, 2015



GHOSTLY GECKO 5K • October 24th, 2015 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!

JINGLE BELL 2 MILER • DECEMBER 19, 2015



JINGLE BELL 2 MILER • December 19th, 2015 at 5:45 pm, Satellite Beach Library, Satellite Beach – Santa & Zippy the Gecko invite you to the Jingle Bell 2 Miler! LED TV giveaway after the race! Best Holiday Costume contest, jingle bells for everyone's shoes & Santa hats for the first 500 registrants!

BREVARD ZOO'S SLOTH SKEDADDLE 3K • FEBRUARY 13, 2016



BREVARD ZOO'S SLOTH SKEDADDLE 3K • February 13th, 2016, Brevard Zoo, Melbourne, 2 start times: 7:00 am Not Sloth Like = less than 20 minutes to finish or 7:35 am More Sloth Like = more than 20 minutes to finish. 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! Join us for the 10th Anniversary!

PIRATE PLUNDER 2 MILER • APRIL 9, 2016



PIRATE PLUNDER 2 MILER – April 9th, 2016 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! "I thought they said Rum!"

RUN FOR THE GECKO 5K • MAY 7, 2016



RUN FOR THE GECKO 5K – May 7th, 2016 at 7:00 am, EFSC/Wickham Park Pavilion, Melbourne – This is the race that started it all! Join us for this year's 13th Anniversary Celebration Party with new, exciting awards, pancakes & eggs and birthday cake for all finishers, strawberries & champagne for finishers 21 & older. Free kids' run with Zippy the Gecko!

OTHER RUNNING ZONE FOUNDATION EVENTS INCLUDE THE **EXCALIBUR 10 MILER** ON MARCH 20, 2016, **CORPORATE 5K** ON MARCH 10, 2016, AND **LONG DOGGERS KIDS' MARATHON (2.62) AND 1/2 MARATHON (1.31)** ON OCTOBER 3, 2015.



GECKO CLUB



An Exclusive Savings Program!



Promoting fitness & healthy, active lifestyles!

RECEIVE THESE WHEN JOINING:

- **\$25 Gift Certificate** on any purchase of \$75.00 or more to Running Zone
- Moisture Wicking Gecko Club hat
- Gu or Powergel
- Coupons for Club Sponsors



ENJOY ALL YEAR:

- Quarterly e-newsletter with exciting Gecko Club Information
- **10% Off** purchases at Running Zone
- **Sock Sale** – Buy 3 get 1 Free
- Monthly In-Store Special for Gecko Club Members only
- Quarterly socials that feature activities, speakers and other social events

OTHER CLUB BENEFITS:

- **10% Off** Running Zone Training Programs
- Discounts at local businesses
- Advance notice of sales with a Preview Day for Club Members
- **\$5.00 Off Entry** in the Running Zone Foundation Race Series races (must list Gecko Club as the Team name)
- V.I.G. (Very Important Gecko) tent at all RZF series races, (some exclusions), with a bag check and portalet

For more information contact: Running Zone Gecko Club, 3696 N. Wickham Road, Melbourne, FL 32935
Call 321-751-8890 or visit www.RunningZone.com



An Exclusive Savings Program!

#geckoclub

FOLLOW GECKO CLUB
for event announcements
& details about our
monthly specials!



Official Club Registration

Promoting fitness & healthy, active lifestyles

Please complete the following membership application. All applicants (parents and guardians for minors) must sign and date where indicated, to acknowledge understanding of the Membership Waiver below. Families can use one form, please include data for each family/household member.

Membership Fees: \$40.00 per year for adults, \$15.00 per year for children under 12 (will not receive the \$25 gift certificate)

Drop off your completed entry form and check payable to:

Running Zone, 3696 N Wickham Road, Melbourne, Florida 32935

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____

Email address _____

Sex: ☐ Male ☐ Female Date of Birth ____/____/____

Membership Type: ☐ New ☐ Renewal

RZ ASSOCIATE ONLY:

Date _____

Payment Type/
Amount _____

☐ Hat Received ☐ Bag Received

Membership
Card # _____

Initials _____

MEMBERSHIP WAIVER

In consideration of the acceptance of my membership application fee 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 the Gecko Club and its representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association or participation in any Gecko Club event. If I should suffer injury or illness, I authorize the officials of the Gecko Club 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 Gecko Club whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am joining the Gecko Club and participate in the various events at my own risk.

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE

**For more information contact: Running Zone Gecko Club, 3696 N. Wickham Road, Melbourne, FL 32935
Call 321-751-8890 or visit www.RunningZone.com**