

# Starting Line

RUNNING ZONE'S QUARTERLY NEWSLETTER



**SATURDAY, OCTOBER 29, 2016 • 6:30 PM • EAU GALLIE CIVIC CENTER**



## Ghostly Gecko 5k

OCTOBER 29, 2016



**VOLUME 8, ISSUE 4 • OCTOBER 2016**

**RUNNINGZONE.COM**



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



**REGISTER TODAY!**

## Ghostly Gecko 5k

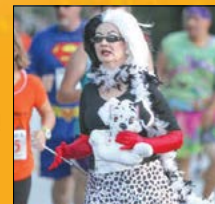
Join us for a Spooktacular good time at this a Halloween themed evening race!



- Best Halloween Costume Contest
- Separate Costume Contest for KIDS!
- Awards Ceremony will be at Eau Gallie Civic Center at 7:45pm!
- FREE BEER for Participants 21 yrs & older on the Beach at Squid Lips!
- Trick-or-Treat Bags to All Finishers!
- Fun Ghostly Gecko Awards
- Free Goblins Kids' Run with Zippy the Gecko

- Food provided by Squid Lips!
- Random Giveaway of Universal Tickets & One Hotel Night Stay for Two!

Benefits Eau Gallie High School Health & Wellness Academy



#GhostlyGecko

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

**Packet Pick Up: The week before the race starting on Tuesday, at Running Zone from 10:00am-6.30pm**

**For more information & to register, visit [www.runningzone.com/series](http://www.runningzone.com/series)**



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DON &amp; DENISE'S DEN

## Holiday favorites Ghostly Gecko 5K & Jingle Bell 2 Miler herald in cooler weather & family festivities

It's finally October and hopefully, a little cooler weather. And with the cooler temperatures brings two of our favorite Series events, the Ghostly Gecko 5K and the Jingle Bell 2 Miler.

Participants of all abilities, ranging from serious to very casual runners and walkers as well as those pushing strollers take advantage of the Halloween and Christmas themes to dress in their favorite costumes and get into the spirit of the race.

The Ghostly Gecko is set for 6:30 p.m. Oct. 29th at Melbourne's Eau Gallie Civic Center on Highland Avenue. Included is a post-race party on the Squid Lips Beach next door.

The Ghostly Gecko Perks include:

- Spooky finish line and race site
- Witches Brew (dry ice and Gatorade)
- Best Halloween Costume Contest
- Separate Costume Contest for kids
- Trick-or-Treat Bags to all finishers
- Fun Ghostly Gecko awards
- Free Goblins Kids' Run with Zippy the Gecko
- Random giveaway of Universal tickets and one hotel night stay for two
- Benefits Eau Gallie High School Health and Wellness Academy

The Jingle Bell 2 Miler is one of our largest



Costumed participants lend a festive atmosphere to the Ghostly Gecko 5K and the Jingle Bell 2 Miler.

and most festive events with the race starting at 5:45 p.m. on Dec. 17th at the Satellite Beach Public Library. The first 500 registrants receive a free Santa hat and all get free jingle bells for their shoes.

Holiday Perks include:

- Best holiday costume contest and fun stocking awards.
- Santa arrival on fire truck
- Free Santa's Little Helper Kids' Run with Zippy the Gecko
- Cookies provided by Long Doggers
- Random Christmas present giveaway of an LED TV
- The event benefits Satellite High Schools' Running programs.

"We truly enjoy putting on these two events. While all Series events have a fun compo-



nent, our Ghostly Gecko and Jingle Bells are special in that they are holiday-themed events.

"The weather is cooler and since they are night-time events the participants can really get creative in their costumes. We hope everyone will join us for one or both fun memory filled events for the entire family.

For more details, visit [www.runningzone.com/series](http://www.runningzone.com/series)

*Don & Denise Piercy*

Don & Denise Piercy  
Running Zone Foundation, Inc.

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# 45th Space Coast Marathon & Half-Marathon Promises Smiles with the Miles

By Mark DeCotis

Over the course of its 44 previous editions the Space Coast Marathon has provided nearly as many smiles as miles run and/or walked.

And that's why as the 45th edition of Florida's oldest marathon and its only space-themed event goes green on Nov. 27, organizers are hopeful of a rousing encore.

In 2015 the marathon and its even more popular sibling the Space Coast Half-Marathon drew 7,117 total starters to the Cocoa Village starting line and produced 5,894 finishers.

They turned out for any number of reasons: the unique five-year Big Bang Series medals, each year honoring a shuttle that flew in space, with participants earning extra shuttle medals for finishing three of five or five of five years in the series; the gorgeous waterfront course; the perks; and the ultimate satisfaction of conquering the distances and silencing the internal demons all endurance athletes know too well.

So while this year's Sunday morning will once again celebrate all that goes into the accomplishments the 50th running of the marathon is not far from the organizers' minds.

"Yes, believe it or not we have already had discussions about the 50th running of the marathon in 2021 but we are focusing on the 45th running in November and the subsequent years," said co-race director Denise Piercy. "We face the dual challenges of maintaining the uniqueness of the marathon and half-marathon which has made them so popular but also staying ahead of the curve when it comes to offering the perks that keep participants coming back.

"Also, as we mark the 45th running we must pay homage to the many people who helped grow the race from its humble beginnings to the stature it enjoys today. The races are truly a community-wide event with participation and support from across the spectrum of the Space Coast. We are eternally grateful.

"And, certainly we'd like to thank each and every marathon and half-marathon participant for taking part over the years. We built and they have come.

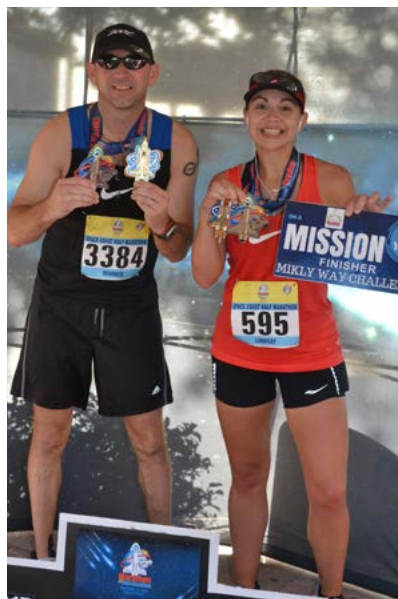
"Thank you."

Denise and husband Don, co-owners of Running Zone, became co-race directors in 2005. They followed in the footsteps of Space Coast triathlon pioneer and endurance athlete Bernie Sher.

In 2003 Sher volunteered to direct the floundering Space Coast Marathon. He moved it to the Cocoa Public Library and eventually to Cocoa Village, laying the foundation for the current success.

The marathon was first run in 1971 as the Melbourne Marathon, beginning and ending in Wickham Park.

The event weathered fits and starts, becoming



Warren and Lindsay Johnson accomplish the Milky Way Challenge in 2015!



Amanda Mavrakis and Louis Blanco get ready to run in 2015!

Also, as we mark the 45th running we must pay homage to the many people who helped grow the race from its humble beginnings to the stature it enjoys today.

— CO-RACE DIRECTOR DENISE PIERCY

the property of Space Coast Runners in 1977 and being named Space Coast Marathon in 1978.

It moved to the Melbourne Campus of then-Brevard Community College (now Eastern Florida State College) in 1980. It was run yearly in November with the exception of 1986 when no event was held.

The race was run in February until 1994 when it was moved back to November to accommodate January's Disney Marathon.

The ensuing years brought a decline in interest and participation until Sher and Running Zone rallied the community to save it.

This year's event kicks off Friday, Nov. 25 with the first Marathon Mingle at 5 p.m. at Cocoa's Beach's Hilton Oceanfront.

The pre-race Health and Fitness Expo opens at 9 a.m. Saturday, Nov. 26 at the Raddison at the Port in Cape Canaveral and is followed by the always-popular pre-race dinner at 5:30 also at the Raddison.

Tickets are \$25.

In recognition of the space theme, Kennedy Space Center Director and former shuttle astronaut Bob Cabana will deliver the 6:30 p.m. keynote address.

The half-marathon blasts off at 6 a.m. Sunday, Nov. 27 followed by the marathon at 6:30.

The Boston Marathon qualifier course closes at 1:30 p.m. Sunday.

The marathon has produced only two three-time winners, Melbourne Beach's Donna Rainbow, 1998, 2000, 2001, and Clermont's Tim Johnson, 2003-2005.

The event began awarding prize money in 2006. In 2007, the Piercys began honoring and celebrating the space program by purchasing space props and memorabilia for the course and staging area. Aid stations were space-themed and staffed with costumed volunteers. The race partnered with the Kennedy Space Center Visitor Center to offer discounts and random give-a-ways to center programs.

"The Space Coast Marathon is huge for Brevard County," said 1995 marathon winner and 1998 half-marathon winner Doug Butler of Melbourne.

"I remember running a portion of it in 1985 with a guy named Walt Bush and helped him to a second-place finish. Back then it was held at BCC Melbourne and ran out to Lake Washington and through Windover Farms. There were less than 200 people in the marathon and my wife drove our car beside me handing me water," added Butler, now cross country coach at Satellite High.

"I remember one year running 2:34 and getting second to a legally blind guy named Carlos Talbot who won a gold medal in the Paralympic Games in 1988.

"The race back then had very few spectators and runners so what Running Zone has done with it is nothing short of spectacular. The history of this race is only getting better."

For complete race information visit [www.spacecoastmarathon.com](http://www.spacecoastmarathon.com). **RZ**

# Bob Cabana — Astronaut and Director of NASA's John F. Kennedy Space Center is this Year's Space Coast Marathon & Half-Marathon Keynote Speaker

By Mark DeCotis

Robert D. Cabana is a former NASA astronaut who serves as director of NASA's John F. Kennedy Space Center. Cabana manages all NASA facilities and activities at the spaceport, including the team of civil service and contractor employees who operate and support numerous space programs and projects.

A former Marine, Cabana, 67, was selected as an astronaut candidate in June 1985. A veteran of four spaceflights, Cabana logged 38 days in space.

Cabana took time out to discuss the theme of his keynote address at the Nov. 26 Space Coast Marathon and Half-Marathon pre-race dinner and elaborate on the importance of exercise and fitness. Read the final answer for a surprise.

**QUESTION:** *What will be the theme of your keynote address at marathon pre-race dinner?*

**ANSWER:** I'm going to talk about Kennedy Space Center's transition to a multi-user spaceport and what the future holds for our nation's space program as we explore beyond our home planet. Since the theme this year is Endeavour, I'm going to share my experience as the commander of Endeavour on STS-88, the first Space Station assembly mission, and how special it is to look down on this beautiful, blue jewel of a planet, we call Earth. I'm also going to share the importance of fitness for astronauts and all of us, especially as we age. Exercise is for everyone.

**Q:** *Are you a runner? If so, what is your longest distance covered and favorite distance?*

**A:** I am a runner and have been all my life, although I find it more challenging on my knees as I've gotten older. I think I've finally accepted that I just can't run as fast as I used to and it's OK, at least I'm still out there getting the miles in. As a Marine, running was a part of my life, primarily staying in shape to do well on our physical fitness test which included a 3-mile run. To max it you had to do it in 18 minutes. My best was 18 minutes and 13 seconds. I've never really been exceptionally fast.

My longest race was the Marine Corp



Kennedy Space Center Director Robert Cabana celebrates his finish in the Marine Corps Marathon.

Marathon last year, I finished in 5:33. I was 2:13 at the half and thought I could finish under five hours but when I got to the 14th Street Bridge, I was just gutting it out till the end. Those last six miles are brutal. I've done halves, and 10Ks (finished second in my age group in the Disney Princess 10K last year), and sprint triathlons, but my favorites are 5K mud runs like the Warrior Dash.

**Q:** *If not a runner what is your favorite form of exercise or staying active?*

**A:** I have always been a cyclist more than a runner, and biking is by far my favorite form of exercise. You'll see me out every weekend on my road bike for at least a 25- to 35-mile ride. It's especially good for the joints as we age.

**Q:** *How important was fitness as an astronaut, how did you stay fit and recapture fitness after time in space?*

**A:** Exercise is extremely important to an astronaut and crews on the International Space Station have mandatory exercise two hours every day. This prevents muscle atrophy and stems calcium loss in the bones. Running on the treadmill is critical to help stem the calcium loss. The bones need that pounding. Resistive exercise, strength training, is also important to help stem the calcium loss. There's also a cycle/ergometer

on the station for aerobic exercise. On my shuttle flights we utilized a cycle/ergometer and a rowing machine. I like to say I biked around the world when I commanded Columbia on STS-65.

**Q:** *What is your favorite spaceflight experience and your best spaceflight story?*

**A:** The ride uphill is absolutely amazing and exhilarating, and landing a Space Shuttle was really special, but I think sticking my nose up to a window and just watching the Earth go by was the best. I could never get enough of it and have special memories from each of my flights. Now as for stories, I think folks will just have to come and hear what I have to say.

**Q:** *Can you briefly discuss the important work ongoing at Kennedy that the general public might not be aware of?*

**A:** KSC has gone through a phenomenal transformation the last five years since the last Shuttle flight. We are transforming Launch Complex 39B to support the Space Launch System and Orion crew vehicle for a test flight in late 2018. We are completing modifications to the launch pad, the Vehicle Assembly Building, the Mobile Launcher, and the crawler transporter that will enable us to utilize this rocket to one day go to Mars. In addition to that, we host the Commercial Crew Program that is working with SpaceX and Boeing to provide a commercial capability to fly our crews to the International Space Station on a U.S. built rocket in 2018, so we don't have to rely on our Russian partners to get there. KSC also hosts the Launch Services Program that provides the expendable launch vehicles for NASA's science missions.

Recently we launched OSIRIS-Rex to the asteroid Bennu to capture and return a sample to Earth. This is an exciting time as more and more commercial partners come to the Cape to take advantage of our location, our resources, and our outstanding workforce that's in the area.

I started training for the Space Coast Half this week. I figured if I was going to talk to runners before the race, I better take part in it also. I'm not out to set any speed records, but I'll be one of the finishers. **RZ**



# Limb Length Inequality

By Richard C. Wilson, DPM Melbourne Podiatry Associates

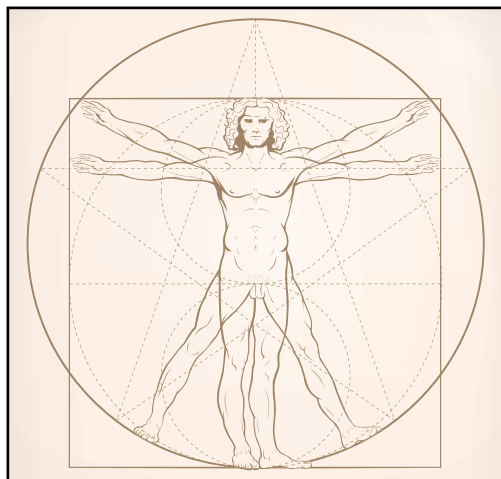
“How long should a man’s legs be?” This question was asked of Abraham Lincoln, who himself had long legs. His wise reply: “Long enough to reach the ground!”

Although most of us may assume that our two legs are of equal length, we may be surprised to learn this assumption is not true. Study results vary widely, but from 7 percent to more than 90 percent of people have one leg longer than the other. Obviously, this inequality is not always symptomatic or significant. The evaluation and management of limb length inequality are interesting and controversial topics and will be thoroughly discussed.

An asymmetry in limb length is referred to by many names, including limb length inequality (LLI), which will be used in this article, as well as leg length inequality, anisomelia, leg length discrepancy, limb length discrepancy, and unequal limb length. It is classified as true (anatomic) LLI, and functional LLI.

True or anatomic LLI occurs when one leg is actually shorter than the other. This occurs when something happens to make one leg shorter, such as congenital defect, fracture, and certain diseases, or when something happens to dramatically increase the blood flow to one leg during growth years to make that leg grow longer than the other. This occurs from bone infections, tumors, and radiation therapy.

Much more common than the true LLI is the functional LLI. In this condition, the legs are actually the same length, but pelvic



Study results vary widely, but from 7 percent to more than 90 percent of people have one leg longer than the other.

obliquity related to muscle contractures or other causes pulls the legs into different apparent lengths.

LLI is significant if it is severe enough to cause symptoms. Symptoms are due to the body’s compensation for the inequality and usually involve the longer leg. These include lower back pain, scoliosis, hip osteoarthritis, gait abnormalities, aggravation of menstrual pain, and stress fractures of various bones.

When LLI occurs, the lower spine will compensate by a functional scoliosis, or leaning, toward the short side. This can result in lower back pain. The hip of the longer leg jams within the joint, causing pain and eventual arthritis. Increased pelvic tilt causes pressure on pelvis structures, allegedly aggravating menstrual pain. The foot of the shorter leg will go into an equinus position, with tightening of the Achilles tendon to try to better reach the ground. The foot of the long side will pronate, or flatten, to better distribute the excessive pressure. Finally, the increased stress on the long leg can result in stress fractures of any bone in that extremity.

As can be seen, the compensatory symptoms, not the LLI itself, are what brings the patient to the doctor’s office. In the evaluation of the symptomatic condition, the role of the LLI, if present, must be evaluated.

The diagnosis and evaluation of LLI can

be difficult. Numerous radiographic techniques have been utilized, but controversy continues regarding which ones are the most useful. This also is true of the many different clinical examination techniques available. Not only must the presence of the LLI be documented, but also precisely how much of a discrepancy exists.

The greatest controversy regarding LLI is how much discrepancy is abnormal. Most studies were done in patients with back pain, and the minimum discrepancy associated with symptoms was 1.5 centimeters (cm). Studies of hip and knee pain associated with LLI also agree with this 1.5 cm value. Although insufficiently studied, foot pain associated with LLI may occur in discrepancies less than 1.5 cm.

Treatment of LLI depends on its severity, the age of the patient, and the compensatory condition that it is causing or aggravating. Conservative treatment is preferable and is effective in most cases. This can involve placing a simple lift in the shoe of the short side, applying a lift on the exterior of the sole of the shoe, or utilizing a custom orthotic device in the shoe. In severe cases, surgical treatment may be necessary. This can consist of shortening the long leg or lengthening the short leg. These procedures can be complex and difficult to perform. Another interesting procedure done in children is the epiphysiodesis procedure, in which the growth plate of the long leg is fused so that its growth will slow or stop, allowing the short leg to catch up.

LLI as it pertains to runners is controversial. It has been blamed for a variety of running injuries, and many runners are concerned they may have an LLI. My advice is to seek professional consultation for any running injury, and the role of an LLI, if present, will be evaluated and addressed.

*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***

## OCTOBER SPECIALS

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& get 1 spin on the Spooky prize wheel



# David Galvez and Kaitlin Donner Lead in the I Run for Pizza Football Kickoff 5K

By Mark DeCotis

David Galvez and Kaitlin Donner made it 2-for-2 as they scored the overall and overall female victories respectively in the I Run for Pizza Football Kickoff 5K on Aug. 13.



Mark DeCotis

The triumphs followed Galvez's and Donner's winning efforts in the Running Zone Foundation Race Series season-opening Firecracker 5K on July 4.

Galvez, 21, of San Luis Obispo, California, who is interning at Northrup Grumman, covered the Viera course in 16 minutes and four seconds, easily outpacing second-place Austin Camps, 17, of Melbourne Beach, who crossed in 16:21. Adrian Haywas, 28, of Satellite Beach was third in 16:47.

Donner, a four-time series female champion, was seventh overall in 17:39. Alison

I just love seeing so many people out there being active on a Saturday morning and hanging out with the Running Zone girls after all the races. — KAITLIN DONNER

Nolan, 26, of Melbourne Beach, was second to Donner and 16th overall in 18:20. Samantha Folio, 17, of Melbourne was third among women and 18th overall in 18:28.

"I just love seeing so many people out there being active on a Saturday morning and hanging out with the Running Zone girls after all the races," said Donner who extended her series racing unbeaten streak.

"Running Zone did a great job as usual. Viera is a great venue for that race and Pizza Gallery did a great job hosting so many runners early on a Saturday morning.

"I was very impressed with how some of the West Shore guys raced, some setting PR's in August before their cross country season even starts."

Speaking of seasons, this summer marked a pause in Donner's professional triathlon career.

"I have no definitive plans for the rest of the triathlon season," she said. "Really felt like I just needed a break so having fun with



Team Running Zone is all smiles after winning team title

some different types of races here in the U.S. that don't require as much travel or pressure."

Familiar faces also scored the Masters titles. Shane Streufert, 44, of Viera, the defending series overall champion, topped the

Male Masters in 18:13.

Defending Female Masters champion Julie Hannah, 42, of Melbourne was first in the category in 20:21.

Team Running Zone of Donner, Nolan, Steve Hedgespeth, Joe Lento and Doug Butler captured the team title with a combined time of 1:30:52.

Viera Pizza of Galvez, Streufert, Michael Fisher, Zeke Zauner and Cheryl Ritter was second in 1:32:22.

Viera Cross Country of Jonathan Campbell, Alex Krestan, Kevin McMahan, Drake Vaske and Taylor Seeley was third in 1:40:45.

Manatee Elementary of Viera captured the school participation victory with six entrants. Indian Harbour Beach Montessori and Meadowlane Intermediate were second with five each. Holland Elementary had four.

Next up in the seven-event series is the Oct. 29 Ghostly Gecko 5K.

Visit [www.runningzone.com/series](http://www.runningzone.com/series) for complete information. **RZ**



Melbourne's Tem Lawal exudes enthusiasm as he crosses the finish line.



Cocoa's Bud Timmons, and Gary Castner and Tom Ward of Melbourne relax after beating the heat and humidity.

**Click here to see the I Run For Pizza Football Kickoff 5K Results**

continues on the next page



## I Run for Pizza Football Kickoff 5K...header

*continued from the previous page*



What's a Running Zone Foundation Series race without the Gecko and a cute kid?



Melbourne's Sasha Wiechecki Vergara (850) leads a pack of determined runners.



Second-place finisher Austin Camps flashes a smile down the homestretch as cheerleaders led encouragement.



Kaitlin Donner crosses the finish line to win women's overall title.



David Galvez wins the I Run for Pizza Football Kickoff 5K for his second straight Running Zone Foundation Race Series victory.



A portion of the large crowd of participants enjoys the post race festivities in the shade at the Avenue at Viera.



Melbourne's Jerry Gandy crosses the finish line.



West Melbourne's Sarah Fisher (617) leads Rockledge's Michael Girard (135), Melbourne's Ralph Miller (695), Grant's Mike McNees (364), Melbourne Beach's Tasha Camps (357) and Melbourne's Chris Sulsher (346) among others.



The Gecko hams it up with cheerleaders.



Melbourne's Karla Amos crosses the finish line with a smile. She's accompanied by six-year-old Ryan Amos.



The field rushes away from the starting line as the I Run for Pizza Football Kickoff 5K gets under way.



# Why I Run – Sondi Ryersee

By Mark DeCotis

Sondi Ryersee has always been in motion.

She grew up in Ohio and rowed for the Ohio State crew team. She married a Canadian and the couple built their house on Pelee Island (the southern most inhabited point of Canada) where they raised their three sons on their 200-acre farm.

Ryersee joined the Canadian Coast Guard as a deckhand and worked her way up to Commanding Officer, serving now as captain at the Amherstburg Search and Rescue a Station at the mouth of the Detroit River.

The Ryersees divide their time between Canada and Florida where running is part of Sondi's routine.

**Why I run:** I've always stayed active but five years ago while working up in Thunder Bay I broke my leg (tibia plateau and shattered my tibia). After they put me back together they told me I'd never be able to tolerate the pain to run again. So I had to prove the doctors wrong. I did my first 10K (Eye of the Dragon) and met the most amazing people. I have been having fun ever since.



Sondi Ryersee, left, is all smiles after the 2014 Chicago Marathon.

**When I run and why:** I normally run early in the morning before work because I'm a morning person.

**Where I run and why:** I run everywhere. I just love seeing nature and new places.

**With whom I run and why:** Unfortunately most of the time I run by

...I broke my leg (tibia plateau and shattered my tibia). After they put me back together they told me I'd never be able to tolerate the pain to run again. So I had to prove the doctors wrong.

– SONDI RYERSEE

myself except when I'm in Florida and then I run with the Running Zone group.

**Best running experience:** Running my first marathon, the 2014 Chicago Marathon. I was supposed to run with my two good friends Janet and Karen but they were both injured and unable to run. Even though they knew they weren't going to run they both met me in Chicago and were my rocks, support, and cheering section. I learned what real friendship was, sole sisters. **RZ**

## OCTOBER

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[facebook.com/SpaceCoastMarathon](https://facebook.com/SpaceCoastMarathon)



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- Close fit and low profile combines with socks and shoes
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Nathan Sonic Storm Armband



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Bring your large smartphone and other running essentials with this universal smartphone carrier built to withstand the elements. Performance fabrics and a water resistant zipper protect your phone if you're caught out in the elements.

Neutron Fire Headlamp



## NEUTRON FIRE HEADLAMP

Bring added safety and color to your night run with the lightweight and powerful Neutron Fire. The primary LED kicks out a crisp 115 lumen spotlight, while the two side strobes offer RGB Light – red, green, or blue LED's for added visibility.



Women's Under Armour Bandit 2



Men's Under Armour Bandit 2

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- Firm external heel counter for additional support that keeps the back of the foot in place

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## UPDATESUPDATESUPDATES

## MIZUNO INSPIRE 13

New mesh upper for increased breathability & flexibility and improved Double Fan Wave for moderate support without the stiffness.

## MIZUNO RIDER 20

Redesigned Wave technology for softer cushioning & enhanced responsive feel

## NEW BALANCE 860V7

Redesigned TRUFUSE cushioning platform



Nike Structure 20

## NIKE STRUCTURE 20

Updated Dynamic Support midsole to smooth the transition from heel strike through toe-off

## SAUCONY GUIDE 10

Updated engineered mesh upper and enhanced forefoot flexibility

## SAUCONY TRIUMPH ISO 3

Increased EVERUN landing zone under the heel



Join Running Zone Foundation on

facebook

Join the athletes who support promoting health, fitness and charitable giving in the community.

<http://www.facebook.com/pages/Running-Zone-Foundation/192655514112985?ref=ts>



# Giving Thanks for Running

By Mark DeCotis

With the holiday season approaching – and with it the myriad reasons for expressing gratitude – we polled local runners on their feelings of thanks toward their favorite fitness activity.



**Barry Birdwell,  
MELBOURNE BEACH**

"Since I started running 14 years ago at the age 45 – the friends, the places all the great experiences – I am

thankful for every single moment. But as for most thankful, it is life. Not my life but the life of my sister Beverly. Thankful that 15 years before I started running, a small group of people I do not know ran the New York City Marathon in honor of a 5-year-old leukemia patient. They raised \$300,000 for blood cancer research at that race, in honor of that little girl's struggle.

"That was the birth of the Leukemia and Lymphoma Society's Team in Training campaign. My sister was diagnosed in 1999 with leukemia and just as we were losing hope that running program provided research funds that developed the cancer treatment that saved my sister's life. Team In Training continues to support breakthrough treatments today

"I am thankful, most thankful that running provides me the opportunity to be a lifesaver, to be somebody's hero, for someone I don't even know."



**Doug Butler,  
MELBOURNE**

"After 32 years of running and battling injury the past few years, I am thankful for God giving me the ability

to keep putting one foot in front of the other as fast as I can even though it's not as fast as it used to be or as fast as I would like. I am thankful for the many great people and friendships that running has brought into my life and the memories that have been made through running. That's what life is about in the end."



**Andrew Cacciatore,  
SATELLITE BEACH**

"I've met so many people who have become close friends because of running. There is something about

running that brings people together. Running creates lasting friendships."



**Reagan Cancro,  
SATELLITE BEACH**

"I am thankful that running keeps me in shape and helps me not get tired in the other sports I compete in.

I was lucky to win my age group in the Running Zone Race Series, and hope I can do it again this year, even though I moved up an age group.

Coach Butler gave me some tips and helped me with my running. My dad and mom support my running, but mom never ran, and dad was a sprinter and is too old to run.

I am a second-degree black belt in taekwondo, and the youngest to complete an instructors course. I compete in surfing, like to skateboard, bicycle swim and play volleyball.



**Ed Donner,  
MELBOURNE**

"Running isn't really a sport to me, it is something I like to do, and think I can do it for the rest of my life. It will help me in everything I

do, and this is what I am thankful for."



**Anne Doerflein,  
WEST MELBOURNE**

"I am thankful that the running community has such open arms. If you are racing there is always a runner to encourage you on the course,

the running groups in the community welcome new runners into their weekly runs and the support from coaches, teams and running friends always makes me feel good."



**Kaitlin Donner,  
MELBOURNE**

"I'm most thankful to be part of a great group of people around me."

"I am most thankful for all the people and opportunities running has given me over the years. I first met (husband) Ed (Donner) and so many great friends through running, and it's what initially opened doors for me to travel the world."



**Andy Dutra,  
MELBOURNE**

"I am thankful that running has given me not only a great sense of personal fitness and pride, but it also

led me to meet my wife, and has allowed me to start a family. I often think back to where I would be in life if I had not run a chilly race in February 2010 at the Wickham Park Pavilion and ended up talking to a speedy little brunette about her arm sleeves.

"Running has led me down an exciting and challenging path, but I wouldn't want it any other way. I hope to be able to instill the same love for fitness and running that both (wife) Tracy and I have into our daughter Waverly. Having family and bonding time during our runs is irreplaceable.



**Jordan Episcopo,  
MELBOURNE**

"I am also thankful that running is nonjudgmental, and it doesn't matter how bad of a day I may be having because lacing up a pair of

running shoes almost always helps put me in a better mood. However, I am also thankful that running is such a brutally honest sport because it keeps me true to me training as the numbers on the clock never lie. With that being said, I love how running can be done at anyone's pace and how almost any person can find their definition of running to fall in love with.

"I'm thankful that I can run with others and feel that we're working together to accomplish a goal."



**Julie Hannah,  
MELBOURNE**

"I'm most thankful that I'm healthy and I get to run. I also get a real sense of accomplishment when I put the hard work in and goals are met. But mostly that I get to run."

*continues on the next page*



## Giving Thanks for Running

*continued from the previous page*



**Jonathan Howse,**  
**WEST MELBOURNE**

"I'm most thankful for running as it has brought me improved health and wonderful, encouraging friends."

**Adrian Jensen,**  
**MELBOURNE**

"I am thankful for Coach Butler. Without his training camps and encouragement, I don't know that I would have the discipline and self-motivation to push myself to become a better runner the way I have. No matter how young or old, or how fast or slow, a runner is, he always knows how to motivate us to reach beyond our perceived limits."

**Dan Knight,**  
**INDIALANTIC**

"Health and the enjoyment of the outdoors and the ability to enjoy a sport with the entire family."



**Dr. Tina Kraver,**  
**MERRITT ISLAND**

"I am thankful that running brings me closer to my children, whether it's cheering for them at meets, training

together with Set Goals, or just talking on our long runs."



**Sherri Lorraine,**  
**MELBOURNE**

"I'm most thankful for the active meditation of running."



**Bob Pecor,**  
**MELBOURNE BEACH**

"Running has motivated me to remain active and healthy at age 82." **RZ**

FREE BRA & SHOE FITTINGS!

# LADIES NIGHT

with RUNNING ZONE & BROOKS RUNNING

**20% OFF BROOKS FOOTWEAR & APPAREL  
AND FREE GIFT WITH PURCHASE!  
SNACKS & REFRESHMENTS PROVIDED!**

**OCTOBER 4 6-7:30PM**



FITNESS \*\* FASHION \*\* FUN

## UPCOMING EVENTS

- 10/4 LADIES' NIGHT WITH BROOKS RUNNING!
- 10/5 TUESDAY NIGHT FUN RUN/ WALKS AT LONG DOGGERS WILL MOVE TO WEDNESDAYS IN OCTOBER, STARTING OCT. 5TH @ 6PM. OUR WEDNESDAY AM RUN STAYS THE SAME AS WELL AS ALL OTHERS
- 10/6 TNFR WITH ALTRA DEMO RUN
- 10/20 RUNNING INJURY & HEAT RELATED ILLNESS Q&A WITH DR. BRYAN PARRY
- 10/ 25-28 GHOSTLY GECKO 5K PACKET PICK-UP

10/27 LAST THURSDAY OF MONTH AND COSTUME CONTEST

10/29 GHOSTLY GECKO 5K

### CONTINUING RUN/WALKS

- **SUNDAY: 6:30AM –**  
Gatorade and water at Oars & Paddles, water and gels at miles 3 and 5
- **MONDAY: 6PM @ PIZZA GALLERY & GRILL AT THE AVENUE –** First Monday free pizza
- **WEDNESDAY 6 AM @ EAU GALLIE LIBRARY –** Over the Causeway & back
- **WEDNESDAY 6PM @ LONG DOGGERS** Post Rd.
- **THURSDAY 6PM @ RUNNING ZONE** (last Thursday pizza & beer and prizes)

OFFICIAL ENTRY FORM

Send completed entry form with fee to:  
Running Zone, 3696 N. Wickham Road, Melbourne, FL 32935  
Make check payable to: Running Zone.

Firecracker 5K – July 4th, 7:00am \$  
I Run For Pizza Football Kickoff 5K – August 13th, 7:00am \$  
Ghostly Gecko 5K – October 29th, 6:30pm \$  
Jingle Bell 2 Miler – December 17th, 5:45pm \$  
Brevard Zoo's Komodo Krawl 3K – February 11th \$  
Choose race:  
■ 7:00am – Less Krawl Like (<20 min. finishing time) \$  
■ 7:35am – More Krawl Like (>20 min. finishing time) \$  
Pirate Plunder 2 Miler – April 8th, 6:30pm \$  
Run for the Gecko 5K – May 13th, 7:00am \$  
Entire Series (all 7 races): \$

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (daytime) \_\_\_\_\_  
Email (required) \_\_\_\_\_  
Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_\_

Sex: ☐ Male ☐ Female  
Firecracker 5K Hero Awards: ☐ Firefighter ☐ Police ☐ Military  
Team Name: \_\_\_\_\_  
(Minimum of 5 participants and at least one of opposite sex)  
Elementary/Middle School Name: (if entering School Team Challenge)  
(Students only) \_\_\_\_\_

Shirt Size: (Select One) Shirts have limited availability.  
Gender Specific shirts.  
Men's: ☐ S ☐ M ☐ L ☐ XL ☐ XXL  
Women's: ☐ S ☐ M ☐ L ☐ XL ☐ XXL  
☐ NO SHIRT OPTION – SAVE \$  
Youth: ☐ Youth Medium ☐ Adult Small  
Available for 12 years old and under only.  
Jingle Bell ONLY UNISEX SIZING (Long Sleeve):  
☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED  
In consideration of my entry being accepted, I intend to be legally bound, and hereby to myself, my heirs, and executors, waive all rights and claims to damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race (series) and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in association of my participation in a Running Zone Race Series event (s). 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 hereby grant full permission to any and all of the foregoing to use any photographs, email, 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 \_\_\_\_\_ DATE \_\_\_\_\_  
SIGNATURE OF PARENT FOR THOSE UNDER 18 \_\_\_\_\_ DATE \_\_\_\_\_

Visit us online!  
RUNNINGZONE.COM

Fees (Entry fees are non-refundable and non-transferable.)

REGISTRATION TYPE	INDIVIDUAL EARLY REG. (WITH SHIRT)	INDIVIDUAL REG. (NO SHIRT)	RACE DAY REG. (WITH SHIRT)	RACE DAY REG. (NO SHIRT)
Series**	\$165.00	\$135.00	N/A	N/A
Individual Reg.	\$30.00	\$25.00	\$35.00	\$30.00
Team Reg.	\$25.00	\$20.00	N/A	N/A
Gecko Club Reg.	\$25.00	\$20.00	\$30.00	\$25.00
Kids Reg. (12 & Under)	\$15.00	\$10.00	\$20.00	\$15.00

\*\* Receive a \$45.00 discount for signing up for all seven races in the series with a shirt. **MUST BE received by July 3rd**, one day prior to the start of the 2016-2017 series.

Kids Reg. (12 & Under): Your child may upgrade to an adult shirt by electing an individual or team registration. (Youth Medium & Adult Small Sizing ONLY for children's registration.)

Directions

**FIRECRACKER 5K:** Liberty Bell Museum, 1601 Oak St., Melbourne, FL 32901. US1 to Hibiscus Street. Plenty of parking at the Melbourne Auditorium on the left approx. ½ mile after turning off of US1 on Hibiscus Street.

**I RUN FOR PIZZA FOOTBALL KICKOFF 5K:** The Avenue Viera, 2261 Town Center Ave., Viera, FL 32940. Wickham Road to Lake Andrew Drive. The Avenue is on the right heading north.

**GHOSTLY GECKO 5K:** Eau Gallie Civic Center, 1551 Highland Ave., Melbourne, FL 32935. From Interstate 95, take the Eau Gallie Exit East. Cross US1. Turn left on Highland Ave. Plenty of parking at the Civic Center and downtown Eau Gallie.

**JINGLE BELL 2 MILER:** Satellite Beach Library, 751 Jamaica Blvd., Satellite Beach, FL 32937. Satellite Beach Library. From A1A, heading North, turn left on Desoto Road. Approx. ½ mile turn left on Jamaica Blvd. Approx. ½ mile, library will be at end of Jamaica Blvd.

**BREVARD ZOO'S KOMODO KRAWL 3K:** Brevard Zoo 8225 North Wickham Rd., Melbourne, FL 32940. Heading south on I-95 to Exit 191. Turn left off ramp on Wickham Rd. heading east. The Zoo is 1/2 mile on the right.

**PIRATE PLUNDER 2 MILER:** Meg O'Malley's Restaurant & Irish Pub, 812 E New Haven Ave., Melbourne, FL 32901. Heading south on US1 turn right onto New Haven Avenue, approximately ¼ mile on right hand side is Meg O'Malley's.

**RUN FOR THE GECKO 5K:** Wickham Park Community Center, 2815 Leisure Way, Melbourne, FL 32935. The community center is located next to the Senior Center in Wickham Park off of Wickham Rd.

Pickup

Race Packets will be available for pickup the week before each race starting Tuesday morning at Running Zone from 10:00 am to 6:30 pm. Running Zone is located at 3696 N. Wickham Road in Melbourne between Parkway and Post Road. Visit Running Zone's website for directions at [RunningZone.com](http://RunningZone.com) or call (321) 751-8890. If registering online, please allow 24 hours for packet pick up.

Gecko Club Members

Very Important Geckos (VIG's) will have a special member meeting area to include a tent, bag drop, drinks and when the venue allows, a VIG Potty! For more information on how to become a Gecko Club Member, visit [RunningZone.com/Gecko\\_Club](http://RunningZone.com/Gecko_Club)

Don't forget about Running Zone Foundation's other events:

- LONG DOGGERS KIDS' MARATHON & HALF MARATHON: SATURDAY, October 1st, 2016
- SPACE COAST MARATHON & HALF MARATHON: Sunday, November 27th, 2016
- CORPORATE 5K: Thursday, March 9th, 2017
- EXCALIBUR 10 MILER & RELAY & DRAGON SLAYER 2 MILER: Sunday, March 19th, 2017

FREE Child Care

KinderCare provides FREE childcare at each Running Zone Foundation Series' event. The kid's zone is available from 30 minutes before race time to an hour after the start of each series race. Please register your child at least 2 days before race day. You may pre-register online or at Running Zone. The form is available on [RunningZone.com/Series/Childcare](http://RunningZone.com/Series/Childcare).

KinderCare is conveniently located in Melbourne at 2220 N. Wickham Road 321-254-4029 and in Indian Harbour Beach at 200 Riverside Park Drive 321-777-8181. [KinderCare.com](http://KinderCare.com)

More Info

For further information, please visit us on the web at [RunningZone.com](http://RunningZone.com) or contact Race Director, Denise Piercy at Running Zone by phone at (321) 751-8890 or by email at [events@runningzone.com](mailto:events@runningzone.com).



Promoting health & fitness  
in our community.

ESTABLISHED 2008  
BREVARD COUNTY, FLORIDA



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**RACE SERIES**  
2016-2017  
*Join us for all 7 races!*

**FIRECRACKER 5K**  
JULY 4, 2016  
AUGUST 13, 2016  
RUN FOR PIZZA  
FOOTBALL KICKOFF 5K

**Ghostly Gecko 5k**  
OCTOBER 29, 2016

**Jingle Bell 2 Miler**  
DECEMBER 17, 2016

**KOMODO KRAWL 3K**  
FEBRUARY 11, 2017

**Pirate Plunder 2 MILER**  
APRIL 8, 2017

**Run for the Gecko 5K**  
Celebrating 14 Years!  
MAY 13, 2017

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





Welcome Athletes!

Health First Health Plans and Running Zone Foundation welcome you to the 12th Annual Running Zone Foundation Race Series driven by Coastal & Cocoa Hyundai and Mitsubishi. This year's Series offers seven fun and family-friendly events including four 5ks; one 3k and two 2 milers. We offer these shorter distances to promote 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](http://RunningZone.com/Series)

Our 2016-2017 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 popples to all finishers
  - Most Patriotic Costume Contest
  - Special awards to top 3 Local Heroes (Military/Fire/Police)!
  - Free LI'l 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!

- 🏈 I RUN FOR PIZZA FOOTBALL KICKOFF 5K, Saturday, August 13th 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 Sunfree/Viera Youth Football & Cheerleading League and WEGO Ministries
  - Random giveaway of NFL Football Tickets (any Florida Team) plus 1 Hotel night stay for two!

- 👻 GHOSTLY GECKO 5K, Saturday, October 29th 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 LI'l Goblins Kids' Run with Zippy the Gecko
  - Food & Beer provided after the race at Squid Lips!
  - Awards ceremony will be at Eau Gallie Civic Center at 7:45pm
  - Benefits Eau Gallie High School Health & Wellness Academy
  - Random giveaway of Universal Tickets and Hotel night stay for two!



- 🏃 JINGLE BELL 2 MILER, Saturday, December 17th at the Satellite Beach Library (5:45 pm)**
  - Santa Hats to the 1st 500 Entrants
  - Jingle Bells for everyone's shoes
  - Best Holiday Costume Contest 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!



- 🐉 BREVARD ZOO'S KOMODO KRAWL 3K, Saturday, February 11th at the Zoo (7:00am Start - Less Krawl Like - less than 20 minutes OR 7:35am Start - More Krawl Like - more than 20 minutes)**
  - Check out Zoo animals during the Run/Walk
  - Fun Komodo Dragon Awards
  - 50% Off Admission to the zoo for all participants on Race Day\*
  - LI'l Komodo Kids' Run
  - Breakfast catered by Pizza Gallery & Grill!
  - Benefits Brevar'd Zoo
  - Random giveaway of one day Disney Tickets & 1 Hotel night stay for two!



- 🏴‍☠️ PIRATE PLUNDER 2 MILER, Saturday, April 8th at Meg O'Malley's (6:30 pm)**
  - Best Pirate Costume Awards
  - Fun Pirate Awards
  - Free LI'l Pirate Plunder Kids' Run with Zippy the Gecko
  - Great Pirate Party at Meg O'Malley's after the race!
  - Benefits Harmony Farms
  - Random giveaway of a 3 day cruise for 2 to the Bahamas out of Port Canaveral!



- 🏃 RUN FOR THE GECKO 5K, Saturday, May 13th at Wickham Park Community Center (7:00 am)**
  - 14th Anniversary Celebration Party
  - 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 RFID 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

<b>Overall Male &amp; Female</b>	<b>\$1000 CASH &amp; Free Entry to the 2017-2018 Race Series</b>
<b>2nd Place Overall Male &amp; Female Winners</b>	<b>\$500 CASH &amp; Free Entry to the 2017-2018 Race Series</b>
<b>3rd Place Overall Male &amp; Female Winners</b>	<b>\$350 CASH &amp; Free Entry to the 2017-2018 Race Series</b>
<b>Top Male &amp; Female Masters Winners</b>	<b>\$250 CASH &amp; Free Entry to the 2017-2018 Race Series</b>
<b>Age Group Male &amp; Female First Place</b>	<b>\$100 Gift Certificate to Running Zone</b>
<b>Age Group Male &amp; Female Second Place</b>	<b>\$50 Gift Certificate to Running Zone</b>
<b>Age Group Male &amp; Female Third Place</b>	<b>\$25 Gift Certificate to Running Zone</b>
<b>Team Awards:</b>	<b>1st, 2nd &amp; 3rd Place Plaques</b>
<b>School Participation Awards:</b>	<b>1st, 2nd &amp; 3rd Place Plaques</b>

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](http://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**, 3696 N. Wickham Road, Melbourne, FL 32935  
Please make checks or money orders payable to: **Running Zone**



**Awesome Series Finisher Medals to be unveiled on July 4th at the Firecracker 5k!**

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)

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.

**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 100, 90, 80, 70, 60, 50, 40, 30, 20, 10 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 of the series, Firecracker 5k on July 4th.*

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 2017.

Standings

The standings after each race will be calculated and displayed on Running Zone's website at [RunningZone.com/Series](http://RunningZone.com/Series)



DRIVEN BY







# RUNNING ZONE FOUNDATION 2016-2017 RACE SERIES EVENTS

**REGISTER  
TODAY!**

## FIRECRACKER 5K • JULY 4, 2016



**FIRECRACKER 5K • July 4th, 2016 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 and delicious patriotic popsicles!

## I RUN FOR PIZZA FOOTBALL KICKOFF 5K • AUGUST 13, 2016



**I RUN FOR PIZZA FOOTBALL KICKOFF 5K • August 13, 2016 at 7:00 am, The Avenue Viera** - This year's football themed race will kick off 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 team! Most supported team participants get prizes!

## GHOSTLY GECKO 5K • OCTOBER 29, 2016



**GHOSTLY GECKO 5K • October 29, 2016 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! Post-race party with beer on the Squid Lips beach.

## JINGLE BELL 2 MILER • DECEMBER 17, 2016



**JINGLE BELL 2 MILER • December 17, 2016 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 KOMODO KRAWL 3K • FEBRUARY 11, 2017



**BREVARD ZOO'S KOMODO KRAWL 3K • February 11, 2017, Brevard Zoo, Melbourne**, 2 start times: **7:00 am Not Krawl Like = less than 20 minutes to finish or 7:35 am More Krawl Like = more than 20 minutes to finish.** This 1.86 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 8, 2017



**PIRATE PLUNDER 2 MILER – April 8, 2017 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 13, 2017



**RUN FOR THE GECKO 5K – May 13, 2017 at 7:00 am, Wickham Park Community Center, Melbourne** - This is the race that started it all! Join us for this year's 14th Anniversary Celebration Party with 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:

- **LONG DOGGERS KIDS' MARATHON (2.62 MILES) & 1/2 MARATHON (1.31 MILES)** ON OCTOBER 1, 2016
- **FLORIDA TODAY CORPORATE 5K** ON MARCH 9, 2017
- **EXCALIBUR 10 MILER & RELAY & DRAGON SLAYER 2 MILER** ON MARCH 19, 2017





presents the 4th  
running of



# REGISTRATION FORM

Register online at:  
**ExcaliburRun.com**

**Sunday, March 19, 2017**  
**Viera, Florida**

10 Miler & Relay: **7:30 am Start**  
Dragon Slayer 2 Miler: **7:45 am Start**



Year 2 of the  
Game of  
Stones Series  
2017: Sapphire Sword



REGISTRATION TYPE	EARLY BIRD	REGULAR	LATE
PAY BY DATE	JUL. 1 - SEPT. 30	OCT. 1 - MAR. 17	MAR. 18 - MAR. 19
EXCALIBUR 10 MILER	\$55	\$65	\$75
RELAY (PER TEAM MEMBER)	\$45	\$55	\$65
DRAGON SLAYER 2 MILER	\$30	\$30	\$35

**SELECT RACE DISTANCE:** ☐ 10 Miler ☐ Relay (5 miles each) ☐ 2 Miler

NAME: First \_\_\_\_\_ Last \_\_\_\_\_

☐ Male ☐ Female RACE DAY AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

*(Please print legibly as this email will be used to send important race communication and your virtual race bag.)*

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

**EXCALIBUR 10 MILER & RELAY GENDER SPECIFIC T-SHIRT SIZE: (will not shrink)**

WOMEN'S: ☐ X-Small ☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-large

MEN'S: ☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-Large

CHOOSING A SIDE OF LOYALTY (Bib Color): *Only 10 Miler and Relay participants.* ☐ Maroon ☐ Blue

EXPECTED FINISHING TIME: (Combined Time for Relay Partners) \_\_\_\_\_

**GAME OF STONES SERIES (GOSS) #** \_\_\_\_\_

Look up your # here: <http://excaliburrun.com/game-stones-series-eligibility/>

*You will start on the corral side of  
your chosen color.*

**RELAY TEAMS:** RELAY TEAM TYPE: ☐ Co-Ed ☐ Female ☐ Male

Team Name: \_\_\_\_\_ Team Member Name: \_\_\_\_\_

*(Must match your partner's team name.)*

**DRAGON SLAYER 2 MILER UNISEX COTTON T-SHIRT SIZE:**

☐ Youth Medium ☐ Youth Large ☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-large

NOTE: Entry fees are non-refundable and race numbers are non-transferable.

MAKE CHECKS PAYABLE: Running Zone Foundation MAIL TO: Running Zone Foundation, 3696 N. Wickham Rd., Melbourne, FL 32935

**INCOMPLETE OR UNSIGNED FORMS WILL NOT BE ACCEPTED!** In consideration of my entry into the 2017 Excalibur 10 Miler Weekend Event being accepted, I intend to be legally bound, and do 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 2017 Excalibur 10 Miler Weekend 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 emails, 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 \_\_\_\_\_ DATE: \_\_\_\_\_

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



Behold, thy quest begins...







# 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](http://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](http://www.RunningZone.com)**