

# Starting Line

RUNNING ZONE'S QUARTERLY NEWSLETTER



**COMING UP: PIRATE PLUNDER 2 MILER • APRIL 8, 2017**

**RUN FOR THE GECKO 5K • MAY 13, 2017**

**Pirate Plunder**  
2 MILER

**AT MEG O'MALLEY'S, MELBOURNE, FL**

  
**Run for the Gecko 5K**

**AT WICKHAM PARK COMMUNITY CENTER,  
MELBOURNE, FL**



**VOLUME 9, ISSUE 2 • APRIL 2017**

**RUNNINGZONE.COM**



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Join us for the next race in the 2016-2017 Running Zone Foundation Race Series:

REGISTER TODAY!

#pirateplunder2miler

**Pirate Plunder 2 MILER**

Saturday, April 8, 2017 @ 6:30 PM  
Meg O'Malley's, Downtown Melbourne, FL

• Best Pirate Costume Contest  
• Fun Pirate Awards  
• Free Lil Pirate Plunder Kids' Run with Zippy the Gecko  
• Great Pirate Party at Meg O'Malley's after the run!  
• Random giveaway of a 3 day cruise for 2 to the Bahamas out of Port Canaveral

Benefits Harmony Farms

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

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

**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)**



**7TH ANNUAL FLORIDA TODAY CORPORATE 5K REGISTERS 2007 PARTICIPANTS IN OVER 75 COMPANIES**

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DON &amp; DENISE'S DEN

## Announcing Space Coast Marathon & Half-Marathon's "Big Bang Series, The Next Generation"

We are proud to present the newest Space Coast Marathon finisher medals: The Big Bang Series, The Next Generation.

The medals debut in November 2018 and will offer participants the opportunity to partake on a four-year journey celebrating human space exploration.

The Next Generation features four finisher medals and two challenge medals honoring the accomplishments and sacrifices of America's space programs.

The 2018 medal honors and recognizes Project Mercury.

- The 2019 edition: Project Gemini
- The 2020 medal Project Apollo
- The 2021 medal the Space Shuttle program

Participants can earn the Moonwalk Challenge medal by completing either the Space Coast Half-Marathon or Marathon in any three of the four years or the Astronaut Hall of Fame Challenge by completing either race for all four years.

Registration opens for the 2018 half-marathon and marathon on Feb 15, 2018. Join our mailing list for updates about the new series.

Meanwhile, space remains for the Nov. 26, 2017 Space Coast Marathon.

The half-marathon, as usual, sold out quickly. That being said, if you couldn't get into the

**Blasting Off November 25, 2018 • Registration opens February 15th at 9:00 am EST**

**Space Coast Marathon & Half-Marathon ANNOUNCES**

**★ 2018-2021 ★**

**THE BIG BANG SERIES**  
**THE NEXT GENERATION**  
*Celebrating Human Space Exploration*

*Join the Ultimate Space Race!*

**Featuring astronomical finisher medals!**

**2018 PROJECT MERCURY**  
November 25, 2018  
PROJECT MERCURY  
1958-1959

**2019 PROJECT GEMINI**  
PROJECT GEMINI  
BROOKLYN MUSEUM

**2020 PROJECT APOLLO**  
PROJECT APOLLO  
1968-1972

**2021 SPACE SHUTTLE PROGRAM**  
1981-2011  
SPACE SHUTTLE PROGRAM

**Moonwalk Challenge Finisher Medal**  
Complete 3 races in 4 years

**"Hall of Fame" Challenge Finisher Medal**  
Complete all 4 races in 4 years

Follow us:

#spacecoastmarathon

**The Only Space Themed Marathon & Half Marathon on the Planet**

**4 Years = 4 Space Project Medals + 2 MEGA Challenge Medals!**

The Next Generation features four finisher medals and two challenge medals honoring the accomplishments and sacrifices of America's space programs.

half-marathon but still want to participate put together a two-person team and enter the marathon relay, which is new this year.

For more information or to register, visit:  
[www.SpaceCoastMarathon.com/registration](http://www.SpaceCoastMarathon.com/registration)

Speaking of new, we will debut a new venue and new course for our signature 5K, the Run for the Gecko set for 7 a.m. Saturday, May 13.

We will gather at the Melbourne Community Center at Wickham Park to mark the 14th anniversary of the race that started it all.

Check out the race preview story on page 4 of this newsletter.

Hope to see you on May 13.

*Don & Denise Piercy*

Don & Denise Piercy  
Running Zone Foundation, Inc.

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# The Run for the Gecko 5K Moves to Wickham Park Community Center

By Mark DeCotis

The 14th edition of the race that started it all – the Run for the Gecko 5K – is set for 7 a.m. Saturday, May 13 at a new site and on a new course.

The Gecko, Running Zone's signature event, takes place at the City of Melbourne's Wickham Park Community Center off Wickham Road. It's moving from its original location at the park's pavilion adjacent to Eastern Florida State College's Melbourne Campus.

The course, which begins and ends at the Community Center, includes a jaunt through the green, leafy, scenic park.

The race helped launch Running Zone



Many participants run for the gecko!

The Run for the Gecko 5K helped launch Running Zone and its seven-race Running Zone Foundation Race Series.

and its seven-race Running Zone Foundation Race Series and once again will serve as the season finale.

"We are thrilled once again to be hosting Gecko and sharing the experiences with both returning runners and walkers and newcomers," said race director and Running Zone co-owner Denise Piercy.

"This is a way for us to say 'thank you' to the Space Coast running and walking communities for their continuing support."

This year's participant perks include pancakes and eggs for all finishers after the race thanks to sponsor Pizza Gallery & Grill;

strawberries and champagne for finishers 21 and older; birthday cake for all finishers; free kids' run with Zippy the Gecko; and random giveaway of a Dell laptop.

The event benefits the Leukemia and Lymphoma Society's Team in Training.

The 2016 race saw 863 finishers with 1005 registered, and Piercy is hoping to get closer to the 1000 finisher milestone.

For complete entry and race information visit [www.runningzone.com/series/](http://www.runningzone.com/series/) or call the store at 321-751-8890. **RZ**



The Hungers gather with the Gecko as part of the family atmosphere at the annual Run for the Gecko 5K.

## UPCOMING EVENTS

- 4/5 6PM: Demo Run with HOKA ONE ONE at Long Doggers on Post Rd.
- 4/8 12 - 4PM: Brooks promo day in-store (gift with purchase, etc.)
- 4/8 6:30PM: Pirate Plunder 2M, Meg O Malley's (packet pick-up available 4/4 - 4/7)
- 4/13 6PM: New Balance Demo Run & Dr. Parry @ TNFR
- 4/16 Easter (RZ Closed), No Fluids on Tropical Trail

- 4/27 6PM: Altra Demo Run & Jeremy Stewart, Top Tier Sports Medicine @ TNFR
- 5/4 6PM: Garmin "Ask the Expert" Night at TNFR
- 5/6 9AM START: Space Coast Countdown to Fitness Program Final Mile, Viera HS
- 5/13 7AM START: Run for the Gecko 5K, Wickham Park Community Ctr., (packet pick-up available 5/9 - 5/12)

**APRIL**  
*Special*  
**For Gecko Club Members**



**15% OFF**  
**Hydration Bottles**





# Brevard Zoo's Komodo Krawl 3k Reaches Record Attendance at 1,550

By Mark DeCotis

Kaitlin Donner made it 5-for-5 in the Running Zone Foundation Race Series on Saturday, capturing overall female honors in the Brevard Zoo Komono Krawl 3K.

The overall race victory went to John Davis, 39, of Viera who also won the Ghostly Gecko 5K series race in October. Donner's husband Ed, 40, captured the Komodo Krawl Male Masters title for his first series victory in that category.

■ Davis finished in 9 minutes, 56.7 seconds, nipping Melbourne's Derek Beckett, 24, who was two 2.1 seconds behind. Viera's Shane Streufert, 44, was third in 10 flat.

■ Ed Donner crossed in 10:02.2 for fourth overall and Kaitlin Donner in 10:14 for sixth overall.

■ Kaitlin Donner, 26, a Satellite Beach native and new resident with Ed, previously captured overall female honors in the season-opening Firecracker 5K, the I Run for Pizza Football Kickoff 5K, the Ghostly Gecko 5K and the Jingle Bells 2-Miler run in Satellite Beach.

■ Viera's Holly Davis, 21, was second to Kaitlin Donner on Saturday in 10:29 while Alison Nolan 27, of Indialantic was third in 11:05.

■ Rockledge's Cristina Canales, 48, captured the Female Masters title in 13:12.

A total of 1,330 runners and walkers took times in a field of more than 1,500.

■ The team title went to Viera Pizza of John Davis, Holly Davis, Beckett, Streufert and Michael Fisher in a total time of 50:51. Team Running Zone of Steve Hedgespeth, Kaitlin Donner, Jonathan Howse, Joe Lento and Doug Butler was second in 52:43.

■ The Has Beens of Chi Cam, Alex Colon, Brian Ramos, Justin Silnutzer, Jennifer Absher were third in 54:36. School honors went to Indian Harbour Beach Montessori with 25 participants. Team Covenant and Westside Elementary each fielded 24 participants. Overall 149 students took part. It was a good day for all.

"All of the Running Zone series races are fun in their own way," Katlin Donner



It's off to the races for the field of the Komodo Krawl 3K.



A monitor lizard prowls during the race.

said. "There is no other race in our area like the Zoo 3K, and it's great because it's a shorter distance that gets more people out and moving on a Saturday morning. I can't believe there were over 1,550 people out there at the zoo."

As for what lies ahead triathlon-wise for Donner: "As long as a triathlon race conflict doesn't come up I plan to race the last two (series races)," she said.

"I've actually never run the Gecko 5K. My first ITU (International Triathlon Union) race will be in Cuba the last weekend in February. I am so excited to go down there. I also recently made a coaching change to Jarrod Shoemaker in Clermont which has been working out really well."

Triathlon also figured in Ed



Team Running Zone members are all smiles after their runner-up finish at the Komodo Krawl race.



Michael Fisher en route to a seventh-place finish in the Komodo Krawl 3K.



Overall winner John Davis leads the field during the Komodo Krawl 3K.



Marybeth Burgess (1496) and Amy Elkavich (1497) enjoy their walk during the Komodo Krawl 3K.

**continues on the next page** →



# Brevard Zoo's Komodo Krawl 3k

*continued from the previous page*

Donner's effort.

"Fitness has been coming back slowly this winter since my Ironman last fall," he said. "I'm glad that I still have some speed though. I'm having to be more patient in getting into peak shape, although I don't feel any different than in my 30's.

"I'm planning on just the running series and local triathlon races on the horizon to support Team DW race team of which I am a member. We are a group of local athletes who hope to help build up the tri community and hopefully inspire those not active to get active." **RZ**



Kaitlin Donner scores the overall female victory at the Komodo Krawl 3K.



Josh Imel (1685) fancy steps across the finish line of the Komodo Krawl 3K.



Aiden Baker (1788) hits his strides as he crosses the Komodo Krawl 3K finish line.



Antonio Harden is airborne with both feet off the ground as he completes the Komodo Krawl 3K.



Brian Ramos strides across the Komodo Krawl 3K finish line.



Nicole Clarke is all business as she completes the Komodo Krawl 3K.

 [Click here to see the Komodo Krawl 3k Results!](#)

## APRIL SPECIAL

# SPRING CLEANING SPECIAL

Bring in old workout gear for donation & get

## 20% OFF A NEW OUTFIT





The Komodo Krawl 3K kids' race gets under way.



# Kaitlin Donner Wins in Cuba

By Mark DeCotis

Kaitlin Donner admits she is early in the four-year plan designed to prepare her for an attempt at making Team USA for the 2020 Summer Olympics.

While that means she has yet to achieve optimum fitness and the razor's edge necessary to compete at triathlon's highest levels, she was fit and strong and mentally prepared enough to score her fourth international victory as a professional.

Donner won the Habana CAMTRI Sprint Triathlon American Cup elite women category on Feb. 26, keying a 1-2-3 finish by U.S. athletes in Havana, Cuba.

Donner covered the 750-meter swim, 20K bike and 5K run sprint distance in 1 hour, 2 minutes and 39 seconds, besting U.S. teammates Erin Storie, 1:03:08 and Sarah Alexander, 1:03:26. Sixteen athletes took times.

The triumph was Donner's first for new coach Jarrod Shoemaker.

"The coaching change to Jarrod Shoemaker has been great thus far," Donner said. "We have been good friends for awhile so we have very open communication and he believes in me much more than I believe in myself.

"(Husband) Ed actually sent me a great Grant Cardone quote the middle of last week that stated, 'sometimes you have to believe in someone else's belief in you before yours kicks in.'

"That perfectly describes one of the big reasons I decided to switch to Jarrod."

The victory also is another step forward for Donner who was unsuccessful in her attempt to make the 2016 Summer Olympics team.

"As far as not making the Olympics, I really never think about it," Donner said. "I just focus on moving forward and taking one day, one workout at a time.

"The biggest thing for me personally is to just enjoy the process. We are on a four-year plan which means I won't be the fittest version of myself this year or even next year. These years are all about improving my weaknesses and just loving



Kaitlin Donner breaks the tape in her victory in the Habana CAMTRI Sprint Triathlon American Cup. Credit: TriMexico photo.

The coaching change to Jarrod Shoemaker has been great thus far... he believes in me much more than I believe in myself.

the sport."

That being said, Shoemaker and Donner have charted an ambitious course.

"As for this year, I am planning to do the MLT series again to improve my draft legal skills, some local ITU races, St. Anthony's Triathlon and the Escape series."

To that end Donner has been training with top triathlon athletes in Clermont and it is paying off.

"My swim has been the biggest point of emphasis this whole off season," she said. "I have been working with super-fish Sarah McLarty in Clermont on stroke technique, and all off season I was swimming more than I ever had and I'm thrilled that the race in Cuba demonstrated that.

"I wouldn't say my run was an emphasis in the off season but I think running some longer races in the off season helped, and the addition of some speed work just a few weeks ago. We still have some work ahead with my run."

Next up is the St. Anthony's Triathlon in St. Petersburg at the end of April.

"It will be nice to drive there," said Donner who has flown around the world to race in locals as diverse as Chinese Taipei and New Zealand (where she won), Abu Dhabi, England, Japan, Brazil and Germany to name a few. She also won in Sarasota, Florida against a field containing international athletes.

"The Cuba trip was fascinating," Donner said. "It really was like taking a step back to the 50s and 60s. The old cars were in great condition and not much technology throughout the country. The roads were in great condition and we never felt unsafe."

Donner continues to race with the support of local sponsors Running Zone and Infinity bicycles.

"Sponsors are always welcome assuming they have a similar vision and mission that I do," she said. "I've been very blessed to work with local companies like Running Zone and Infinity that of course care about me as an athlete, but more importantly care about me as a person." **RZ**



# Why I Run – Nancy Wingo Foresteire

By Mark DeCotis

New Jersey Shore native Nancy Wingo Foresteire learned to love Florida, the warm weather and the running environment.

“I grew up on the Jersey Shore, where I tolerated the cold and loved the summer months of fishing and waterskiing,” said Wingo Foresteire, 63, of Rockledge.

“I moved from New Jersey to Florida 36 years ago, right after finishing court reporting school, and have enjoyed working in my field ever since. I loved being able to be outside year-round here in Florida.”

Wingo Foresteire joined the Space Coast Half-Marathon Camp in 2010 and completed her first half-marathon that November.

“I was hooked – in a lot of ways,” she said. “Rick (Foresteire) was one of the coaches and we got married last year. I just completed my 36th half marathon in my quest to do 70 by 70. My daughter is a dietitian and helps keep my running nutrition and hydration in check.”

**WHY I RUN:** I run mainly because it makes me feel so good. It’s a great feeling to push yourself to do better. Rick and I really enjoy going to the races and socializing with everyone.

**WHEN I RUN AND WHY:** I am a morning runner. My work schedule is so crazy, I never know how or when my day will end, so the

uncertainty of getting in an evening run doesn’t work for me. Right off the bat, you have accomplished something positive.

**WHERE I RUN AND WHY:** Most of my miles are logged on River Road. Living a half block from the river, I can practically fall out of bed and go! It is great to live so close to the water and it never disappoints in its captivating beauty – especially when the sun is just coming up.

## WITH WHOM I RUN AND WHY:

During the week, I usually run solo or with Bucky and Bangles, our two black labs. I usually hit the road with Kimberly Prosser and everyone who runs from Cocoa Village on the weekends. Kimberly is faster than I am, but will slow down and pace me when I’m trying to hit a race goal.

## WORST RUNNING EXPERIENCE:

I learned the most from my experience in the Echo Half-Marathon (DeBary, Florida) last year. As a June half, it gets pretty darn hot. I started off breaking all the golden rules: Eating something new for breakfast and not hydrating



properly the day before or during the race. By the time I crossed the finish line, I could not stand up and got carried to the medical tent. Scary experience. What I learned: Eat and drink responsibly and run happy. **RZ**



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# 7th Annual Florida Today Corporate 5K Registers 2007 Participants in Over 75 Companies

By Mark DeCotis

The seventh annual Florida Today Corporate 5K was as much about numbers as it was the people wearing the numerals.

A total of 2,007 participants representing over 75 Space Coast companies toed the starting line with 1,667 taking times.

The annual event was held March 9 at a new venue, Melbourne's Wickham Park.

And race organizers termed it a total success.

"The number of runners and walkers who took part was amazing," said race director and Running Zone co-owner Denise Piercy.

"And that we were able to stage it successfully at 6 p.m. on a Thursday along some of Melbourne's busiest streets is a testament to law enforcement, the race staff, the volunteers and the companies involved and their employees.

"Everyone pitched in to make this the best Corporate 5K yet."

Corporations competed in four timed categories based on their number of employees with victories going to Long Doggers (1-99 employees), Embraer (100-to 999), Northrup Grumman (1,000-4,999) and Harris (5,000+).

Northrup Grumman also won the co-ed team title.

Corporations also were honored for participation with recognition going to SRI



The seventh annual Florida Today Corporate 5K gets under way at Melbourne's Wickham Park.

Hermetics, Embraer, Northrup Grumman and Harris; and by teams in 19 separate employment categories.

Those winners were: Herman Hopkins CPAs, accounting; Northrup Grumman, aerospace; Regions Bank, banking/finance/investments; Harris, communications; Intersil, computers/electronics/technology; Florida Tech, education; Revolution Technologies, employment services; DW Racing, fitness related; BRPH, engineering/architecture; Space and Missile Systems Center, government; Health First, health-related/hospitals; Long Doggers, hotels/restaurants/food; Mimbs & Associates Allstate Insurance LL, insurance; Brevard County Sheriff's Office, law enforcement; GrayRobinson P.A., legal; SPCA of Brevard, not for profit; Raytheon, other; Berkshire

Hathaway Home Services Florida, real estate; Coastal Wholesale Florist, wholesaler.

The race's overall champion was Northrup Grumman's Jacob Dordick, 24, of Melbourne who finished in 16 minutes and 33 seconds. The top overall female finisher was Long Doggers' Angela Cobb, 33, of Melbourne Beach who crossed in 19:39.

The overall male CEO champion was Paul Siskosi, 38 of Indialantic representing Palm Bay Animal Clinic. He finished in 20:50, breaking the six-race winning streak of Viera Pizza's Mike Acosta.

The overall female CEO title went to Angela Coram, 38, of Indialantic representing Pepper Tree Runners. Coram scored her third straight victory in 25:07.

**RZ**



The Florida Today Corporate 5K top overall female finisher was Long Doggers' Angela Cobb, 33, of Melbourne Beach.



The Florida Today Corporate 5K overall female CEO title went to Angela Coram, 38, of Indialantic representing Pepper Tree Runners.



The Florida Today Corporate 5K overall male CEO champion was Paul Siskosi, 38 of Indialantic representing Palm Bay Animal Clinic.



The Florida Today Corporate 5K overall champion was Northrup Grumman's Jacob Dordick, 24, of Melbourne.



# Excalibur 10 Miler & Relay Course Record Set by Troy Smith, 16

By Mark DeCotis

Rockledge's Troy Smith got better with age.

Smith, who turned 16 on March 18, celebrated by setting a course record in winning the March 19 Excalibur 10-miler that began and ended at Viera High.

Smith knocked more than five minutes off his 2016 finishing time of 1 hour and 9/10ths seconds to win the 2017 race in 54:52, breaking the record of 58:33 set by Steve Hedgespeth in the 2014 inaugural race.

Smith was fourth overall in 2016.

Viera's Shane Streufert, 45, finished second (58:46) on March 19 for the second straight year. He won in 2015.

Melbourne's Max Diaz, 19, was third behind Streufert in 10:03:58.

The overall women's victory went to Winter Springs' Stefanie Shimansky, 27, who crossed in 1:07:45, good for 14th overall.

Previous winner Tracy Dutra, 44, of Melbourne, was second to Shimansky in 1:09:41 while Satellite Beach's Megan Rosenberg, 12, was third in 1:10:23.

Tampa's Jeff Lessie, 56, captured the Male Masters honors in 1:04:21. He was



fourth overall.

Josephine Holtzclaw, 43, of Vero Beach, took Female Masters honors in 1:11:53.

A total of 1,447 participants took times.

The race also featured three relays: co-ed, male and female and the Dragon Slayer 2-Mile.

Relay winners were: co-ed: The Funky Fartlecks, Eli Wolsefer and Cadi Rowe, 1:09:14; male: Beckett Boys, Derek Beckett, James Beckett, 1:08:24; women: Unicorn Mode: Lindsay Walker, Megan Murphy, 1:15:55.

The relays drew 133 co-ed teams, 32 male and 139 female.

Robert Velasco, 31, of Ovideo was the Dragon Slayer overall winner in 10:58.6. Orlando's Daria Cuellar took the female title in 13:a41.2.

John Hoibraten Jr., 40, of Melbourne, was the Male Masters winner in 15:00.1. Elaine Ferriola, 4a6, of Melbourne was the Female Masters winner in 16:08.6.

A total of 508 participants took times.

**RZ**

*continues on the next page*



Brave Knights on their quest for Excalibur!

[Click here to see the Excalibur 10 Miler & Relay Results!](#)



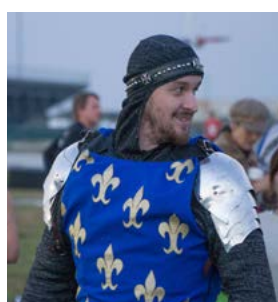
Michael Vialpando, 9, of Satellite Beach, crosses the Dragon Slayer finish line.



Rockledge's Troy Smith, 16, en route to his record-setting victory in the Excalibur 10-Miler. Not only did he become the race's youngest winner, he won in record time.



Part of the fun of the Excalibur 10-Miler is the chance to dress up in the finest Medieval attire.



What's a Medieval-themed race without a Medieval knight standing guard?



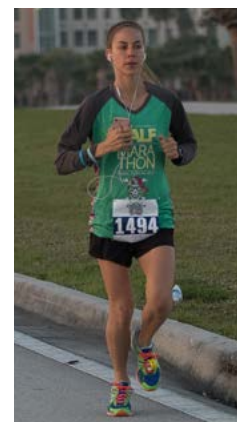
Sarah Taylor and Lacy Taylor of Mims (273) and (272) celebrate as they complete the Excalibur 10-Miler.



The field for the 2017 Excalibur 10-Miler lines up for the start in where else, a field.



Cecil Grant of Middleburgh, Florida crosses the finish line in the Excalibur 10-Miler.



Even tual Excalibur overall women's winner Stefanie Shimansky on the course.



# NEW PRODUCTS AT RUNNING ZONE



## BROOKS HEATHER SPECIAL EDITION-ADRENALINE 17 (\$119.99) & PURE FLOW 6 (\$99.99)

"Style that knits your day together." Inspired by the classic look and texture of heathered fabric, this collection brings sophisticated off-the-run style to performance running shoes



so you can go from morning run to the rest of your day without breaking stride.

## SAXX KINETIC 2-IN-1 RUN SHORT (\$74.99)

These quick-drying, purpose-built shorts have Kinetic liners - the exact same fit, BallPark Pouch™ and stretch micromesh fabric as the original - seamlessly integrated into stretch polyester athletic shorts (5" inseam).

## UPATESUPATESUPATES

### NB 880V7 (\$124.99)

Always eager to better the run, NB designers sought to study changes in foot-strike and biomechanics once the body is fatigued. The 880 series is precisely engineered to deliver longevity in cushioning from that first mile to the last. A full length engineered mesh upper is designed to allow for more security and arch support in the midfoot, while a more relaxed forefoot allows the toes to



splay. A TruFuse midsole continues underfoot for an ideal combination of cushioning and resiliency, accompanied with a blown rubber outsole in unique colors to show areas of pressure mapping.

### SAUCONY KINVARA 8 (\$109.99)

Purposeful design and an amplified underfoot sensation come together in our most energized Kinvara ever. With the addition of a full-length EVERUN topsole and stripped down upper, the Kinvara 8 gives back more energy with every stride while cradling the foot only where it's needed most.

## Excalibur 10 Miler & Relay Course Record Set

*continued from the previous page*



The Excalbur field resembles a charge as it crests a rise in Viera.



The Collins' of Palm Bay, Sue and Mike, complete the Dragon Slayer 2-Miler.



The Dragon Slayer 2-Miler field pauses to pay tribute to the United States.



The Dragon Slayer 2-Miler field bursts forth from the start.



Race director Denise Piercy is escorted escorted by the Medieval Times Knights!



# Running & Knee Arthritis

By Richard C. Wilson, DPM, Melbourne Podiatry Associates

Does running cause knee arthritis?

This has been a controversy for many years within the sports medicine community. Many authorities believe the pounding experienced during running can lead to arthritis, while others believe this is not the case, and, indeed, running may have protective effects. This article reviews the most recent research on the topic, and the results may surprise you.

The knee, as the largest lower extremity joint, is subjected to large pressures during weight-bearing activities. The equivalent of three times body weight is transmitted through the joint when walking, and the equivalent of five times body weight when running. It stands to reason this stress would lead to degenerative changes of the joint. However, studies have shown only elite runners have higher rates of knee arthritis than non-runners.

The most definitive study was presented at the 2014 annual meeting of the American College of Rheumatology. This prospective study followed 2,700 people for two years and studied the development of knee arthritis during that time. The population included both runners and non-runners. It was found that runners had less knee pain and degenerative changes in the knee than non-runners. Knee arthritis seemed to be more related to BMI (body mass index) than to running. Those with lower BMI's had fewer knee symptoms, and were more likely to be runners. The conclusion was extra body weight, not running, seemed to increase the likelihood of developing knee arthritis.

Joint health depends on maintaining a balance between loading of the joint and joint tissue remodeling. A normal joint will respond to loading by remodeling, a normal physiologic process. Although high forces, repetitive loads, and joint trauma increase arthritis risk, weakness, weight gain, physical inactivity, and compressive loads also increase it. In other words, joints need some stress so they can remodel and function better. Too much



Although high forces, repetitive loads, and joint trauma increase arthritis risk, weakness, weight gain, physical inactivity, and compressive loads also increase it.

or too little physical activity can disrupt the homeostasis of a joint and lead to arthritis.

Another study measured cartilage breakdown products after a 30-minute run. It was found that physically active individuals had less cartilage breakdown than sedentary individuals. Additionally, after 12 weeks of running, the levels of breakdown products drastically reduced. Interestingly, a study of individuals who swam or cycled instead of running during a 12-week period did not find this reduction in cartilage breakdown. It was concluded running may actually have a protective effect on knee cartilage.

The increase of knee arthritis in elite runners is as yet unexplained. Some investigators have suggested these runners experience more trauma than lower mileage runners, or perhaps they do not allow adequate time for recovery after injuries. Further studies on this population are on going.

As previously mentioned, maintenance of proper body weight is paramount in the

prevention of knee arthritis. If a runner already has knee arthritis, running must be undertaken with caution, as further degeneration of the joint is possible. Consultation with a sports medicine physician is recommended to determine if running is advisable. Alternative exercises such as swimming, walking, or cycling may be recommended. Stretching and strengthening exercises are often recommended to preserve and improve function.

In conclusion, it appears that prevention of knee arthritis may be yet another of the many benefits of running.

*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***



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 hereby agree to be bound by the rules, regulations, and conditions of the Running Zone Foundation Series event. I understand that I am responsible for my own safety and the safety of others. I agree to release and hold harmless the Running Zone Foundation Series, its organizers, sponsors, volunteers, and supporters from any and all damages or injuries which may be sustained or suffered by me in connection with my participation in the Running Zone Foundation Series event. I understand that I am responsible for my own safety and the safety of others. I agree to release and hold harmless the Running Zone Foundation Series, its organizers, sponsors, volunteers, and supporters from any and all damages or injuries which may be sustained or suffered by me in connection with my participation in the Running Zone Foundation Series event. I understand that I am responsible for my own safety and the safety of others. I agree to release and hold harmless the Running Zone Foundation Series, its organizers, sponsors, volunteers, and supporters from any and all damages or injuries which may be sustained or suffered by me in connection with my participation in the Running Zone Foundation Series event.

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. (NO SHIRT)	INDIVIDUAL REG. (WITH SHIRT)	RACE DAY REG. (NO SHIRT)	RACE DAY REG. (WITH 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. 1/2 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. 1/2 mile turn left on Jamaica Blvd. Approx. 1/4 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 US 1 turn right onto New Haven Avenue, approximately 1/4 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 Pottery! 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 321-777-9181. [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



3696 N. Wickham Road, Melbourne, FL 32935  
321-751-8890 • [RunningZone.com](http://RunningZone.com)

THE 12TH ANNUAL RACE SERIES 2016-2017

PRESENTED BY Health First Health Plans

DRIVEN BY Coastal Cocoa

Join us for all 7 races!

Run for Pizza Football Kickoff 5K JULY 4, 2016

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





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 popsticks to all finishers
  - Most Patriotic Costume Contest
  - Special awards to top 3 Local Heroes (Military/Fire/Police)!
  - Free Lil' 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
  - Awsome 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 Suntree/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 Lil' 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 MILLER, 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\*
  - Lil' Komodo Kids' Run
  - Breakfast catered by Pizza Gallery & Grill!
  - Benefits Brevard Zoo
  - Random giveaway of one day Disney Tickets & 1 Hotel night stay for two!

- 🏴‍☠️ PIRATE PLUNDER 2 MILLER, Saturday, April 8th at Meg O'Malley's (6:30 pm)**
  - Best Pirate Costume Awards
  - Fun Pirate Awards
  - Free Lil' 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

Overall Male & Female	\$1000 CASH & Free Entry to the 2017-2018 Race Series
2nd Place Overall Male & Female Winners	\$500 CASH & Free Entry to the 2017-2018 Race Series
3rd Place Overall Male & Female Winners	\$350 CASH & Free Entry to the 2017-2018 Race Series
Top Male & Female Masters Winners	\$250 CASH & Free Entry to the 2017-2018 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](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**, 3636 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)

PRESENTED BY



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





*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)**