



**LONG DOGGER'S KIDS MARATHON &  
HALF MARATHON & DOUBLE DOG DARE**

**CHALLENGES BRING OUT OVER  
300 YOUNG RUNNERS**





# THE DEN

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DON & DENISE'S DEN

## This month, we celebrate the 11th Run for the Gecko 5K

When we decided to open Running Zone in May 2003, the thought of leaving secure jobs and plunging into this new venture was to say, a little more than scary. In a blink of an eye, (and a few more wrinkles) we are celebrating our 11 year anniversary. Words can't express the gratitude and appreciation we have towards the local community for supporting our store and all of our events. We are currently supporting more than 40 events annually within Brevard County including our Running Zone Race Series, the Space Coast Marathon & Half Marathon and our newest event, the Excalibur 10 Miler. We are especially excited about working with the local elementary and middle schools to help encourage kids at a young age to get active and have fun. We feel very fortunate to be part of this great community.

Thank you!

This month, we are celebrating our 11th Run for the Gecko 5K. This is the race that started it all back on May 15, 2004! We hope you can join us this Saturday and please bring the entire family for some fun and exercise! There will be hula dancers, food from Pizza Gallery & Grill and lots of giveaways with a Paddleboard from the Paddleboard House as the grand prize giveaway. After the run, please be sure to stop by Running Zone as we are having our Anniversary Blowout Sale!

With sincere gratitude,

*Don & Denise Piercy*

Don & Denise Piercy  
Running Zone Foundation, Inc.



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321-751-8890 • [www.runningzone.com](http://www.runningzone.com)



# 711 Runners Take Times in the Pirate Plunder Field with Fisher & Donner in the Lead

By Mark DeCotis

Kaitlin Donner continued her dominance as the overall female in the 2013-2014 Running Zone Race Series winning her sixth race in six outings in the Pirate Plunder 2-Miler on April 5.

Conversely on the overall winner side, Michael Fisher, 21, of Melbourne became the fourth man to claim the top step of the podium this season.

Fisher, the 2011-2012 men's series champion, won Pirate Plunder in 10 minutes, 23.7 seconds, edging Shane Streufert, 42, of Viera, who crossed in 10:26. Donner, 24, of Melbourne, was third overall in 10:29.5.

Peter Clusener, 36, of Melbourne, who has won three series races this season, was the third male in 10:35.

Kim Hunger, 33, of Palm Bay was the second female finisher in 11:40.5 while Melissa Taylor, 36, of Indian Harbour Beach was the third female in 11:54.8.

Doug Nichols, 51, of Melbourne, captured the Male Masters title in 11:43.7 while Tracy Dutra, 41, of Melbourne was the Female Masters winner in 13:04.

Team Running Zone of Donner, Clusener, Hunger, Nichols and Steve Hedgespeth captured the team with a combined time of 55:17. Long Doggers consisting of Fisher, Streufert, Art Anderson, Nathan Wick and Dina Viselli was second in 56:50. Health First of Adam Ullein, Keith Snodgrass, Corey Schell, Jordan Michaels and Steven Baker was third in 1:03:01.

Indian Harbour Montessori was first in the school competition with 14 and Imagine second with 13. Lewis Carroll Elementary was third with six.

A total of 711 runners took times in the Plunder.

The Running Zone Race Series wraps up with the Run for the Gecko Hawaiian Luau 5K on May 10 at Melbourne's Wickham Park Pavilion.

Donner, a professional triathlete who is making a bid for the 2016 U.S. Olympic team, had a plan for Plunder.

"My goal for the race was to go out hard and try to hold it with tired legs after biking and swimming earlier in the day," she said. "I have put in a couple high volume weeks to prepare for World University Games taking place in Brasilia, Brazil in about two weeks so it was a good test Saturday night. It has been a blast to finally be a part of the series, and a great experience to be part of the Running Zone Racing Team with so many talented athletes and genuinely great people.



A beaming Michael Fisher accepts the Pirate Plunder 2-Miler overall winner award.



Overall women's winner Kaitlin Donner is all smiles at the trophy presentation.



Maria Badure, 38, of Melbourne, caught the spirit of the Pirate Plunder 2-Miler.



Jordan Michaels of Merritt Island, FL gave it her all in the Pirate Plunder 2-Miler.



Dylan Weeks, 26, of Riviera Beach, FL, dressed out as a masked man for the Pirate Plunder 2-Miler.



Jonathan Howse, 38, of West Melbourne, was a happy finisher in the Pirate Plunder 2-Miler.



Ron Welsh, 42, of Palm Bay, (869) concentrates on the task at hand while Yasmin Jarman, 58, of Grant (583) runs her race.



Smiles were the rule of the evening as runners and walkers enjoyed the Pirate Plunder 2-Miler.



Jason O'Connor, 29, and Jasmine O'Connor, 7, of Palm Bay attack the Pirate Plunder 2-Miler.



The sun may have been setting as the spirited kids crossed the finish line in the Pirate Plunder 20Miler kids race but it also might have been rising on a future running career.

"I did two sprint ITU triathlons last month which were nice to get the cobwebs out, and the season will really start to pick up after Brazil. I hope to race the Gecko in May, but it is one week before I plan to race in Yokohama, Japan so it depends on when I fly out."

Fisher enjoyed the victory as well, especially after several top-three finishes.

"I really enjoyed racing last Saturday.

Running Zone did a great job putting on the race, and I really enjoyed the course as well," said Fisher, a University of Central Florida mechanical engineering student.

"The Pirate Plunder was the fifth series race that I have run this season. My best finish

*continues on the next page*



# Long Dogger's Kids Marathon & Half Marathon and Double Dog Dare Challenge bring out over 300 young runners

by Mark DeCotis

More than 258 pairs of little legs competed in and finished the Long Dogger's Kids Marathon and Half-Marathon at Melbourne Beach's Ryckman Park on April 13.

More than 200 runners and walkers ages 12 and under took times in the half-marathon

(1.31 miles) and more than 100 took times in the marathon (2.62 miles).

The day also featured the Double Dog Dare in which 77 entrants completed both races.

Finishers of all races received medals. **RZ**



The field is off and running with the intensity of gait of thoroughbreds as the Long Dogger's Kids Marathon and Half-Marathon gets under way.



Eddie Pawlak of Melbourne is all concentration at the Long Dogger's Kids Marathon and Half-Marathon.



Holland Elementary was awarded the Largest School Participation at Longdoggers Kids Race.



Graceyn Hurlburt, 3, of Melbourne shows the form of a future runner at the Long Dogger's Kids Marathon and Half-Marathon.



Brevin Olson, 4, of Melbourne takes it slow and easy at the Long Dogger's Kids Marathon and Half-Marathon.



Overall winner Christian Neal, 9, of Melbourne crosses the finish line at the Long Dogger's Kids Marathon and Half-Marathon.



Jackson Smith, 11, of Tampa celebrates the finish line at the Long Dogger's Kids Marathon and Half-Marathon.



Elijah Garrett, 5, of Melbourne, has both feet in flight at the finish line at the Long Dogger's Kids Marathon and Half-Marathon.

[Click here to see the Long Dogger Kids Marathon & Half Marathon results.](#)



(left) Kailey Ojeda, 8, of Melbourne finishes strong line at the Long Dogger's Kids Marathon and Half-Marathon. (right) Ava Auter, 8, of Satellite Beach crosses the finish line at the Long Dogger's Kids Marathon and Half-Marathon.



## 711 Runners Take Times in the Pirate Plunder Field

*continued from the previous page*

this season in a series race prior to Saturday was second place.”

With that in mind Fisher used a different approach.

“Since this was a shorter race, I decided to try and take it out fast and lead from the start,” he said. “My usual racing strategy is to stay in about second or third place until the final mile and then attempt to overtake the leader, so I decided to change things up a bit for this race. I felt strong the majority of the race, so it seems that it

ended up working well.

“Since the majority of my time is now devoted to my college courses, I haven't been able to train at the level that I used to two to three years ago. I've been placing a lot in the second- to third-place range lately, so it really felt great to place first again.” **RZ**

[Click here to see the Pirate Plunder 2 Miler results.](#)



# Streufert Top Brevard County Finisher in Boston Marathon

By Mark DeCotis

Viera's Shane Streufert had a day to remember in the April 21 Boston Marathon.

Not only did the 42-year-old Viera resident and software company executive finish the revered course for the second time on the most emotional day in the race's history but he also turned in a 45-second personal best for the 26.2-mile distance.

Streufert finished the race in two hours, 46 minutes and 34 seconds, good for 686th overall. He was 70th in his division and the top Brevard County finisher.

The top woman finisher from Brevard was Angela P. Wells, 48, of Merritt Island who crossed in 3:33:22.

Streufert, a native of Sutherland, IA, began running in high school and continued for his first two years of college before giving it up. He resumed in 2007.

He completed Boston on his first try in perfect weather in 2011 but 87-degree weather got the best of him in 2012, forcing him to drop out at mile 17.

This time around there was no stopping him. After all, he certainly put in the miles to prepare.

"I increased my weekly average to 80 miles per week for the three months leading up to Boston," he said. "At the peak of my training I ran a 96-mile week. I train with the Track Shack training group on Tuesday and Thursday, which focuses on track workouts and tempo runs. My long runs I've been doing with local runners, Zeke Zauner, Ed Donner and Steve Chin."

Perhaps the biggest takeaway was the emotional one given the tragic bombings at the end of the 2013 race.

"It was amazing how supportive the city was from the time we landed at the airport until we left," Streufert said. "The people wanted the marathon back in Boston. It was important for the city and the runners to go back and show their resilience."

"Memorable moments include Easter service at Trinity Church where runners were asked to come forward for a blessing, receiving a blue and yellow scarf from the Old South Church, a symbol of wrapping runners in love, hope and at the start in Hopkinton where they had a moment of silence for all those killed or injured at last years bombing."

Next up for Streufert at 26.2 miles is this fall's New York City Marathon.



Shane Streufert finishes the recent Pirate's Plunder 2-Miler. Streufert was the top Brevard County finisher in the April 21 Boston Marathon.

## Local Boston finishers:

### Men's results

Shane Streufert, 42, Viera, 2:46:34; Brian Lail, 45, Melbourne, 3:04:54; Steve Chin, 45, Satellite Beach, 3:07:34; Douglas Nichols, 51, Melbourne, 3:19:31; David Taurasi, 50, Titusville, 3:29:09; Tony Bils, 53, Indialantic, 3:37:33; Christopher A. Close, 41, Melbourne, 3:43:32; David Van Duyne, 41, Titusville, 3:47:55; Thomas A. Winkel-specht, II, 61, Melbourne, 4:41:29; Jim Caprara, 60, Viera, 4:46:24; Douglas R. Flutie, 51, Melbourne Beach, 5:23:54; Michael Donovan, 40, Palm Bay, 5:33:26

### Female's results

Angela P. Wells, 48, Merritt Island, 3:33:22; Susan M. Meltzer, 50, Melbourne, 3:33:58 - 82nd in division; Cheng Ten, 42, Melbourne, 3:38:07; Betsy B. Butler, 45, Indian Harbour Bch, 3:44:21; Sandra J. Gannon, 48, Merritt Island, 3:45:14; Sarah E. Guttery, 48, Titusville, 3:48:48; Suzie Enlow, 51, Merritt Island, 3:50:44; Danielle S. Hustoles, 35, Titusville, 3:55:22; Amanda Bolin, 28, Palm Bay, 3:56:16; Traci D. Luman, 48, Mims, 4:11:19; Rosette Chiqui D Behymer, 49, Titusville, 4:14:26; Kathryn Vanarsdall, 52, Indialantic, 4:35:14; Cindy Bishop, 55, Merritt Island, 4:39:09. **RZ**

Click here to see the  
Boston Marathon results

## THE NEXT STEPS



**May 10th, 2014  
at 7:00am, EFSC/Wickham  
Park Pavilion**

This is the race that started it all. Join us for 11th annual Run for the Gecko!

- ✿ Hawaiian Luau with Hula Dancers!
- ✿ Festive Leis for all Finishers
- ✿ Dress in your favorite Hawaiian Attire
- ✿ Fun Gecko Awards
- ✿ Zippy the Gecko Mascot to lead the Kid's Run
- ✿ Hawaiian Breakfast catered by Pizza Gallery & Grill
- ✿ Random giveaway of a paddleboard from Paddleboard House!

*Benefits Leukemia & Lymphoma  
Society's Team in Training*

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

## Running Zone Foundation donates to Brevard Zoo

**\$8,000**

The Brevard Zoo Meerkat Mosey 3K proved to be profitable for participants and the zoo itself. Event proceeds totaling \$8,000 were donated to the zoo, continuing the efforts of the Running Zone Foundation to further the Brevard County community.



# Ode to My New Sneakers

By Jeannie Dobson

Rhinebeck, N.Y.'s Jeannie Dobson feels so strongly about her new Brooks running shoes she bought at Running Zone while visiting in Brevard she was moved to write a poem.

My life and walking have gotten so sweet,

Since I bought new sneakers for my feet!

The comfort I feel in my soles is so deep,

I haven't taken them off, except to sleep.

With lots of support, and pearly white laces,

My sneakers have brought me to lots of new places.

Made with subdued colors of silver and blue,

They blend right in, and match my rain jacket, too!

There is a design on the top and the side.

Is it spiders or flowers? I can't decide.

The heels of my sneakers have been made so tall,

When I step in a puddle, 'tis no trouble at all.

Now I have comfort, and style, and good looks.

My feet are in heaven, with my sneakers from Brooks! **RZ**



Jeannie Dobson's new shoes.



## Night at the MANATEES Sunday, June 8th

Join us for Running Zone Night at the Manatees – Sunday, June 8th at 5pm at Space Coast Stadium! Check in at the RZ table when you come in and register for a chance to win a pair of shoes or a free entry into the 2014-2015 RZF Race Series

## MAY SPECIAL

Purchase a pair of shoes  
& get a piece of apparel  
**25% OFF!**



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[www.newbalancemelbourne.com](http://www.newbalancemelbourne.com)

## NEW AT RUNNING ZONE



### Saucony Kinvara 5

#### Features:

- New mesh that, while still lightweight, offers more flexibility and durability than before.
- New midsole/outsole platform made from an enhanced EVA+ material with better abrasion resistance than ever before.
- This version of the Kinvara features a super soft new material called RunDry® that creates an amazing step-in feeling and helps guard against hot-spots and chafing during the run.
- Perhaps the best news for Kinvara fans is that, despite these upgrades, the weight hasn't changed at all. The Men's still weighs in at 7.7oz (size 9) and women's at 6.7oz (size 8).



## APRIL 29TH social RECAP

We see the photos on social media, and read the stories in the magazines, but it is much more powerful to hear the personal stories of transformation from real people! On Tuesday, April 29th, Gecko Club members enjoyed a fun run & social at Running Zone. They ran a nice 3 mile route from the store and returned for refreshments, exclusive sales, and heard from two local runners about their perseverance, dedication and transformation into the athletes they are today. Thank you to everyone for attending, and to Wade Dauberman and Betsy Butler for sharing your stories and advice. Next up for the Club: a trail run and potluck breakfast, Sunday, July 6th!





## Meet Andrew

Andrew Cacciatore is one of the newest employees at the store is no stranger to the Brevard County racing scene. Andrew has been running for four years, he was inspired to start running by his mother. As a baby she would push him in a stroller, and then as he got older, he would ride his bike with her. Currently he is a junior at Holy Trinity Academy, and his goal is to run on the collegiate level. Andrew runs in the Nike Streak LT for his training and racing, he likes the lightweight feel of this shoe and plans to wear it this summer when he anticipates logging 70 miles A WEEK! Andrew has competed in many races, but is partial to the Jingle Bell 2 miler, and enjoyed pacing the 6:30 group at the Excalibur 10 Miler. Looking for advice on speed workouts, Andrew is your guy! You can find him working in the store on the weekends.



## UPCOMING EVENTS

**MAY 6-9**

RFTG Packet Pick Up at Running Zone

**MAY 12**

Good Form Running Clinic at Running Zone 5.30pm. See page 12 for more information.

**MAY 15**

TNFR at 6pm National Chocolate Chip Day. Free cookies for all at fun run.

**MAY 22**

TNFR at 6pm. Adidas Boost demo shoes available during the run.

**MAY 26**

RZ closed for Memorial Day.

**MAY 29**

Thursday Night Fun Run – Asics Demo Run. 6.00pm at Running Zone.

**JUNE 8**

Running Zone Night at the Manatees!! Sunday, 5:00pm at Space Coast Stadium! Check in at the RZ table when you come in and register for a chance to win a pair of shoes or a free entry into the 2014-2015 RZF Race Series.

**JUNE 19**

Running Zone Foundation Race Series Awards at Holy Trinity Episcopal Academy Upper School. 6.30pm Pizza, 7:00pm awards!

**THROUGHOUT JULY**

Summer Track Series will be scheduled for July 2, 9, 16 and 23 due to the track resurfacing in June! More information in the June newsletter.

# Anniversary SALE

**Saturday, May 10th  
10-5pm**

## 15% OFF EVERYTHING

(excludes Enell & electronics)

## CLEARANCE SHOES \$30 & \$50 SPECIALS

## PURCHASE A PIECE OF SALE APPAREL (ALL 50% OFF) & GET THE 2ND 75% OFF

## FEETURES FOR THE MONTH OF MAY BUY 3 GET 1 FREE

## THORLO/EXPERIA- MAY 4- JUNE 14 BUY 1 GET THE 2ND 1/2 OFF

## PURCHASE A PAIR OF SHOES & GET A COUPON FOR 1/2 OFF A SMOOTHIE AT OUR NEW NEIGHBOR TROPICAL SMOOTHIE!

**Closed  
Memorial Day !  
Monday, May 26th !**



**Remember**



A Running & Walking Club  
"Not Just for Lizards"

## PREVIEW DAY for Anniversary Sale

**Friday, May 9  
10:00 am-6:30 pm**



# Run For the Gecko Preview

by Mark DeCotis

The winners of the 2013-2014 Running Zone Foundation Race Series will be crowned on June 19 at Holy Trinity Episcopal Academy's Upper School but first there is the matter of running the season's final race, the venerable Run for the Gecko Hawaiian Luau 5K.

The Gecko gets the starting gun at 7 a.m. May 10 at the main pavilion at Melbourne's Wickham Park, which is adjacent to the Eastern Florida State's College campus.

Heading into Gecko the series leaders are Melbourne's Peter Clusener, who has won three of the six races to date in the competition for overall male, and Melbourne's Kaitlin Donner, who has won all six races to date, for overall female.

Satellite Beach's Cathy Friedel leads Female Masters and Viera's Shane Streufert Male Masters.

But Gecko and the entire series transcend just the top finishers. Since its inception in 2003 Gecko has focused on benefitting the community both through donations to charitable causes – the total stands at more than \$310,000 – and promoting health and wellness.

While race proceeds will benefit the Leukemia Lymphoma Society Brevard County chapter the nearly 1,000 runners and walkers expected at the starting line will benefit from the camaraderie and the excitement of reaching their goal for the day be they seasoned competitors or first-timers.

As varied as the field of participants will be, the methods of preparing for competition

are becoming varied as well.

One method is cross training using a stand-up paddleboard, an approach favored by Running Zone employee and runner Betsy Bracewell.

"You use your core and leg muscles to keep you balanced on the board," Bracewell said. "Your arm, leg, and core muscles also are used in the stroke. You can get a great cardio workout in if you decide to paddle hard for a good distance. So you can get a core and cardio workout in one."

"I enrolled in Coach Doug Butler's Set Goals Not Limits Camp last summer. One of the things that came up over and over is that a strong core is needed to help you run efficiently and to help prevent injuries. Paddle boarding really works your core."

"Paddle boarding is a low impact exercise that gives your body a rest from the pounding of running but works many of the muscles needed to run. Cross training in any sport helps prevent injuries."

One of the benefits of Gecko is that a paddleboard will be given away by Paddleboard House.

Participants can register for Gecko by visiting [www.runningzone.com](http://www.runningzone.com) or stopping by the store at 3696 N. Wickham Road across from Eastern Florida's campus.

The race fee is \$28 for adults prior to race day or \$31 on race day. The cost for children is \$15 children prior to race day or \$20 the day of the race. **RZ**



Nothing expressed the spirit and joy of the running of the Gecko in 2013 than the smile on this participant's face.



A slew of Gecko medals were awarded to finishers in 2013.



## Running Zone Foundation Race Series Awards

**JUNE 19TH**

**HOLY TRINITY EPISCOPAL  
ACADEMY UPPER SCHOOL**

**Pizza** ..... 6.30pm

**Awards** ..... 7:00pm





# When the Doctor Says "You Can't Run"

By Richard C. Wilson, DPM, Melbourne Podiatry Associates

"You can't run." These are the most dreaded words that a doctor can tell a runner. Most of us have heard these words on occasion after various running injuries, and they always cause worry, apprehension, and depression. So how do we deal with injury recovery that requires stopping running for a period of time?

The first and most important step is to thoroughly question your doctor regarding the diagnosis and a detailed plan of treatment and recovery. Then, follow the doctor's recommendations! I can't tell you how many times a runner will come in with an injury, receive the diagnosis and treatment plan, and then completely ignore it and continue running. Ironically, these are the very patients who are the angriest and most surprised that they don't improve, or worsen, or have a re-injury.

The nature of your injury determines the amount of time you need to recover and



during which running may not be allowed. In some minor injuries, time off may be as little as one week. Physiologists have found that taking up to a week off from running will not affect your fitness level. In fact, 3-4 days of rest often improves performance.

However, you can lose up to 50% of your aerobic fitness after only 2-3 weeks of inactivity. Because of this, it is vital that you try to do some type of alternative cardiovascular exercise, if possible while recovering. This alternative activity is known as "cross-training", defined as any sport that supplements your main sport. The best forms of cross-training are swimming and cycling. These may be possible to do depending on your injury. Another excellent cross-training activity is aqua jogging (also called deep water running) which is running in a pool. This simulates running without the stress on the lower extremity, and provides a good cardiovascular workout. Many runners shun aqua jogging because they consider it boring or consider it to be a "senior citizen's aerobics class". Try to get over this bias, because this form of cross-training can be very helpful.

When your doctor allows you to resume running, it is important to return to running gradually. The general guideline is that it takes 2 weeks of retraining to come back from every week of not running. If you were off running for less than 2 weeks, you should be able to start at half your pre-injury distance, but at a slower speed. You should be able to build back to your former level in 2-4 weeks.

If you have been out of running for more than 2 weeks, you need to be much more

The nature of your injury determines the amount of time you need to recover and during which running may not be allowed.

conservative. Alternate walking and running in your workouts, and take a day off after each running day. Recovery will be slow, but this decreases the chance of re-injury, which could set you back even further. It is helpful to think in terms of plateaus for your weekly mileage. In other words, once you reach a certain weekly mileage, say 15 miles, stay there for a few weeks before increasing.

Finally, one needs to deal with the emotional and mental strain of not being able to run. A recent article by Christine Luff entitled *Seven Ways to Cope with not Being Able to Run* lists useful tips:

- See injury as an opportunity to work on weaknesses such as core training.
- Stay active. Engage in cross-training, and consider yoga and Pilates.
- Seek out other stress relievers such as reading, or other activities to take your mind off the injury.
- Stay active in the running world. Keep in touch with your running friends, and consider attending races as a volunteer or to cheer on your friends.
- Find other outlets to spend your time that you don't normally do, such as dining out, watching movies or plays, etc.
- Think positive! Positive thinking speeds your recovery.
- Look to the future. Imagine the time soon when you will be running again.

In summary, recovery from injury is a setback, but one that can be overcome with cross-training and a positive mental attitude.

*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***

## Summer Track Series

Summer Track Series 6pm at Holy Trinity Episcopal Academy track Wednesdays in July.

Summer Track Series will be scheduled for July 2, 9, 16 and 23 due to the track resurfacing in June! More information in the June newsletter.

## THURSDAY NIGHT FUN RUNS

5/29 ASICS DEMO RUN  
TIME: 6:00PM





# Why I Run: Kim Hunger

By Mark DeCotis

Health First pharmacist, wife, mother, cyclist, swimmer and yes runner Kim Hunger, 33, is in her third decade of running and the Palm Bay resident shows no signs of slowing down.

A graduate of Palm Bay High, Florida Atlantic University, where she earned her bachelor degree, and the University of Florida where she earned her doctorate (Pharm.D.) Hunger has used her running as a vehicle to physical and mental well being and to be a successful and championship competitor in running and triathlon.

She and husband Dan, who recently celebrated their 10-year anniversary, have two children, Lucas, 4 ½ and Aliyah, 1 ½.

**Why I Run:** I started running in the third grade at Christa McAuliffe Elementary for the Hershey track meets and that's when I fell in love with running. From then until I became an adult, I was a sprinter and hurdler and spent many days doing speed workouts. Neither of my parents were runners and I can even remember as a child in middle school I would run to the park and back just for fun. My dad would always ask me why I was running and to be honest, at that time I really

had no clue. When I got into high school, I ran because it gave me something to work toward. I had coaches who pushed me and parents and friends who always supported me.

I ran because I could and because I enjoyed being a positive role model for my fellow classmates. In college, I ran not only because I loved competing, but because it helped pay for some of my college, and gave me the opportunity of a lifetime to compete on a completely different level and meet many women who shared my same goals and dreams. This part of my running was an experience I will never forget.

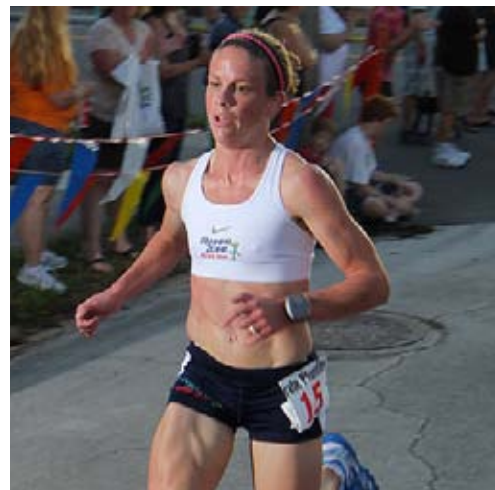
After I graduated college, I continued running as a means of health. I slowly then entered into the cycling world and signed up for my first triathlon. I still never competed solely in running since college until after I had my son. With less time and a desire and drive to prove people wrong, I wanted to show the negative people that I could look the same after having children. (You have no idea how many people told me I would never look the same). So now I ran for health and fitness. I signed up for my first half marathon six months postpartum and ran more miles then I ever had in my life.

I now run because I can, because it relieves stress, continues friendships, keeps me healthy (for some unknown reason I have borderline high blood pressure), and overall makes me a better mom and wife. My love for running has carried me through some of my best, but yet some of my most difficult times in life, and that's why I run.

**Where I Run and Why:** At this point in my life usually run weekdays from the Pro Health in Melbourne (the kids go to the HF daycare and I work across the street) or from home on the weekends. Having young kids means running where it's convenient. I also run every time we go on vacation to explore the area and see new scenery.

**When I Run and Why:** I run early in the morning and before work because I am a morning person and it suits our family's lifestyle right now. During tri season I have done some afternoon runs, but prefer to get it done with in the morning as it gives me more energy and focus to start my day.

**With Whom I Run and Why:** Until 2011, I mostly ran alone. I didn't really know any



Kim Hunger crosses another finish line as she runs for physical and mental well being.

of the runners around here, so I did my own thing and ran by myself. Everyone else's running group seemed to have times and places they met which was just too hard to squeeze into my schedule as a mom. Thankfully in 2011, I met Beth Mihlebach. From that point, she by far is the person I have run with the most. Not only does she push me, but she's also a friend who from the time I met her was willing to meet me wherever and whenever I was able to go because she said her schedule was so much more flexible. Now I usually run weekdays with Beth and Sundays with Beth and/or Jessica Wiedenbauer a new mom and great friend I have met through running. It had allowed us to talk about our kiddos and share experiences we have had with our kids and help each other during difficult times.

## **Worst Running Experience I Learned the Most From:**

I can't say I've ever had a completely horrible running experience. I would say my worst time would be when I decided to run the Princess Half-Marathon when Aliyah was only six months old with my mind set that I could go sub 1:30 and PR. Not only was it an extremely hot, miserable day, but I was in no way ready to run that and did not drink or eat during the entire half which lead to a horrible migraine and a very weak body post race I learned that it truly takes a full year (and maybe longer) for a woman's body to fully recover from childbirth before you're able to really start pushing the limit and aiming for PRs again. If you try too soon, you will end up burned out and unhappy. **RZ**

**Join Space Coast  
Marathon on**

**facebook**

*Follow the fun*

of the Space Coast Marathon & Half-Marathon on Facebook.

Share your stories, photos, questions and tips about Florida's oldest – and the nation's only – space-themed marathon and half!

<http://www.facebook.com/SpaceCoastMarathon?ref=mf>







When in doubt, ask Pete.

**Got a question** about common running problems, shoes, aches & pains, racing, chili, beer, or animal crackers? (well, mainly the first 4) Send an email to [pete@runningzone.com](mailto:pete@runningzone.com) or tweet [@runningzonefl](https://twitter.com/runningzonefl) with #askpete. Each month we will feature some of the questions and answers in our "Ask Pete" column.

**CONGRATULATIONS TO PETE VAUGHN & LAURA WHITE ON THEIR ENGAGEMENT!**



*Pete Vaughn is the General Manager of Running Zone. He is also a certified Athletic Trainer (ATC). Pete completed his undergraduate degree at Towson University in Baltimore, MD and his Masters in Applied Physiology and Kinesiology at the University of Florida, where he served as graduate assistant for university sports and the high school outreach program. He was an assistant ATC with the United Football League for 2 years before joining Running Zone full time.*

Just 2 emails this month...more time for running (or 12 oz. curls)!

**From CR:** *I recently started running (October 2013 Ghostly Gecko) and after doing a few of your 5ks I am kinda stuck now. I know longer say I just want to finish but now I want to go faster. Any tips for a newbie?*

Many new runners find themselves in the same spot- finishing a 5K is no longer a challenge- now how do I finish faster? There are several easy ways to incorporate a little bit of speed work into your training runs to build some speed. With any training program, you want to introduce different workouts slowly and intensify them gradually. Running at a faster pace will force you to break out of your comfort zone and start recruiting previously unused fast-twitch muscle fibers. Doing

too much too soon can lead to a number of different injuries.

Strides are a simple, effective way to introduce speed work into your training regimen. Once or twice a week, finish your standard train-

With any training program, you want to introduce different workouts slowly and intensify them gradually.

ing run at an accelerated pace for 15-20 seconds. Gradually decelerate back down to a jog and repeat 4-5 times, leaving about a minute in between each work interval. These should be run at max effort and the focus should be on accelerating but focusing on running form. As you progress in training, this can also be used as a warm-up for more advanced workouts.

Incline (I won't say hills because they are so few and far between here in the Sunshine State) repeats will help you get stronger and faster, as well as improving your cardiovascular performance. Start with a few sets of short repeats (30-60 seconds) of a moderate incline with an easy jog or walk back down to recover. Remember to not let your form fall apart while you increase the intensity.

Most new runners have an intimidation barrier about working out on a track, but interval training is an easy way to build speed and develop

a feel for your race pace. Be sure to get a good warm-up in (about a mile and maybe some strides). Shoot for 2-3 miles of intervals, run at your goal race pace or slightly faster. Recover with an easy jog or walk for ½ of the work interval.

Finally, joining a camp such as Coach Doug Butler's Set Goals Not Limits can really improve your performance. He offers a personalized running program to fit your needs & goals. Plus, speed work can be more fun with other people, and it can also give you a barometer of your improvement.

**From RS:** *How do you account for a really hot day when you're unhappy with your finishing time in a race?*

One of the biggest mental challenges in training for a long distance race is the

chance you'll have less-than-ideal conditions on race day- mainly heat, rain or wind here in Florida. Most runners who aren't adapted to running in the heat (70+ degrees) will see their performance reduced by around five percent. Over the course of a full marathon, that can add up quickly, and more seriously cause several heat-related conditions (dehydration, cramps, heat stroke, etc.) A substantial headwind can also cost you time. A headwind equal to the pace you're running can slow you down 10-12 seconds per mile. A simple search on the Interwebs of prior year's results and results of people you know can help you gauge how much the weather impacted your performance.

Thanks for all the emails, keep 'em coming! **RZ**

## GIRLS on the Run

Sometimes, all it takes is a Mom that is on a mission! When Theresa Mouton relocated to Brevard County last year she was surprised that with such an active running community we did not have a Girls on the Run program here. She participated in this program in San Antonio with her daughter and was impressed with the benefits of the organization, and the growth the girls went through.

What is the program and why should you be involved? The GOTR program started in 1996 in North Carolina, founded by

a woman that wanted to build self-esteem, wellness, joy, confidence, and potential in school age girls. Theresa approached her employer at Wuesthoff and they embraced the idea of supporting a program at some of the local schools, (6 are on board for the Fall of 2014). With the dedication of Theresa and the sponsorship of Wuesthoff, many girls will benefit from an after school running, mentoring, and fun program that will teach them lifelong lessons about working with others and believing in themselves.

The girls in the program are teamed up

with a Running Buddy so they are never running alone, and train all semester for a goal 5K, one will be in December, and another in May. They will receive coaching as well as a shirt, refreshments and support from their group. Running Zone is thrilled to be supporting this program, and we look forward to seeing it grow to more schools each year. If you are interested in learning more about this program, or you want to be a Mentor, Sponsor, Coach, Board Member or other supporter, please contact Theresa Mouton at [tbaby968@live.com](mailto:tbaby968@live.com). **RZ**



# Good Form Running Clinics at Running Zone

**Tuesday, May 12th at 5:30pm**

20 spaces available, must pre register because space is limited for more 1-on-1 instruction. Taking reservations for these two months. Email [pete@runningzone.com](mailto:pete@runningzone.com) to reserve your spot.

**THERE IS A  
BETTER WAY  
TO RUN.**



presented by  
new balance



## 4 SIMPLE STEPS Posture - Midfoot - Cadence - Lean

### 1) POSTURE



- Stand tall
- Point toes forward
- Reach to the sky to reset your posture
- Run with your head up and keep your gaze directed ahead of you

### 2) MIDFOOT



- March in place prior to your run to reinforce the proper midfoot strike
- Heel striking and overstriding cause braking
- Landing on forefoot can strain calf & achilles

### 3) CADENCE



- Aim for a cadence of 180.
- To find your cadence, count number of right foot strikes for 20 seconds and multiply by 6
- Run light, and avoid pounding

### 4) LEAN



- Lean from ankles without bending at waist
- Flexing at the ankle reduces unnecessary muscle strain caused by toeing off
- Use gravity to your advantage instead of excessive muscle force

## FAQ'S

### Are you sure that GFR will work for me?

Yes. GFR has had an incredibly positive response and success rate. We believe the reason for that is the fact that GFR simply encourages you to move your body the way it was designed.

### Since I'm changing my technique, will my muscles be sore?

You will very likely experience some soreness. Chances are you have been under-working some of the key running muscles. However if the soreness persists past a few runs, you need to reassess your mechanics.

### How long does it take to master GFR?

Every individual is unique. If you run every day or if you are naturally in-tune with your body, changes can come within a few days. For some it takes six months, even a year. "Mastering" GFR requires practice, reassessment, and more practice.

Running faster, more efficiently, and injury free is what runners strive for. With a focus on proper mechanics, **GOOD FORM RUNNING** aims to help runners of all ages and abilities achieve these goals.

## As a participant in the GFR clinics you will receive:

- > Experienced coaches
- > Individualized film review
- > Instruction on the **"4 points"** of GFR
- > Informative handout with visual examples of key GFR topics.

For more information contact Running Zone at 321-751-8890

# MOMS MATTER

## Diaper Drive

**You can help us collect**  
**25,000 Diapers**  
**In 30 Days**  
**Sizes 1-4 only please**



**Donate one box of diapers**  
**at Pizza Gallery & Grill,**  
**get a voucher for a free**  
**two topping personal**  
**gourmet pizza**



**Every Mom that donates**  
**a box on Sunday May 11th**  
**gets a free Mother's Day**  
**Brunch!**

**May 1st-30th**

*To Benefit Pregnancy Resources and  
Celebrate 25 Years of PGG Serving Brevard!*



**Outreach**

**We Enrich Our Community and  
Provide Incredible Dining Experiences**

*Diapers will be used by Pregnancy Resources clients and not resold*









Welcome Athletes!

Health First Health Plans and Running Zone Foundation welcome you to the 10th annual Running Zone Foundation Race Series. This year's Series offers seven fun and family-friendly events including four 5ks; one 3k and two 2 mile. 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.

To commemorate our 10th Anniversary of the series we have beautiful technical shirts with unique designs and artwork for each of our seven series events.

Team division details appear later in this brochure or can be found in the Running Zone Race Series section of our website at [www.runningzone.com/series/](http://www.runningzone.com/series/)

### Our 2014-2015 Series offers

- PIRATE PLUNDER 5K, Friday, 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 possibilities to all finishers
  - Most Patriotic Costume Contest
  - Special awards to top 3 Local Heroes (Military/Fire/Police)
  - Free LI 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!

### PIRATA PLUNDER 5K, Saturday, August 9th at Viera High School (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
- Special anniversary finisher Hand Towels!
- Tailgate Party after race catered by Pizza Gallery & Grill
- 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 18th** at the Eau Gallie Civic Center (6:30 pm)
  - Best Halloween Costume Contest for adults
  - NEW this year! Separate Costume Contest for KIDS!
  - Halloween Trick or Treat Bags to all finishers
  - Fun Ghostly Gecko Awards
  - Free LI Goblins Kids' Run with Zippy the Gecko
  - Food provided by Squid Lips!
  - FREE BEER on the beach at Squid Lips!
  - Awards Ceremony following all races on Squid Lips beach

- BREATHLESS 5K, Saturday, December 20th** at the Satellite Beach Library (5:45 pm)
  - Santa Hats to the 1st 500 Entrants
  - Jingle Bells for everyone's shoes
  - Best Holiday Costume and Fun Sticking Awards
  - Free Santa's Little Helper Kids' Run with Zippy the Gecko
  - Santa Arrival on fire truck
  - Cookies provided by Long Doggers!
  - Benefits Special Olympics Brevard County
  - Random Christmas Present giveaways LCD TV, Go Pro Camera, iPad, Mini iPad and iPod Shuffle!

- BREAVARD ZOO'S ZEBRA ZOOM 3K, Saturday, February 14th at the Zoo (7:00am - Zoom = less than 20 minutes OR 7:35am - A Little Less Zoom = more than 20 minutes)**
  - Check out Zoo animals during the Run/Walk
  - Fun Zebra Awards
  - 50% Off Admission for all participants on Race Day\*
  - Free LI Zebra Kid's Run with Zippy the Gecko
  - Breakfast catered by Pizza Gallery & Grill
  - Benefits Brevard Zoo
  - Random giveaway of one day Disney Tickets and 1 Hotel night stay for two!
  - \* Must show participants race number for discounts to Zoo

- PIRATE PLUNDER 2 MILLER, Saturday, April 4th - at Meg O'Malley's (6:30 pm)**
  - Best Pirate Costume Awards
  - Fun Pirate Awards
  - Free LI Pirate Plunder Kid's Run with Zippy the Gecko
  - Great Pirate Party at Meg O'Malley's after the race!
  - Benefits Girls on the Run
  - Random giveaway of a 3 day cruise for 2 to the Bahamas out of Port Canaveral

### RUN FOR THE GECKO HAWAIIAN LUAU 5K, Saturday, May 9th - at Eastern Florida State College, Wickham Park Pavilion (7:00 am)

- Hawaiian Luau with hula dancers!
- Festive leis for all finishers
- Dress in your favorite Hawaiian attire
- Fun Gecko Awards
- Zippy the Gecko Mascot to lead the Kids' Run
- Hawaiian Breakfast catered by Pizza Gallery & Grill
- Benefits Leukemia & Lymphoma Society's Team in Training!
- Random giveaway of a Paddleboard from Paddleboard House!

### Amenities

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

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

### Series Awards

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

### Registration

Please use the back page of this brochure to register for any of Running Zone Foundation Race Series races. Registration is also available online at [www.runningzone.com/series/](http://www.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**, 3698 N. Wickham Road, Melbourne, FL 32935  
**Please make checks or money orders payable to: Running Zone**

- Fees** (Entry fees are non-refundable and non-transferable.)
  - Series Registration: \$165.00\* (\$23.57 per race versus \$30.00)
  - Individual Registration: \$30.00 (before Race Day)
  - Gecko Club Members: \$25.00 (before Race Day)
  - Individual Registration: \$35.00 (Race Day)
  - Gecko Club Members: \$30.00 (Race Day)
  - Team/School Registration: \$25.00 (No Race day registration)

\* Receive a \$45.00 discount for signing up for all seven races in the series at once. **MUST BE** received by July 3rd, one day prior to the start of the 2014-2015 series.

**Kid's Registration:** \$15.00 (see restrictions below)\*\*  
\$20.00 (Race Day)

\*\*Children 12 years old or under will receive a cotton shirt. You may upgrade to a technical shirt by electing an individual or team registration (Youth Medium & Adult Small sizing only in cotton)

**Corporate/Organizational Group Rate:**  
Put together a group of 10 or more participants and receive a group rate. Call Running Zone for more details.

### Start A Team

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

### Team Competition

Gather your family, friends and co-workers! Teams must participate in at least four series races to be eligible for the series award. Awards will be given to the top three teams. Each team consists of at least five members with one of the members being the opposite sex. The top four of the same sex and the 1st member of the opposite sex will be scored.

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

(No Team Race Day Registration)

### Eligibility

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

### Standard Race Series Age Divisions

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

### Scoring & Points

The first 10 runners/walkers overall will receive 100, 90, 80, 70, 60, 50, 40, 30, 20, and 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, and 1 point in their age group competition.

### Race Drop

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

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

At the end of the series, individuals who accumulate the most points receive awesome cash, gift certificates and prizes and are recognized by Running Zone in June 2015.

### Standings

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







**A Running & Walking Club**  
**"Not Just for Lizards"**

**Promoting fitness & healthy, active lifestyles.**



### **Membership includes:**

- \$25.00 Off Coupon\* on any purchase of \$75.00 or more to Running Zone
- Brooks Technical (not cotton) Gecko Club Tee-Shirt
- Gu or Powergel
- Laminated Gecko Club Membership Card
- Monthly Newsletter and periodic email bulletins
- Weekly Fun Runs / Walks – FREE
- 10% Off All Running Zone Merchandise (all year long)
- Discounts from other area businesses partnering with Gecko Club
- \$3.00 Off All Running Zone Foundation Race Series Races
- 10% Off All Training Programs offered

### **Membership Options & Pricing**

Annual Membership Plan – \$40.00

Kid's Plan\* (12 & Under) – \$15.00

\*\$25.00 Off Coupon excludes Kid's Plan

**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)**



The purpose of the Gecko Club is to promote fitness and exercise in our community. Offering training clinics, weekly fun runs and walks, numerous road races and our race series are just some of the activities that the Gecko Club provides to help promote a healthy, active lifestyle.

Running Zone's Gecko Club is an investment that more than pays for itself! Whether you're someone looking for comfortable shoes for everyday or an elite marathoner, a membership to Running Zone's Gecko Club offers you exclusive merchandise, awesome discounts to local businesses and incredible privileges offered ONLY to our Members. Select a Membership below and start the experience (and the savings) today!

#### Membership in the Gecko Club includes:

- \$25.00 Off Coupon on any purchase of \$75.00 or more to Running Zone
- Brooks Technical (not cotton) Gecko Club Tee-Shirt
- Gu or Powergel
- Laminated Gecko Club Membership Card
- Monthly Newsletter and periodic email bulletins
- Weekly Fun Runs / Walks – FREE
- 10% Off All Running Zone Merchandise (all year long)
- Discounts from other area businesses partnering with Gecko Club
- \$3.00 Off All Running Zone Foundation Race Series Races
- 10% Off All Training Programs offered



*Promoting fitness & healthy, active lifestyles.*

## Membership Application



Please complete the following membership application. All applicants (parents or guardians for minors) must sign and date, where indicated, to acknowledge understanding of the Membership Waiver below. Please make copies of this application for more than one family member.

**Mail Application to:** Running Zone Gecko Club, 3696 N. Wickham Road, Melbourne, FL 32935

**Make checks payable to:** Running Zone Foundation, Inc.

**Membership:** ☐ New ☐ Renewing Member **Primary Interest:** ☐ Running ☐ Walking

**Type:** ☐ Individual – Annual Membership (\$40.00) ☐ Kid's (12 & Under) – Annual Membership (\$15.00)

Last Name (please print clearly) \_\_\_\_\_ First Name \_\_\_\_\_

☐ Male ☐ Female Date of Birth \_\_\_\_\_

Email Address \_\_\_\_\_

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

### 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 any of the Gecko Club events. 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 for 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)**