

Starting Line

RUNNING ZONE'S QUARTERLY NEWSLETTER



2015-16 SERIES OPENER STARTS JULY 4



Saturday, July 4, 2015 • 7:00am Start • Liberty Bell Museum, Melbourne

VOLUME 6, ISSUE 7 • JULY 2015

RUNNINGZONE.COM

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SPOT ON U.S. WOMEN'S
TRIATHLON TEAM FOR THE
2016 SUMMER GAMES**

NEW! 2016
Finisher Medal
Designs!

Sunday, March 20, 2016
Viera, Florida • 7:00 am Start

Register online at ExcaliburRun.com

NEW THIS YEAR!

10 **DRAGON SLAYER**
2 MILER

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DON & DENISE'S DEN

Running Zone Foundation Race Series offers fun & challenge for walkers, runners

You've been trudging through your morning runs, shuffling and sweating in the morning or evening heat – only the bravest among us run in the afternoon – and wondering what more is there to all this?

We've got the answer: The Running Zone Foundation Race Series.

Before you break out into a cold sweat – that would be a feat in itself in our season of suffering – stressing over the word race.

Chill.

The series, while populated by the usual greyhounds, also is designed to be attractive to less experienced, first-timers or even those whose ambition extends no further than a walk or a stroll.

Consider these points:

- Entry can be had as for as little as \$20 per event under the new this year “no shirt” option with a team.
- With a shirt, the individual entry fee begins at \$30.
- Special medals will be awarded to participants – that's the key word, participants – who complete all seven events.
- To make the medal option even more desirable we are offering this special: Receive a \$45 discount for signing up for all seven events with a shirt. Entries must be received by July 3, one day prior to the start of the 2015-2016 series.



PHOTO: FLORIDA TODAY

The series, while populated by the usual greyhounds, also is designed to be attractive to less experienced, first-timers or even those whose ambition extends no further than a walk or a stroll.

- And perhaps the biggest incentive of all is the series is designed for enjoyment and to encourage participation. The events are themed and fun for the entire family.

- Also, the distances are manageable with no event being longer than 5K or 3.1 miles. There are two, 2-mile events and a 3K or 1.8-miler which as a bonus is held at the

Brevard Zoo and offers starting times for the tortoises and the hares.

For complete information on the series visit www.runningzone.com/series or call 321-751-8890. You can view the Running Zone Foundation Race Series calendar of events on page 13 of this newsletter.

See you at the races. **RZ**

UPCOMING EVENTS

- 6/30-7/3 FIRECRACKER 5K PACKET
PICK UP AT RUNNING ZONE
- 7/4 FIRECRACKER 5K, 7:00 AM
- 7/4 RZ & NB CLOSED
- 8/8 I RUN FOR PIZZA FOOTBALL
KICKOFF 5K, 7:00 AM, THE
AVENUE VIERA

Join Running Zone on



facebook.com/RunningZone

GET READY FOR LIFTOFF by signing up for training camp!

Space Coast Marathon still has “space” in the full marathon AND you can get a slot in the half marathon by signing up for the training camp! See the complete story on page 11.



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3696 N. Wickham Road, Melbourne, Florida 32935 321-751-8890 • www.runningzone.com

Team Running Zone prepared for a season of stiff challenge

By Mark DeCotis



Running Zone Racing Team picks up their team award at the Running Zone Foundation Series Award ceremony.

A strong lineup of speed demons and steady pacers comprises Team Running Zone for the 2015-2016 Running Zone Foundation Race Series and the 2015-2016 Space Coast Runners schedule.

The roster for the defending series team champions, led by captain Jonathan Howse, is:

Male: Howse; Doug Butler; Steve Hedgespeth; Doug Nichols; Bob Pecor; Andy Dutra; Joe Hultgren; Ron Abel; Jim Schaeffer; and Joe Lento.

Female: Tracy Dutra; Michelle Smurl; 2014-2015 women's overall series champion Kim Hunger; Roberta Osterling; Felicity Cunningham; Beth Mihlebach; Julie Hannah; Jessica Wiedenbauer; Midori Wiles; Melissa Taylor and Katie Johnson.

Howse succeeds Rene Dunne who wore the captain's bars for three years.

"As I see it, my responsibility is to my team," Howse said. "As a leader, I see multiple roles: I listen to the team members and take any requests/concerns/suggestions to (Running Zone owners) Don and Denise (Piercy); The face of Team Running Zone to the community. You will likely hear and see me encouraging other people to form teams to participate in the series for a little friendly competition; I'm the cheerleader. My teammates are important to me; An example for all, both team members and members of the running community, to follow."

Team Running Zone expects another season of stiff challenges and Howse believes his group is ready.

"As I see it, our strengths are a deep field of fast runners," Howse said. "Since only the top five fastest times count - one of the opposite sex - if a few runners have to miss a given race, there are other fast runners on the team who are right there to score fast times."

"Running is the one sport where the only

time you have to sit on the bench is when you're sick or injured. When I played soccer growing up, I generally spent half of each game on the bench and sometimes more. This is part of why I love running, so

much. Everyone is a starter. As such, every team member runs every race they can. We agree to run the series races when we join the team as a means of being a positive influence on the running community." **RZ**

THE NEXT STEPS

Join us for the first race in the 2015-2016 Running Zone Foundation Race Series:



JULY 4, 2015

REGISTER TODAY!





July 4, 2015 • 7:00am Start Time
Liberty Bell Museum, Melbourne



GIVEAWAY: An iPad

This is the 1st 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.

- Start the race with the ringing of a replica of the Liberty Bell
- American Flags and red, white & blue popsicles to all Finishers
- Most Patriotic Costume Contest
- Free Firecracker Kids' Run with Zippy the Gecko!
- Breakfast catered by Einstein Bros Bagels!
- Special awards to top 3 Local Heroes (Military/Fire/Police)!
- Honor America Parade starts after the race.

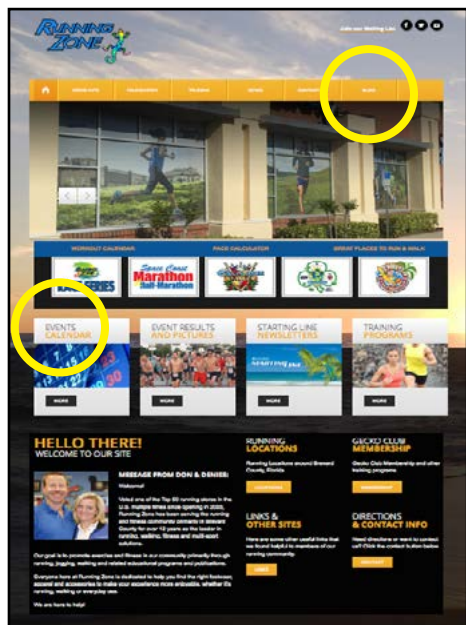
Benefits Honor America

Packet Pick Up 6/30-7/3

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

find us online
www.RunningZone.com

Check Running's Zone Blog on the website for up to date information of events and specials and happenings, also, follow our workout calendar on google calendars for all weekly fun run/walks.



**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!

facebook.com/SpaceCoastMarathon



7th running of Firecracker 5K is 7-race series opener

By Mark DeCotis

Ready, set, run and sweat.

The 2015-2016 Running Zone Foundation Race Series kicks off as usual with the Firecracker 5K at 7 a.m. July 4 at the Honor America Liberty Bell Memorial Museum in downtown Melbourne.

The opener of the seven-race series, which begins its 11th year, will be run for the ninth time and its pretty much a given the weather will be as hot and as humid and as drain-ing as it was for the previous eight.

But part of the accomplishment of completing the 3.1 miles – be it running or walking – is conquering the elements.

For complete information on Firecracker and the series visit www.runningzone.com/calendar2

Firecracker will be followed by the I Run for Pizza Football Kickoff 5K on Aug. 8, returning to The Avenue at Viera. The Ghostly Gecko 5K is set for Oct. 24 at the Eau Gallie Civic Center in Melbourne.

The Jingle Bell 2 Miler concludes the 2015 portion of the schedule on Dec. 19 at the

Satellite Beach Public Library.

The Brevard Zoo Sloth Skeddadle is set for Feb. 13 at the zoo. It will be followed by the April 9 Pirate Plunder 2 Miler at Meg O'Malley's in downtown Melbourne. The May 7 Run for the Gecko 5K at Eastern Florida State College's Melbourne Campus concludes things.

Organizers expect robust fields for the series races. After all for 2014-2015 overall participation was up by 300 over 2013-2014 said race director Denise Piercy.

"The series is fun for entire family, great for fast runners and anyone coming out to have fun," Piercy said. "There are fun themed events (costume contests, holiday themes), and the series is organized well."

But like any successful venture things can't remain still and the foundation will improve things for the 2015-2016 season.

"The biggest change is the medal participants will receive if they finish all seven events," Piercy said. "Also new is the no shirt option for very affordable pricing." **RZ**



Fast feet, frolic and fun are all part of the Firecracker 5K set for July 4. Why not come out and enjoy the festivities and get a good workout in the process?

Donner's pursuit of spot on the U.S. women's triathlon team for the 2016 Summer Games closes in

By Mark DeCotis

After years and thousands and thousands more airline miles Kaitlin Donner's time of reckoning is at hand.

Donner's demanding pursuit of one of three precious spots on the U.S. women's triathlon team for the 2016 Summer Games in Rio begins to draw to a close in August.



Mark DeCotis

That's when the first Trial, which could fill two of the spots, takes place in Rio.

We caught up with Donner, who was in town for a few brief days, to discuss what could be the culmination of her dream.

QUESTION: *How many airline miles have you covered this season?*

ANSWER: I haven't added up all the miles I have flown but I have flown around the world twice in the last three months already. I have spent about nine of the last 13 weeks out of the country.

Q: *Tell us about the Trials and what's at stake.*

A: Both the men's and women's races will be Sunday, Aug. 2 on the Rio course at the test

event. The U.S. will be allotted a minimum of six spots for both the men and women with the possibility of more depending on who enters from other federations.

There will be a maximum of two spots for the Olympic team that can be filled at the Rio test event: Athletes must be in the top eight as well as top two U.S. athletes in the race. If only one of these are filled at the Rio event, there will be one spot available at the Chicago WTS Grand Final with the same criteria of top 8 overall and top U.S. athlete who has not already earned a spot.

The last spot will be filled at a race early next season that has not been disclosed yet but will be between March 1 and May 31.

Q: *Can you believe the time is here?*

A: I can't believe how fast time flies. I always have nerves before racing so just trying to treat the selection races as another race on the calendar.

Q: *What's next?*

A: I am planning to race Hamburg (Germany) WTS, which is a sprint, two weeks before the Rio test event as a tune up race. Right now I am home (Melbourne) and in Clermont for several weeks to get a good



No stranger to fast finishes Melbourne's Kaitlin Donner is seeking to finish strong in the upcoming Summer Olympic triathlon trials for a berth on the U.S. team.

training block in before Hamburg and the Rio event. It's been so nice to be home and back in a "normal" routine.

Q: *What is your approach:*

A: I'm just taking one day and one race at a time and will decide the rest of the season depending on how the next several races go. **RZ**

JULY SPECIAL

4TH OF JULY SPECIAL:
Made in America Celebration –
\$10 OFF \$75

SENIOR SUNDAYS:
Anyone 50 or Over –
20% OFF ON SUNDAYS



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www.newbalancemelbourne.com

Thursday Night
FUN
RUN/WALKS

**July 9 - 2nd Thursday
Finish @ Long Doggers**

**Check out the Running Zone Blog
for up to date information**

<http://www.runningzone.com/blog/>



**JULY
18**

Team In Training will be kicking off their Space Coast Marathon training season on July 18th at 7:30 a.m. right here at Running Zone, on the patio. For more information and to see how you can get a Space Coast Marathon entry, go to teamintraining.org



NEW PRODUCTS AT RUNNING ZONE

SAUCONY BREAKTHRU

Take your mileage to new speeds with its combination of POWERGRID cushioning and a traditional 8mm offset. The platform featuring heel-to-toe POWERGRID provides a versatile blend of cushioning and responsiveness. The purposeful upper design with minimal overlays enhances comfort while minimizing weight, eye-catching sublimated print draws inspiration from our racing line. (\$99.99)



Saucony Breakthru

NEW GU ENERGY GEL FLAVOR:

Maple Bacon

NEW GU ROCTANE GEL FLAVOR:

Vanilla Spice

Adidas
Sequence 8

UPATESUPATESUPATES

ADIDAS SEQUENCE 8

Thinner mesh on the upper, same midsole & outsole. (\$129.99)

HOKA ONE ONE CLIFTON 2

More durable outsole, thicker tongue and heel counter, more overlays on upper. (129.99)



Hoka One One Clifton 2

Running Zone Foundation recognized fleet-footed champions & podium finishers

By Mark DeCotis

Fleet afoot enough to outrun an approaching thunderstorm the Running Zone Foundation recognized its champions and podium finishers for the 10th year of its race series.

Gathering in the lush courtyard at Pizza Gallery at The Avenue at Viera, the award recipients and family and friends were presented with plaques and gift certificates recognizing their efforts over the stretch of seven races.

As the group munched on pizza and enjoyed cool drinks, trying to stay ahead of the heat and humidity, several of the honorees shared some of the secrets of their success.

“Always run for fun, never make it more serious than it should be,” said overall women’s champion Kim Hunger, 33, of Palm Bay. “The local races are all about having fun and just trying to do the best you can do.”

For perennial honoree and 15-year running veteran Art Anderson, 55, of Melbourne, the advice was simple.

“The best piece of advice I’ve ever gotten was ‘it’s a long season, don’t try to do too much,’ ” said Anderson who was third in the male 50-54 age group. “Plan long term. Set long-term goals. Don’t try to ramp up your mileage until the next race. Think of the whole season as a marathon. Take one race at a time.”

Overall series champion Chris Cacciapaglia, who let his actions speak loudly in winning every race he entered, was quick and to the point.

“Persistence,” he said. “Just keep going.”

An as for remaining injury free: “You just have to be real smart about what you do,” he said. “Don’t give it too much at one time. Spread it out.”

Champions Cacciapaglia, 24, a Florida Tech graduate student, was one of five runners to achieve perfect scores, the others being Dr. Tina Kraver, 48, of Merritt Island, the Female Masters champion; Shane Streufert, 42, of Viera, who was third in the overall male category; Abe Oros, 62, of Palm Bay, the male 60-64 champion and David Grant, 68 of Viera, the male 65-69 champion.

Streufert accumulated his perfect score in winning all six races scored in the Masters category but competed in overall male division.

Jonathan Howse, 39 of West Melbourne,



Chris Cacciapaglia First Place



Kim Hunger First Place



Kaitlin Donner 2nd Place



Dr. Tina Kraver Female Master



Joel Fenlason Male Master



Melissa Taylor 3rd Place



Indian Harbor Montessori Largest School Participation

Don't give it too much at one time. Spread it out.

— CHRIS CACCIAPAGLIA, OVERALL SERIES CHAMPION

winner of the men’s 35-39 age group and new captain of Team Running Zone, also advocated a simple approach.

“Don’t give up is the advice I would give to someone,” he said. “The best advice I was given is don’t go out too fast in a race. I’m still

working on following that one.”

The 2015-2016 Running Zone Foundation Race Series kicks off at 7 a.m. July 4 with the Firecracker 5K in Melbourne. Visit www.runningzone.com/series for full details.

RZ

Electrolytes & Runners

By Richard C. Wilson, DPM Melbourne Podiatry Associates

With the plethora of sports drinks now available, every runner has heard of electrolytes and electrolyte replacement. Unfortunately, there is much misinformation about this topic, and it is important for runners to become informed about electrolytes due to their importance in physiology and performance.

What are electrolytes? Simply defined, electrolytes are minerals that exist in the body as ions, or electrically-charged particles. These ions help to conduct electricity within the body. Their role is to keep the body's fluids in balance, as well as to aid in other functions such as muscle contraction, brain function, and heart rhythm.

The electrolytes in the human body are sodium, potassium, calcium, magnesium, chloride, bicarbonate, hydrogen phosphate, and hydrogen carbonate. Sodium and potassium are the electrolytes of particular importance to the runner, mainly due to their roles in muscle contraction and fluid balance.

Electrolyte levels are kept constant by our kidneys and several hormones. Since sweating causes the loss of electrolytes, they must be replaced. A balanced diet that includes fresh fruits and vegetables is usually adequate for the replacement of lost electrolytes. In some cases, however, replacing electrolytes during exercise with sports drinks

will be necessary.

Electrolyte imbalance can be due to a variety of causes. These include kidney disease, prolonged vomiting, cancer treatment, congestive heart failure, bulimia, certain drugs (especially diuretics), and, most importantly for runners, severe dehydration. Because kidney function often decreases in the elderly, older runners are particularly prone to electrolyte imbalance.

Symptoms of electrolyte imbalance are nonspecific and can occur in cases of either too much or too little of specific electrolytes. The most common symptoms are leg cramps, side stitches, and stomach cramping. Severe loss of electrolytes can result in severe



Electrolyte imbalance can be due to a variety of causes. These include kidney disease, prolonged vomiting, cancer treatment, congestive heart failure, bulimia, certain drugs (especially diuretics), and, most importantly for runners, severe dehydration.

muscle spasms; loss of control of a muscle; weakness; dizziness; confusion; extreme fatigue, nausea, constipation, decreased urinary output, and dark colored urine.

Sodium imbalances are the most common electrolyte imbalances in the runner. Low sodium levels (hyponatremia) can result from excessive sweating and from over hydration. This condition is most often seen in the novice runner, particularly the novice marathon runner, who drinks excessive amounts of water during prolonged exercise. Runners with diabetes, heart, liver, and kidney disease are particularly vulnerable to hyponatremia.

High sodium levels (hypernatremia) are due to dehydration. Runners who take diuretic medication are particularly prone to this condition.

Potassium imbalances are not common in runners and are generally due to medications, especially diuretics.

Although all of this information about electrolyte imbalances is confusing, the good news is that these imbalances are easy to prevent. If running less than 90 minutes, electrolyte replacement is not necessary. Fluid replacement for runs less than 90 minutes should be water only, 4-6 ounces every 20 minutes if running slower than 8 minute

miles, and 6-8 ounces every 20 minutes if running faster than 8 minute miles.

If running for more than 90 minutes, sports drinks containing electrolytes are recommended. Drinks containing carbohydrates are also recommended to provide energy. Sports drinks currently available contain adequate amounts of electrolytes to replace those lost during running. Taking electrolyte supplements containing higher levels of these minerals is not recommended and could result in dangerously elevated levels, especially of potassium. As previously mentioned, a diet rich in fresh fruits and vegetables provides enough electrolytes for daily bodily function.

Although the subject of much scientific research, electrolyte balance is not generally a concern for the average runner provided that the guidelines presented are followed.

*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 revealed for more than 45 years – and writing, particularly about all things running and foot related. **RZ***

JULY

Special

For Gecko Club Members



FREE PAIR

of socks with

shoe purchase!



Excalibur 10-Miler & Relay adds Game of Stones Series for 2016-19

By Mark DeCotis

The Running Zone Foundation has upped the ante for the challenging Excalibur 10-Miler and Relay by adding the Game of Stone Series, Quest for the Holy Grail (2016-2019) Featuring Royal Rewards.

There are two challenges for Royal Rewards: Run the 10-miler or relay three out of

four years to earn the King Arthur Crown; run the 10-miler or relay four out of four years to earn the King Arthur Crown and the Holy Grail Chalice.

Medals for each of the next four years are: Emerald, 2016; Sapphire, 2017; Ruby, 2018; Diamond, 2019.

Registration for the March 20 10-Miler and Relay and the new Dragon Slayer 2-Miler opened July 1.

The Dragon Slayer race has its own unique medal.

For complete information visit www.excaliburrun.com **RZ**

★ 2016-2019 ★

Game of Stones SERIES

Featuring
LEGENDARY
Finisher
Medals!



2016: Emerald



2017: Sapphire



2018: Ruby



2019: Diamond

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Run 3 of the 4 Years for the King Arthur Crown!



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ExcaliburRun.com

Holy Grail Challenge

Run All 4 Years for the Elusive Chalice!



Same organizers as

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4 Years = 4 LEGENDARY Medals + 2 ROYAL REWARDS!

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JULY SPECIAL

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The Principles of ENDURANCE TRAINING

Spend an hour with coach Barry discussing basic concepts that encompass full or half marathon training. Coach presents easy to understand material, essential for new marathoners and a great refresher for all. Come and get your mind ready for the Space Coast Marathon. Spots still available in the Space Coast ½ Marathon Camp.

This event is open for all

Saturday, July 25 at Running Zone from 10:00 - 11:00 a.m.
Coaches Michele & Barry Birdwell

Space Coast Marathon Training Camps

By Mark DeCotis

Finishing a half- or full marathon can be a life changing experience.

But then again preparing for either race is not something to be taken lightly.

To that end Running Zone is sponsoring three training camps to prepare runners and walkers for the 44th running of the Space Coast Marathon and Half-Marathon on Nov. 29 in Cocoa Village.

Although registration for the half-marathon is closed, event organizers Running Zone and Space Coast Runners are holding 200 training group and charity spots open for each race. Marathon registration remains open. For full details visit <http://spacecoastmarathon/register>

The camps are:

- Space Coast Half-Marathon Training Camp presented by veteran and venerable coach Barry Birdwell.

- Space Coast Galloway Marathon and Half-Marathon Training Programs presented by legendary runner, Olympian and trainer Jeff Galloway and coach April Schick.

The kick off meeting for the Birdwell camp is 6 p.m. Aug. 4 at the Running Zone, 3696 N. Wickham Road, Melbourne, FL 32935.

Participants can meet each other and the coaches who have been fixtures on the Space Coast running and multisport scene for years and bring priceless experience and expertise.

The first group training session is 7 a.m. Sunday, Aug. 9 at Melbourne's Wickham Park on Parkway Drive.

Campers can expect daily online training schedules; mid-week and Sunday morning coached group sessions; fluids provided at all group workouts; fitness, fun and group camaraderie; various workshops with guest speakers.

Most Sunday morning camp workouts will be at Oars and Paddles Park in Indian Harbour Beach or at Riverfront Park in Cocoa Village Thursday evening camp workouts will be held at 6 p.m. at Running Zone.

Entry fees are: Half-marathon camp: \$150; returning campers: \$125. Camp fee does not include half-marathon entry fee of \$95.

For more information email coach@spacecoastcamp.com

While the Galloway Marathon Training



Happy finishers!

The kick off meeting for the Birdwell camp is 6 p.m. Aug. 4 at Running Zone.

Camo kicked off on June 13 the half-marathon camp begins at 11 a.m. Saturday, Aug. 8 at at Running Zone. Galloway is scheduled to be at the session.

Also on Aug. 8 the Jeff Galloway Running School will be held at Viera Pro-Health Center from 1:30 to 4:30 p.m.

The first run is 6:30 a.m. Sunday, Aug. 16 at 6:30 a.m. at Oars & Paddles Park.

The fee is \$95 for first-time half-marathon trainees and \$75 for returnees.

For more information email spacecoast.galloway@gmail.com or visit spacecoastmarathon.com/training. **RZ**



Amenities

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

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

Series Awards

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

Registration

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

Please mail all registration forms to:

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

GHASTLY GECKO 5K, Saturday, October 24th

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

JINGLE BELL 2 MILE, Saturday, December 19th

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

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

- Check out Zoo animals during the Run/Walk
- Fun Sloth Awards
- 50% Off Admission for all participants on Race Day*
- U! Sloth Kids' Run
- Breakfast catered by Pizza Gallery & Grill
- Benefit Brevard Zoo
- Random giveaway of one day Disney Tickets & 1 Hotel night stay for two!
- And to celebrate the 10th Anniversary, we are also giving away 2 Family Membership Passes to the zoo!
- *Must show participants race number for discounts to Zoo

PIRATE PLUNDER 2 MILE, Saturday, April 9th at Meg O'Malley's (6:30 pm)

- Best Pirate Costume Awards
- Fun Pirate Awards
- Free U! Pirate Plunder Kids' Run with Zippy the Gecko
- Great Pirate Party at Meg O'Malley's after the race!
- Benefit Girls on the Run Space Coast Chapter
- Random giveaway of a 3 day cruise for 2 to the Bahamas out of Port Canaveral!

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

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



2015-2016
RACE SERIES
Welcome Athletes!

Health First Health Plans and Running Zone Foundation welcome you to the 11th Annual Running Zone Foundation Race Series. This year's Series offers seven fun and family-friendly events including four 5ks, one 3k and two 2 miles. 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

Our 2015-2016 Series offers:

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

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

- Support your favorite Football Team on Race Day
- Awesome Football Awards
- Special award for the Most Supported Team!
- Zippy the Gecko Mascot to lead the Kids' Run
- Tailgate Party after race at Pizza Gallery & Grill patio in the courtyard
- Benefit 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!

Start A Team

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

Team Competition

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

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

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

(No Team Race Day Registration)

Eligibility

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

Standard Race Series Age Divisions

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

Scoring & Points

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

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

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

Race Drop

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

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

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

Standings

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





RUNNING ZONE FOUNDATION 2015-2016 RACE SERIES EVENTS

**REGISTER
TODAY!**

FIRECRACKER 5K • JULY 4, 2015



FIRECRACKER 5K • July 4th, 2015 at 7:00 am, Liberty Bell Museum, Melbourne – This is the first race of the series that starts with the ringing of a replica of America's Liberty Bell. After the race, celebrate the 4th of July by watching the Honor America Parade. Best Patriotic costume contest!

I RUN FOR PIZZA FOOTBALL KICKOFF 5K • AUGUST 8, 2015



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

GHOSTLY GECKO 5K • OCTOBER 24, 2015



GHOSTLY GECKO 5K • October 24th, 2015 at 6:30 pm, Eau Gallie Civic Center, Melbourne – This is a Halloween themed evening race at the Eau Gallie Civic Center. Come join us for a Spooktacular good time! All finishers receive goodie bags! Best costume contest!

JINGLE BELL 2 MILER • DECEMBER 19, 2015



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

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



BREVARD ZOO'S SLOTH SKEDADDLE 3K • February 13th, 2016, Brevard Zoo, Melbourne, 2 start times: 7:00 am Not Sloth Like = less than 20 minutes to finish or 7:35 am More Sloth Like = more than 20 minutes to finish. This 1.8 mile course offers plenty of animal viewing opportunities & the chance to spend a fun day at the Zoo for 50% off the entry fee! Join us for the 10th Anniversary!

PIRATE PLUNDER 2 MILER • APRIL 9, 2016



PIRATE PLUNDER 2 MILER – April 9th, 2016 at 6:30 pm, Meg O'Malley's, Melbourne – Join us for a fun pirate themed run/walk in Downtown Melbourne! Best Pirate costume contest! Pirate Party at Meg O'Malley's! "I thought they said Rum!"

RUN FOR THE GECKO 5K • MAY 7, 2016



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

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



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

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**