

Starting Line

RUNNING ZONE'S QUARTERLY NEWSLETTER



Run for the Gecko 5K
Celebrating 14 Years!

FIRECRACKER 5K • JULY 4, 2017

COMING UP: TAILGATE 2 MILER • AUGUST 20, 2017



FIRECRACKER 5K

**AT FRONT STREET CIVIC CENTER,
MELBOURNE, FL**



**AT THE AVENUE VIERA,
MELBOURNE, FL**



VOLUME 9, ISSUE 3 • JULY 2017

RUNNINGZONE.COM

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2017-18 TEAM RUNNING ZONE WELCOMES 6 NEW MEMBERS

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Join us for the next race in the 2017-18 Running Zone Foundation Race Series:

RACE SERIES
2017-2018

TAILGATE
Kicking Off the Football Season
2 MILER

PRESENTED BY
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Health Plans

REGISTER TODAY!

Sunday, August 20, 2017
7:00am Start Time, The Avenue Viera



- Fun football medal awards
- Tailgate Party with pizza, wings & beer from Pizza Gallery & Grill
- Zippy the Mascot to lead the Kids' Run
- Autographed football giveaway
- Random giveaway of \$500 NFL Package



Benefits Suntree Viera Youth Football & Cheerleading League

www.runningzone.com/series

#tailgate2miler
Twitter Instagram Facebook

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

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

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



HERBAL MEDICINE & THE RUNNER

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DON & DENISE'S DEN

Turkey Trot 5K, FLORIDA TODAY Corporate 5K Updates, & Introducing the Red Carpet Run Half Marathon, 5K & 10K

We have big news on several fronts.

First, the Running Zone Foundation has assumed responsibility for what was the venerable Suntree Turkeytrot 5K and 10K and is moving it to a new location.

Secondly, the FLORIDA TODAY Corporate 5K is moving to a new venue and thirdly, we are announcing, with the proper bit of showbiz suspense, the Red Carpet Run Half-Marathon, 5K and 10K to be run in September, 2018.

First, the Turkey Trot. The race, a holiday tradition run each Thanksgiving morning at the Suntree Country Club for the past 13 years under the direction of Steve and Tandy Baerst, is a now Running Zone Foundation event for 2017.

The event will be held beginning at 7:30 a.m. Thursday, Nov. 23.

We are extremely thankful that Steve and Tandy had the confidence and trust in Running Zone Foundation to allow us to assume the race responsibilities of such a wonderful holiday tradition.

The Suntree Turkeytrot always reached capacity due to the venue. One of our plans is to move the venue to Front Street Civic Center near Historic Downtown Melbourne. Since the race is no longer in Suntree, we also changed the name to the Space Coast



Turkey Trot 5K & 10K to allow us more flexibility in venue participant perks.

The perks include an appearance by Mr. Gobbles; a best Thanksgiving themed costume contest; a commemorative Thanksgiving technical running hat;

New Pumpkin Pie Challenge; light breakfast after the races; and stuffed turkey awards.

The races will be run on beautiful courses along the Indian River.

For complete event information visit www.spacecoastturkeytrot.com

As for the FLORIDA TODAY Corporate 5K, Running Zone Foundation has partnered with Orlando Melbourne International

Airport as the new location for 2018.

The course will encompass running on an actual runway on April 19, 2018!

The event, open to teams from Space Coast corporations and businesses benefits the United Way of Brevard.

Full event information can be found at brevardcorporate5k.com

And last but certainly not least, the theme for the Red Carpet Run Half is "Lights, Camera, Run." The event, obviously movie-themed, will feature much glamour and glitz including a Glitz and Glam photo booth, celebrity look-alike contest, red carpet to the finish, movie clips, ushers and the like.

While we will preview the coming attractions in the coming months but one thing is for sure: Everyone will be a star.

Keep an eye on www.redcarpetrunhalf.com for more details, darling. **RZ**

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& SPECIAL FUN RUNS!**

Don & Denise Piercy

Don & Denise Piercy
Running Zone Foundation, Inc.

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The 2017-18 Running Zone Foundation Race Series Blasts Off with the Firecracker 5K in Historic Downtown Melbourne

By Mark DeCotis

New and familiar came together as the 2017-2018 Running Zone Foundation Race Series blasted off with the Firecracker 5K on July 4.

Running on a new course in Historic Downtown Melbourne, two-time defending series women's overall champion Kaitlin Donner launched her Space Coast winning streak into yet another season with a 13-second victory.

On the men's side former Holy Trinity Episcopal Academy standout Daniel Moore covered the overall and men's field with a 27-second victory.

Moore, 23, crossed the finish line in 16:18, outpacing second-place Jacob



Firecracker participants as far as you can see ascending the causeway



The start of the 9th Annual Firecracker 5K

UPCOMING EVENTS:

7/13 GARMIN DEMO RUN
Thursday, 6:00pm at
Running Zone

Check out the Summer Breweries
Tour on page 13



Check out the
Running Zone
Calendar
for upcoming
events

www.runningzone.com/calendar



A very patriotic bunch

Dordick, 24, who crossed in 16:45 and Derek Beckett, 24, who crossed in 16:56.

The Male Master's title went to Shane Streufert, 45, who finished in 17:56 to capture a seventh straight Masters victory dating back to last season.

Donner, 27, finished in 18:12 to 18:25 for Holly Davis, 21, and 20:03 for Natalie Bress, 16.

Tracy Dutra, 44, took the Female Masters title in 21:32.

The team triumph went to Viera Pizza of Beckett, John Davis, Zeke Zauner, Streufert and Holly Davis with a combined time of 1:28:04. Team Running Zone of Donner, Steve Hedgespeth, Jonathan Howse, John Carr and Joe Lento was second at 1:33:40 while Slug Club of Logan Kraus, Natalie Bress, Joey Tierney, Carli Etrick and Liam Pelikan was third at 1:44:16.

Lucas Vannorsdall was the Firecracker 5K Hero winner at 21:55, topping a field of 48.

Indian Harbour Montessori took the school participation honors with nine students.

Overall, 1,262 participants took times.

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

14th Annual Run For the Gecko 5K Caps Another Successful Year

By Mark DeCotis

Austin Camps scored his second straight Running Zone Foundation Race Series victory on May 13, capturing the season-ending Run for the Gecko 5K.

The victory by Camps, 18 of Melbourne Beach, also earned him the series overall male championship for the 2016-2017 season, making him the youngest champion in the series 12 seasons.

The series overall female championship went to Melbourne's Kaitlin Donner, 27, for the second straight season and the fourth time in the last five.

The 14th anniversary of the running of Gecko also capped another successful year for the seven-event Running Zone Foundation Race Series.

The race was run on a new course, starting and ending at Melbourne's Wickham Park Community Center.

"We had a great season," said Running Zone co-owner and race director Denise Piercy. "The series just concluded its 12th season and as has been in the case for the previous years overall participation increased as did the smiles of runners and walkers crossing the finish lines.

"There's so much work that goes into staging this series and seeing how much the participants get from the races and how much they enjoy them makes it all worthwhile. In the end it's all about and for the participants and we can't thank them

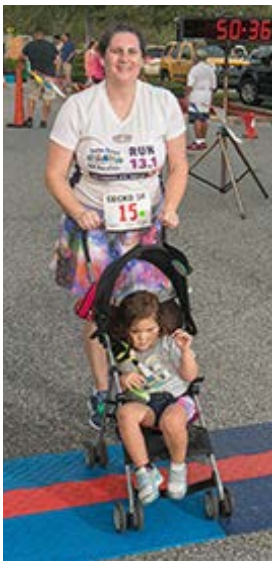
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The Gecko, celebrating the 14th anniversary of his namesake race, hugs a young fan and well wisher after the Run for the Gecko 5K.



Austin Camps wins the Run for the Gecko 5K for his second straight 2016-2017 series triumph.



Noni Mitchell flashed a satisfied smile as she and her passenger crossed the finish line in the Run for the Gecko.



Tammy Reasoner (256) is escorted by Marc Vaughan (154), Dianna Green (254) and Wilma Green (567).



Eric Robles enjoys the Run for the Gecko 5K.



The Run for the Gecko finisher medal gleams as it awaits to be awarded.



Mary Stallings (892) and Dalys Dunn (23), dressed for the occasion in the Gecko.



Run for the Gecko 5K Female Masters champion Julie Hannah strides to her victory.



The front and fast end of the field dashes from the start in the Run for the Gecko.

14th Annual Run For the Gecko 5K Caps Another Successful Year

continued from the previous page

enough. Their participation also has benefitted a host of local charities, which helps make Brevard County a great place to live. We now look forward to an even better 2017-18 season."

■ Camps captured Gecko in 16 minutes, 25 seconds. Viera's John Davis, 39, was second in 16:30 and Melbourne's Tyler Roberts, 19, was third in 17:12.

■ Viera's Holly Davis, 21, captured the overall female victory in 17:39, good for seventh overall. Indialantic's Alison Nolan, 27, was second in 18:42 and Indian Harbour Beach's Melissa Taylor, 39, was third in 19:17.

■ Shane Streufert, 45, of Viera captured the Male Masters laurels in 17:24. Julie Hannah, 43, of Melbourne was the Female Masters winner in 20:16.

■ Team honors went to Viera Pizza of Davis, Streufert, John Davis, Derek Beckett and Joel Rivera in 1:26:52.

■ Team Running Zone of Seth Rosonina, Steve Hedgespeth, Jonathan Howse, Nolan and Joe Lento was second in 1:31:17. The Has Beens of Jennifer Absher, Megan Romesberg, Aidan Montague, Jack Lee, Kenny Brodrick were third in 1:39.

■ Indian Harbour Montessori took school participation honors with 28. Westside Elementary was second with 10 and Manatee Elementary third with nine.

■ Sixty-eight participants from 15 schools took part.

■ A total of 912 participants overall took times in Gecko.

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



The field breaks from the gate in the 14th running of Run for the Gecko.



Women's runner-up Alison Nolan crosses the Run for the Gecko finish line.



Tonya Cherry (467) and Laura Chance (494) happily accomplish their goal of completing the Run for the Gecko.



Determination is the word for Roberta Osterling in the Run for the Gecko.

Click here to see the
Run For the Gecko 5K Results!



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photos, questions and tips about Florida's oldest
— and the nation's only space-themed
marathon and half!

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

Alison Nolan Records Fast Boston Marathon Finish

By Mark DeCotis

Indialantic's Alison Nolan posted the best time for a Brevard County resident in Monday's Boston Marathon and the 15th-best time among 611 Floridians who finished.

Nolan, 27, mastered the legendary course in 2 hours, 53 minutes and four seconds, good for 41st in her age group and 45th among all women.

She was the 769th finisher overall among 26,411.

runner at mile 3, Jonathan Howse. Later saw my fiancée Todd Sukolsky and my mom at mile 19.5, stopped and chatted for 35 seconds (yes, I did get a split on my chat break) and then continued trucking along. Focused on doing the hammer a bit that last 10K.

"It certainly helped training in Florida. I do a lot of my long runs midday. It wasn't a real training strategy. I just really don't like waking up early. There was talk about

"Support from fellow runners here in Brevard is incredible. By the time I got back to my hotel room I already had texts and messages congratulating me on the run." – ALISON NOLAN

Here is Nolan's race recap in her own words:

"I actually enjoyed the marathon this year. I was planning on going for a sub 2:50, besting my time in 2015. My seed time of 3:03 put me in the sixth corral, so I had about 5,000 runners ahead of me at the start.

"The first mile I was getting frustrated weaving through slower runners trying to make up time. My dad has run Boston 28 consecutive times, and on the way to the start he commented: 'I think I spent too many years concerned about splits and didn't let myself enjoy the race.' He has run 2:28 here, so he used to be pretty quick. But, I decided at the second mile to stop harnessing on my watch and just take in the sights and sounds.

"It paid off! I continually just worked on passing people. Ran into a fellow Brevard

warmer than normal conditions but I was comfortable the whole time. We also had a good tailwind to propel us to the finish.

"Support from fellow runners here in Brevard is incredible. By the time I got back to my hotel room I already had texts and messages congratulating me on the run. Many of them tracked me the whole day. That kind of community helps you get through tough workouts and push you to be a better runner.

"Next marathon is New York City in November. There is quite a crew running from Brevard so it will be a fun weekend. Big goals for the upcoming years are breaking 2:45 and qualifying for the Olympic Trials."

Other Brevard County finishers were: Joseph Dreher, 36, Melbourne, 3:03:52; Jonathan Howse, 41, West Melbourne, 3:05:16; Tory Johansen, 26, Palm Bay, 3:19:26; Julie Hannah, 43, Melbourne, 3:23:31; Cody



Alison Nolan participates in the 2017 Boston Marathon.

Bradley, 55, Melbourne, 3:26:20; Stephen Bernstein, 52, West Melbourne, 3:37:15; Ralph Miller, 60, Melbourne, 3:54:16; Angela Wells, 51, Merritt Island, 3:55:14; Matt Mahoney, 61, Melbourne, 3:58:21; Betsy Butler, 48, Indian Harbour Beach, 4:10:13; Joe Hultgren, 57, Melbourne, 4:28:33; Cheng Ten, 45, Viera, 4:31:37; Beverly Dogoda, 53, Rockledge, 4:31:45; Angie Preston, 50, Merritt Island, 4:58:15; Anne Fears, 41, Melbourne Beach, 5:52:54; Nancy Higgs, 67, Melbourne Beach, 5:57:50; Christine Hetzel, 36, Melbourne, 6:03:35. **RZ**

[Click here to see the complete Boston Marathon Results!](#)

Check Out Running Zone's Training Programs



www.runningzone.com/training-programs

Running Zone Tri-Zone

Running Zone is committed to cater to multi-sport athletes of every level. We are a comprehensive triathlon shop (excluding bikes) to meet all of your triathlon needs. We have accumulated a Triathlon Equipment Checklist to assist in your preparation and education for your 1st triathlon.

Visit www.runningzone.com/tri_zone for a comprehensive listing of triathlon resources within Brevard County.



Why I Run – Gerry Fahey

By Mark DeCotis

Melbourne's Gerry Fahey reached the milestone of completing 2,000 races as he crossed the finish line of the Run for the Gecko 5K on May 13.

Needless to say he runs because of the health benefits and because he enjoys the camaraderie and the competition, even at 74.

"I can't wait to be 75, a new age group next March, as few are in it," Fahey said. I almost died seven months ago due to MRSA in my

I love to place and won 1,754 awards. – GERRY FAHEY

lungs. Now I just want to arrive alive and not be arrested for impersonating a runner."

Fahey was born in New York City and raised in New Jersey. He is a 1964 Rutgers University graduate who began as a line supervisor and worked his way up to plant manager for then Carter Wallace.

And by the way, he also is a ballroom dancer with his wife Elizabeth.

He took time to recap his running career, which at its apex saw him run 111 races in one year.

WHY I RUN:

I ran to lose weight at first, losing 57 pounds in three years, training at Stone Mountain Park in Georgia and with the Atlanta Track Club from 1975-2002. I kept running to stay fit. "I wrote a poem 'Why I run' and gave a copy to Running Zone. It's a long one. If you dedicate 40+ years to a sport you better know why.

WHERE I HAVE RUN MY RACES:

I have run 1,300 of my races in Georgia from 1975-2002 and 2010-2013. I ran in Florida from 2003-2010 and 2014 to present. I have run 300 races in Florida and 50 in Maine and other states over my 42 years of running. My plan is to start race 2,001 at the Bottoms Up Beer 4K on June 10.

WHY I RACE:

I love to place and won 1,754 awards. In my glory days of age 37-52 in Georgia I was

called the ultimate vulture runner because I always searched for a race to place. I even had cards made up: "Have Gun/No Race/ WILL TRAVEL" a take off on the Western Paladin (Have Gun Will Travel) who always dressed in black and had the fastest draw.

WORST RUNNING EXPERIENCE YOU LEARNED THE MOST FROM:

My worst experience was at the peak of



Gerry Fahey crosses the finish line in April's Pirate Plunder 2-Miler, race number 1,996 in his successful quest for 2,000.

my running. I ran a 5K in 18:54, my PR, but the next day I went down with a ruptured Achilles in a 10K. I didn't stretch, and I was never as fast after six months of rehab. **RZ**




July Specials

Free Shoes for a Year Raffle!

Earn 1 ticket for each pair of Brooks shoes or piece of Brooks apparel purchased in July!

AND

15% OFF CASUAL FOOTWEAR!

Up to 4 free pairs of Brooks shoes through August 2018. Olukai discount valid on in-stock items only.



1,077 Runners Took Times in This Year's Pirate Plunder 2 Miler

By Mark DeCoris

Austin Camps and Alison Nolan scored their first Running Zone Foundation Race Series victories of the season in April 8's Pirate Plunder 2 Miler in Historic Downtown Melbourne.

A total of 1,077 took times in the sixth of seven series events for the 2016-2017 season.

Camps, 18, crossed first in 10 minutes, 29 seconds. Nolan topped the women's field in 11:11 good for ninth overall.

Nine days later Nolan would be the top Brevard County finisher in the venerable Boston Marathon. (See story elsewhere in newsletter.)

West Melbourne's Jonathan Howse, 41, took the Pirate Plunder Male Masters title in 11:26. Melbourne's Julie Hannah took the Female Masters Crown in 12:35.

Team Running Zone of Steve Hedgespeth, Nolan, Howse, Joe Lento and Melissa Taylor



Melbourne's Gary Castner, runner-up in the men's 70-74 age group, strikes a pose with the Gecko and the Pirate.

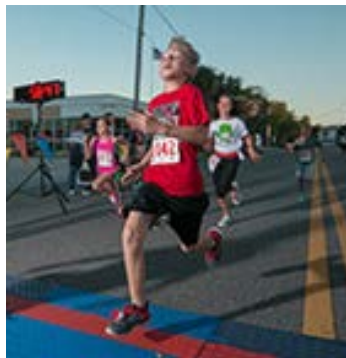


The Pirate Plunder field makes a colorful rush down Melbourne Avenue.

took the team title with a time of 57:20.

The Viera Pizza race team of Shane Streufert, Michael Fisher, Holly Davis, Keith Snodgrass and Sal Farino was second in 58:09 while The Has Beens of Jennifer Absher, Kenny Brodrick, Megan Romesberg, Art Anderson and Dean Worm were third in 1:03:59.

Westside Elementary won the school participation award with 21. Indian Harbour Montessori was second with 14 and Manatee Elementary third with 11. A total of 93 students participated representing 18 teams. **RZ**



Branden Abney, 11, of Melbourne, is all effort as he crosses the finish line of Pirate Plunder 2-Miler.



The Gecko photo bombs the field before the start of the Pirate Plunder 2-Miler.

[Click here to see the Pirate Plunder 2 Miler Results!](#)



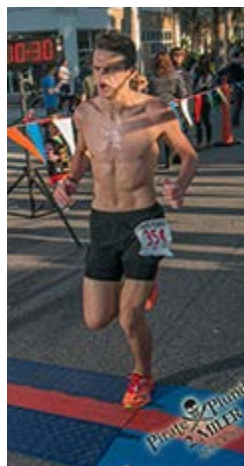
The Pirate Plunder field breaks from the starting gate.



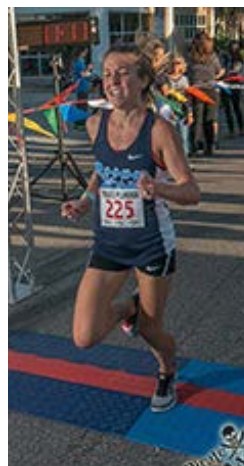
Palm Bay's Jim Moller provides a ride across the finish line of Pirate Plunder 2-Miler as Palm Bay's Kathy DeMan flashes a smile.



Palm Bay's Marcus Abaira strides powerfully across the Pirate Plunder finish line.



Austin Camps crosses the finish line to score overall victory in the Pirate Plunder 2-Miler.



Alison Nolan scores the overall female victory in the Pirate Plunder 2-Miler.



Indialantic's Jill Wilson gets in the spirit as she crosses the Pirate Plunder finish line.

2017-18 Team Running Zone Welcomes 6 New Members

By Mark DeCotis

The 2017-2018 Running Zone Racing Team is set and welcomes six new members.

The team competes in the seven-event Running Zone Foundation Race Series, in which it finished as runners-up for the second straight season, and other events.

Captained again by Jonathan Howse, the team welcomes new members Alex Quintana, John Carr, Seth Rosonina, Kimberly Nolan, Jennifer Absher and Lisa Girard.

The complete roster is: Male: Doug Butler; Steve Hedgespeth; Doug Nichols; Bob Pecor; Joe Hultgren; Howse, the 2016-2017 Foundation Series Male Masters champion; Joe Lento; Rosonina; Quintana; Andy Dutra; Carr.

...we also believe we have a team that will well represent Running Zone and the Brevard County and Florida running communities and will be welcoming to all those new to running.

- DENISE PIERCY

Female: Roberta Osterling; Beth Mihlebach; Julie Hannah, the 2016-2017 Foundation Series Female Masters champion; Jessica Wiedenbauer; Melissa Taylor; Katie Johnson; Kaitlin Donner, the 2016-2017 Foundation Series Overall Female Champion who captured her fourth title; Alison Nolan, who posted the fastest time by a Brevard County runner in the 2017 Boston Marathon; Kimberly Nolan; Absher;

Girard; Dina Viselli.

"As always we are excited to welcome the newest edition of Team Running Zone," said Running Zone co-owner and Foundation Series race director, Denise Piercy.

"In a larger sense we also believe we have a team that will well represent Running Zone and the Brevard County and Florida running communities and will be welcoming to all

those new to running."

Howse had similar sentiments.

"I figure the competitiveness will take care of itself," he said. "But the more important aspect is bringing the team together as a running family and being wonderful ambassadors of both Running Zone and running and walking to encourage those new to the sport." **RZ**



Lisa Girard, Jessica Wiedenbauer, Alison Nolan, Seth Rosonina, Kimberly Nolan, Andy Dutra Elizabeth Mihlebach, Doug Nichols Katie Johnson, Julie Hannah and Joe Hultgren.



Alexander Quintana



Joe Hultgren, Doug Nichols and John Carr.

Space Coast Half-Marathon Training Camp

Camp starts August 20, 2017
For your First or Fastest Half-Marathon
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Run Run/Walk Walk

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www.spacecoastcamp.com

First or Fastest, This camp is for you

Join at <http://register.spacecoastcamp.com>




Running Zone Foundation Race Series Recognizes the Season's Overall, Masters, Age-group, Team & School Champions

By Mark DeCoris

The Running Zone Foundation Race Series recognized its 2016-2017 overall, Masters, age-group champions and team and school champions on June 13 at Pizza Gallery and Grill.

The overall and Masters champions: Austin Camps, overall male; Kaitlin Donner, overall female; Jonathan Howse, Male Masters and Julie Hannah, Female Masters.

Camps, 17 at the start of the 2016-2017 season, became the youngest overall champion since Michael Fisher, 18, won the 2011-2012 title.

John Davis, 38, was second to Camps by 20 points. Shane Streufert, 44, was third.

The title for Donner, 26, was her second straight and fourth in five seasons. Holly Davis, 20, was second by 40 points while Alison Nolan, 26, was third.

Donner won all five races she entered as did Hannah, who captured her second straight Masters title. The series consists of seven events.

Camps won two races as did Davis. Howse won one race. Streufert won the Masters category in all six races he entered but chose to compete in the overall category.

The champions had a unique but common approach.

"Show up, work smart, and don't give up," Howse said.

"Show up, you have to show up to each run, to each workout, to each race.

"Work smart. Have a plan. Keep your easy runs easy and your hard runs hard. Don't over-race. Most importantly, listen to your body.

"And, don't give up. For me, when it's tough, I reach back to my faith because God can fill in where I am weak."

Hannah's approach focused on consistency as well.

"I attribute it to consistent training, setting personal goals, great training partners and an awesome coach (Doug Butler)," she said. "If I get to be a champion, well that's just icing on the cake."

For Donner, a professional triathlete working toward qualifying for the 2020 Summer Olympic Games, looked at the big picture.

"I think what makes a champion is mindset, determination and work ethic in life more than anything," she said. "Winning a race or race series, in my opinion, is not what makes a true champion, but instead wanting to do your best and learn everyday from those around you. At the awards (ceremony) I looked around and saw so many champions... looking at just our RZ racing team we have champion moms and



Running zone team at awards ceremony.



Another award winner.



Kian Wilson picks up his award.



Another happy participant award winner.



Kaitlin Donner wins overall female.



Gerry Fahey gets his award for his 2000th race.



The coach from Indian Harbour Montessori picks up the largest participation award.



Dina Viselli accepts her series award.

dads, champion runners and champions in each individuals profession. Every runner, walker, participate in series races motivates me to be better.

"Each year I can't believe Running Zone makes the series more fun, and I think that's what keeps me motivated. Over the past few years I think women's road racing in our area has really grown and gotten more competitive which helps us all raise to new levels."

The youngest champions were Michael Girard and Eva Pawalk, 8; and Bob Pecor and Roberta Osterling, 81.

The Viera Pizza Race Team captured the team championship, edging Team Running Zone by 10 points. The Has Beens were third.

Indian Harbour Montessori won the School Participation award by three points over Westside Elementary. Manatee Elementary was third.

The 2017-2018 season began with the July 4 Firecracker 5K and continues with the Tailgate 2-Miler on Aug. 20.

For complete information on the series and a complete list of 2016-2017 winners visit www.runningzone.com/series **RZ**



Summer BREWERIES TOUR

WEEKLY FUN RUNS + WALKS | JULY 11-AUGUST 8

JOIN US & ENTER TO WIN A FREE PAIR OF SHOES

Date

7/11/17

7/18/17

7/25/17

8/1/17

8/8/17

Time

6:30 pm

6:30 pm

6:30 pm

6:30 pm

6:30 pm

Brewery

Intracoastal Brewing

Hell 'n Blazes

Florida Beer Co.

Playalinda Brewing Co.

Charlie & Jakes



Check out our event page for information & share with friends: Summer Breweries Tour Fun Run/Walks

Herbal Medicine & the Runner

By Richard C. Wilson, DPM, Melbourne Podiatry Associates

The running boom began in the early 1970s leading to a nationwide interest in better health, including exercise and proper nutrition.

Closely related was a new interest in non-traditional or alternative medicine, which emphasized more natural and supposedly safer treatments. The most important was herbal medicine or using substances derived from plants.

Herbal medicine is nothing new. The use of herbs to treat any and all diseases goes back as far as recorded history and until the last few centuries it was all that was available. Indeed, in much of the developing world today herbal medicine remains all that is available.

In the U.S. most herbal medicines are available in pill form. Because they are not considered drugs they are not regulated and require no prescription. Also, they have not been as thoroughly studied as prescription drugs so their safety and efficacy have not been completely established.

The herbal medicines of interest to the runner are those that reduce pain and inflammation. Although these medicines are not substitutes for standard medications some runners prefer herbal medicines. It should be noted that pregnant women or nursing mothers should take none.

Just how effective are these herbal products? Although insufficiently studied, it appears some are quite effective. Dr. Shirin Towfigh, a general surgeon in California, describes in "Outpatient Surgery" how 95 percent of patients having hernia surgery are effectively treated for postoperative pain solely with herbal medicines. Other studies compared the anti-inflammatory effects of herbal products with those of nonsteroidal anti-inflammatory medications such as ibuprofen. The effects of the two are similar.

The herbal medicines most useful in runners are bromelain, arnica, ginger, Indian frankincense, and turmeric.

Bromelain is an enzyme derived from pineapple. In addition to its anti-inflammatory effects, it has been found to be helpful in the treatment of sinusitis and hay fever (allergic rhinitis). It is usually taken as a 500 mg tablet three times a day. Do not take bromelain if you are allergic to pineapples or if you take blood thinners.

Arnica is an herbal medicine that has anti-inflammatory properties, but also is very useful



In the U.S. most herbal medicines are available in pill form. Because they are not considered drugs they are not regulated and require no prescription.

in the treatment of bruising and muscle pain. It is available in topical and oral forms.

Indian frankincense is a type of frankincense derived from a sap from a tree that is indigenous to India and Arabia. Frankincense has been important historically for centuries and was said to be one of the gifts of the Magi (along with gold and myrrh) to the Christ child. Frankincense, in addition to its medicinal uses, is used as a fumigant for embalming and for incense. Indian frankincense has been used to treat arthritis, tendinitis, stomach problems, menstrual problems, and sore throat. It is one of the safest herbal products, and the usual dose is 100-300 mg per day.

Ginger is famous in its own right as a spice. Derived from the ginger root, it is available in pill and tea form. The pill dose is up to a gram per day, and the tea form can be used up to four cups per day. In addition to its use as an anti-inflammatory, ginger is useful in the treatment of stomach problems and motion sickness.

Turmeric also is a spice and is related to ginger. It is commonly used in Indian cuisine. It is added to many foods for its flavor and its color, and is added to mustard to give it its bright yellow color. Turmeric is considered by some to be the herbal wonder drug. It is used to treat arthritis, headache, fibromyalgia, stomach problems, skin rashes, mental problems,

Alzheimer's disease, colds, gingivitis, and high cholesterol, among others. It is the most studied of the herbal medicines (more than 700 studies), and has been found to contain more than two dozen anti-inflammatory compounds. It also has more potential adverse effects and should not be used if you take blood thinners, or if you have diabetes, GERD, or gallbladder disease. The usual dose is 500 mg two or three times per day.

The study of herbal medicine is fascinating, and will reveal more applications and products in the future. These products can be useful for the runner who does not wish to use traditional prescription or nonprescription medications or for whom these medications do not work.

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

OFFICIAL ENTRY FORM

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

- Choose race:
- Firecracker 5K – July 4th, 7:00am \$
 - Tailgate 2 Miller – August 20th, 7:00am \$
 - Ghostly Gecko 5K – October 28th, 6:30pm \$
 - Jingle Bell 2 Miller – December 18th, 5:45pm \$
 - Brevard Zoo's Bat Boogie 3K – February 10th \$
- Choose race:
- More Boogie (<20 min. finishing time) \$
 - 7:35am – Less Boogie (>20 min. finishing time) \$
 - Pirate Plunder 2 Miller – April 7th, 6:30pm \$
 - Run for the Gecko 5K – May 12th, 7:00am \$
 - Entire Series (all 7 races): \$

Name _____ State _____ Zip _____
Address _____
City _____
Phone (daytime) _____
Email (required) _____
Date of Birth ____/____/____ Age on Race Day _____
Sex: ☐ Male ☐ Female
Firecracker 5K Hero Awards: ☐ Firefighter ☐ Police ☐ Military
Team Name: _____

(Minimum of 5 participants and at least one of opposite sex)
Elementary/Middle School Name: (if entering School Team Challenge)
(Students only) _____

Shirt Size: (Select One) Shirts have limited availability.
UNISEX Shirt Sizing:
☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL
☐ NO SHIRT OPTION – SAVE \$5
Youth: ☐ Youth Medium ☐ Adult Small
Available for 12 years old and under only.

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED
In consideration of my entry 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 this race (series) and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in a Running Zone Race Series event (s). If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, email, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this, I am entering this event at my own risk.

SIGNATURE _____ DATE _____
SIGNATURE OF PARENT FOR THOSE UNDER 18 _____ DATE _____

Visit us online!
RUNNINGZONE.COM

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

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

** Receive a \$45.00 discount for signing up for all seven races in the series with a shirt. **MUST BE received by July 3rd**, one day prior to the start of the 2017-2018 series.
Kids Reg. (12 & Under): Your child may upgrade to an adult shirt by electing an individual or team registration. (Youth Medium & Adult Small Sizing ONLY for children's registration.)

Directions

FIRECRACKER 5K: New location: Front Street Civic Center, 2205 Front St., Melbourne, FL. From Melbourne Causeway, turn south onto Front Street. Civic Center is on the left.
TAILGATE 2 MILLER: The Avenue Viera, 2261 Town Center Ave., Viera, FL 32940. Wickham Road to Lake Andrew Drive. The Avenue is on the right heading north.

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

JINGLE BELL 2 MILLER: Satellite Beach Library, 751 Jamaica Blvd., Satellite Beach, FL 32937. Satellite Beach Library. From A1A, heading North, turn left on Desoto Road. Approx. 1/2 mile turn left on Jamaica Blvd. Approx. 1/2 mile, library will be at end of Jamaica Blvd.

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

PIRATE PLUNDER 2 MILLER: Meg O'Malley's Restaurant & Irish Pub, 812 E New Haven Ave., Melbourne, FL 32901. Heading south on US 1 turn right onto New Haven Avenue, approximately 1/4 mile on right hand side is Meg O'Malley's.

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

Pickup

Race Packets will be available for pickup the week before each Saturday race starting Tuesday morning at Running Zone from 10:00 am to 6:30 pm. Other series events, packet pickup is 4 days prior to race day. Running Zone is located at 3696 N. Wickham Road in Melbourne between Parkway and Post Road. Visit Running Zone's website for directions at RunningZone.com or call (321) 751-8890. If registering online, please allow 24 hours for packet pick up.

Gecko Club Members

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

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

- LONG DOGGERS KIDS' MARATHON & HALF MARATHON: Saturday, September 30th, 2017
- SPACE COAST TURKEY TROT 5K & 10K: Thursday, November 23rd, 2017
- SUNSHINE COAST MARATHON & HALF MARATHON: Sunday, November 26th, 2017
- FLORIDA TODAY CORPORATE 5K: Thursday, March 15th, 2018
- EXCALIBUR 10 MILLER & RELAY & DRAGON SLAYER 2 MILLER: Sunday, March 18th, 2018

FREE Child Care

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

KinderCare is conveniently located in Melbourne at 2220 N. Wickham Road 321-254-4029 and in Indian Harbour Beach at 200 Riverside Park Drive 321-777-8181. KinderCare.com

More Info

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



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FIRECRACKER 5K
INDEPENDENCE DAY
JULY 4, 2017



AUGUST 20, 2017



OCTOBER 28, 2017



DECEMBER 16, 2017



BAT BOOGIE 3K
FEBRUARY 10, 2018



APRIL 7, 2018



Run for the Gecko 5K
Celebrating 15 Years!
MAY 12, 2018

RUNNINGZONE.COM



- 6 GHOSTLY GECKO 5K, Saturday, October 28th**
at the Eau Gallie Civic Center (6:30 pm)
 - Best Halloween Costume Contest for adults
 - Separate Costume Contest for KIDS!
 - Halloween Trick or Treat Bags to all finishers
 - Fun Ghostly Gecko Awards
 - Free L'il Goblins Kids' Run with Zippy the Gecko
 - Food & Beer provided after the race at Squid Lips!
 - Awards ceremony will be at Eau Gallie Civic Center at 7:45pm
 - Benefits Eau Gallie High School Health & Wellness Academy
 - Random giveaway of a Drone

Health First Health Plans and Running Zone Foundation welcome you to the 13th Annual Running Zone Foundation Race Series. This year's Series offers seven fun and family-friendly events including three 5Ks, one 3K and three 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.

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 2017-2018 Series offers:

- 6 FIRECRACKER 5K, Tuesday, July 4th at the Front Street Civic Center (7:00 am)**
 - American Flags & red, white & blue popsoles to all finishers
 - Free L'il Firecracker Kids' Run with Zippy the Gecko
 - Special awards to top 3 Local Heroes (Military/Fire/Police)!
 - Breakfast catered by Einstein Bros Bagels!
 - Most Patriotic Costume Contest
 - Benefits EFSC Collegiate Veterans Society
 - Random giveaway of a \$500 Gas Card to fuel your Great American Road Trip!
- 6 TAILGATE 2 MILE, Sunday, August 20th, The Avenue Viera (7:00 am)**
 - Fun Football Medal Awards
 - Tailgate Party with pizza, wings & BEER from Pizza Gallery & Grill
 - Zippy the Mascot to lead the Kids' Run
 - Benefits Suntree Viera Youth Football & Cheerleading League
 - Autographed Football giveaway
 - Random giveaway of \$500 NFL Package (\$250 Ticketmaster Gift Card & \$250 Spending Money)

Amenities

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

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

Series Awards

Overall Male & Female	\$1000 CASH & Free Entry to the 2018-2019 Race Series
2nd Place Overall Male & Female Winners	\$500 CASH & Free Entry to the 2018-2019 Race Series
3rd Place Overall Male & Female Winners	\$350 CASH & Free Entry to the 2018-2019 Race Series
Top Male & Female Masters Winners	\$250 CASH & Free Entry to the 2018-2019 Race Series
Age Group Male & Female First Place	\$100 Gift Certificate to Running Zone
Age Group Male & Female Second Place	\$50 Gift Certificate to Running Zone
Age Group Male & Female Third Place	\$25 Gift Certificate to Running Zone
Team Awards: 1st, 2nd & 3rd Place Plaques	
School Participation Awards: 1st, 2nd & 3rd Place Plaques	

Registration

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

Please mail all registration forms to:

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



Finish ALL 7 races in the series and receive an awesome Series medal at the finish line of Run for the Gecko 5K!
Please use the EXACT registration information when registering for each race in the Series. (i.e. Robert vs. Rob or Bob vs. Bobby)

Start A Team

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

Team Competition

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

Awards will be given to the top three teams. Each team consists of at least five members with one of the members being the opposite sex.

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

(No Team Race Day Registration)

Eligibility

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

Standard Race Series Age Divisions

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

Scoring & Points

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

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

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

Race Drop

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

Note: Your age group for the Series is determined by your age in the first series event of the series, Firecracker 5k on July 4th.

At the end of the series, individuals who accumulate the most points receive awesome cash, gift certificates and prizes and are recognized by Running Zone Foundation in June 2018.

Standings

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





RUNNING ZONE FOUNDATION 2017-2018 RACE SERIES EVENTS

**REGISTER
TODAY!**

FIRECRACKER 5K • JULY 4, 2017



FIRECRACKER 5K • Tuesday, July 4, 2017 at 7:00 am, Front Street Civic Center, Melbourne - The first race of the series will take place at a NEW venue & go over the Melbourne Causeway. After the race, enjoy a light breakfast, patriotic popsicles, a Best Patriotic Costume Contest and award ceremony. Benefits EFSC Collegiate Veterans Society.

TAILGATE 2 MILER • AUGUST 20, 2017



TAILGATE 2 MILER • Sunday, August 20, 2017 at 7:00 am, the Avenue Viera - This football themed race will kick off at the Avenue Viera! Post-race tailgate party with wings, pizza & beer (21+) provided by Pizza Gallery & Grill in the courtyard behind their deck. Show your support of your favorite team! New football medals for awards!

GHOSTLY GECKO 5K • OCTOBER 28, 2017



GHOSTLY GECKO 5K • Saturday, October 28, 2017 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 Halloween Costume contest! Post-race party with beer on the Squid Lips beach.

JINGLE BELL 2 MILER • DECEMBER 16, 2017



JINGLE BELL 2 MILER • Saturday, December 16, 2017 at 5:45 pm, Satellite Beach Library, Satellite Beach - Santa & Zippy the Gecko invite you to the Jingle Bell 2 Miler! New expanded race site! Best Holiday Costume contest & jingle bells for everyone's shoes!

BREVARD ZOO'S BAT BOOGIE 3K • FEBRUARY 10, 2018



BREVARD ZOO'S BAT BOOGIE 3K • Saturday, February 10, 2018, Brevard Zoo, Melbourne, 2 start times: 7:00 am More Boogie = less than 20 minutes to finish or 7:35 am Less Boogie = 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! Fun bat awards!

PIRATE PLUNDER 2 MILER • APRIL 7, 2018



PIRATE PLUNDER 2 MILER • Saturday, April 7, 2018 at 6:30 pm, Meg O'Malley's, Downtown Melbourne - Join us for a fun pirate themed run/walk in Downtown Melbourne! Best Pirate Costume contest. Pirate Party at Meg O'Malley's after the race! "I thought they said Rum!"

RUN FOR THE GECKO 5K • MAY 12, 2018



RUN FOR THE GECKO 5K • Saturday, May 12, 2018 at 7:00 am, Wickham Park Community Center, Melbourne - This is the race that started it all! Join us for this year's 15th Anniversary Celebration Party with exciting awards, pancake breakfast and birthday cake for all finishers, strawberries & champagne (21+). Free kids' run with Zippy the Gecko!

OTHER RUNNING ZONE FOUNDATION EVENTS INCLUDE:

- **LONG DOGGERS KIDS' MARATHON (2.62 MILES) & 1/2 MARATHON (1.31 MILES)** ON SEPTEMBER 30, 2017
- **SPACE COAST TURKEY TROT 5K & 10K** ON THURSDAY, NOVEMBER 23, 2017
- **FLORIDA TODAY CORPORATE 5K** ON APRIL 19, 2018
- **EXCALIBUR 10 MILER & RELAY & DRAGON SLAYER 2 MILER** ON MARCH 18, 2018



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RECEIVE THESE WHEN JOINING:

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



ENJOY ALL YEAR:

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

OTHER CLUB BENEFITS:

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

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



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#geckoclub

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



Official Club Registration

Promoting fitness & healthy, active lifestyles

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

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

Drop off your completed entry form and check payable to:
Running Zone, 3696 N Wickham Road, Melbourne, Florida 32935

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____

Email address _____

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

Membership Type: ☐ New ☐ Renewal

RZ ASSOCIATE ONLY:

Date _____

Payment Type/
Amount _____

☐ Hat Received ☐ Bag Received

Membership
Card # _____

Initials _____

MEMBERSHIP WAIVER

In consideration of the acceptance of my membership application fee being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of the Gecko Club and its representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association or participation in any Gecko Club event. If I should suffer injury or illness, I authorize the officials of the Gecko Club to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose of the Gecko Club whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am joining the Gecko Club and participate in the various events at my own risk.

SIGNATURE

SIGNATURE OF PARENT FOR THOSE UNDER 18

DATE

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