



VOLUME 5, ISSUE 8 • AUGUST 2014 • RUNNINGZONE.COM

FIRECRACKER 5K PERFORMANCES SIZZLE! **SEE PAGE 3**





DON & DENISE'S DEN

Sticking to a Workout Commitment

We are well aware that one of the hardest parts of setting a goal is sticking with it. A few months ago our Running Zone staff implemented a plank challenge, we even got creative and called it Hank's Plank's and we vowed to do it EVERY SINGLE DAY! We encouraged customers to join us and many did! It was fun, we saw results, and some of us even looked forward to rolling out the mats and planking. Well... Life gets busy, and we slacked off. This challenge and plan lasted one month. Does this sound familiar? We are sure it does, so we are going to recommit to starting again. If you are thinking of starting an exercise program of running or walking, going to the gym, etc., here are a few things below that may help you stay on track in order to turn your goal into part of your daily routine and lifestyle.

Reward yourself!

As adults we like treats, too! Each week you stick with your plan deserves recognition! Some fun ideas are a night at the movies, a pedicure, or entry into a race you have never done. Use a log to chart your progress, and try not to get discouraged if you miss a day or two.

Make a friend!

Maybe not a new friend, but find someone that wants to accomplish the same goal. Encouragement through others will keep you on track, motivated and accountable. You can also check

out our Fun Run schedule and meet like-minded people to work out with throughout the week.

Explore some place new!

If you have never walked or run a causeway, add some hills to your routine while taking in some beautiful sights! Many mornings, you will see dolphins and other wild life along the way. Some other hidden gems include the Wetlands in Viera, Wickham Park and Turkey Creek.

Look the Part!

You would not show up to dance lessons in work boots! Here is where we can help! Your shoes can help you more than you may know and being fitted into technical running shoes can help prevent injuries and keep you moving longer and more comfortably. If you ever return from a walk or run and your knees, back, hips, shins or feet hurt you just may need new shoes. Remember the rule of thumb for new shoes is 6-8 months or 300-450 miles, wherever comes first.

If you still need more motivation, we encourage you to come in and talk to any of our staff about your training plan, dieting woes, foot pain, running route, as well as your accomplishments! While you are here we will plank if you ask us to, as long as you join in.

Don & Denise Piercy

Don & Denise Piercy, Running Zone



Joey, Pete, Erin, Amy, Katie and Val.

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Firecracker 5K Performances Sizzle!

By Mark DeCotis

In a performance as hot as the weather Florida Tech graduate student Chris Cacciapaglia ran away from the remainder of the field to win the Firecracker 5K on July 4.

Cacciapaglia, 24, cooked the course in 16 minutes and 6 seconds besting second-place Andrew Cacciatore by 29 seconds. Zeke Zauner, 21, of Melbourne, was third in 17 minutes flat.

Defending 2013 Running Zone Foundation overall women's champion Kaitlin Donner, 24, turned in a similarly dominating performance in claiming the overall women's victory in 18:28.

Former Melbourne High cross country and track standout and current Vanderbilt University runner Vanessa Valentine, 20, was second in 19 minutes flat. Kim Hunger, 33, of Palm Bay, was third in 19:12.

A total of 1,124 runners and walkers took times in the seven-event Race Series 2014-2015 season kickoff.

The victory was Cacciapaglia's second run away in eight months on the Space Coast. He won the FIT Homecoming 5K in 15:52 on Oct. 24 in Downtown Melbourne, beating the runner-up by a minute and 23 seconds.

A biological sciences major in the second year of his Ph.D. program Cacciapaglia is new to running having taken up the sport as an FIT junior. But the Seattle native and sometime assistant running coach at FIT has made up for lost time, managing to log anywhere from 60 to 100 miles a week



Chris Cacciapaglia streaks across the finish line to score an impressive victory in the July 4 Firecracker 5K.

while managing a demanding course load.

His secret? "Lots of practice, that's pretty much all you can do," he said.

Also: "I don't sleep."

Cacciapaglia has a background in soccer, which he credits for his fleetness and he builds his endurance with long runs on Sunday.

"It was a great race, a lot of fun, pretty good weather, lots of competition," he said.

As for Donner she is in the midst of her professional triathlon season as she works toward qualifying for the U.S. Olympic team and the 2016 Games in Brazil. **RZ**

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Nicole and Colin Wyenberg celebrate their completion of the Firecracker 5K on July 4.



Kaitlin Donner wins the women's overall race at the July 4 Firecracker 5K. Donner is the Running Zone Foundation Race Series defending women's champion.

THE NEXT STEPS



Saturday, August 9, 2014

7:00am Start

Viera High School

This year's football themed race will kick off at Viera High School with a tailgate catered by Pizza Gallery and Grill!

- ★ 10th year anniversary!
- ★ Support your Favorite Football Team on Race Day
- ★ Awesome Pizza and Football Awards!
- ★ Special Award for the Most Supported Team!
- ★ Zippy the Gecko Mascot to lead the Kids' Run!
- ★ Special anniversary finisher hand towels!
- ★ Tailgate Party after race catered by Pizza Gallery & Grill!
- ★ Random giveaway of NFL Football tickets (any Florida team) plus one hotel night stay for two!

Benefits Suntree/Viera Youth Football & Cheerleading League and WEGO Ministries

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

AUGUST SPECIAL

STARTER KIT:

Buy a pair of shoes at regular price & get

25% OFF 1 TOP & 1 BOTTOM, PLUS

A FREE PAIR OF SOCKS!



 [Click here to see the Firecracker 5K Results.](#)



It was a rainbow of red, white and blue at the July 4th Firecracker 5K.



Devin Gaughan is all smiles and stars at the July 4 Firecracker 5K.



Runners surge forward at the start of the July 4 Firecracker 5K in Melbourne.



Team Running Zone members gather to celebrate their team victory in the July 4 Firecracker 5K.



Runners led by Brittany Streufert (76), Molly Kirk (425) and Marie Thomas (709) whoop it up after the Firecracker 5K on July 4.



Melbourne's Alex Colon (1186) crosses the finish line just ahead of Melbourne's Vanessa Valentine.



Chris Zecman exults as she crosses the finish line of the Firecracker 5K on July 4.



Alan Confreda is all business as he completes the Firecracker 5K on July 4.



Running Zone co-owner and race director Denise Piercy, in a festive costume, gives final instructions to runners before the Firecracker 5K on July 4.



Vicki Logan (78) and Andrea Lucas (4) complete their July 4 mission by crossing the finish line in the Firecracker 5K. Carly Stallings (376) follows close behind.



Sidney Perry is full throttle as he races toward his 18:53 finish in the July 4 Firecracker 5K.



Future running stars give it their best in the July 4 Firecracker 5K kids run.

Bart Yasso – 2014 Space Coast Marathon & Half Marathon Keynote Speaker

by Mark DeCotis

Bart Yasso doesn't mince words when it comes to the impact running has had on his life.

'I made a critical error in my younger years and chose the path of cigarettes, alcohol and drugs,' he said. 'I was very lucky to pick up running back in 1977. It may have saved my life.'

Yasso, Chief Running Officer for Rodale's *Runner's World* magazine and a legend in the sport, will share his experiences as the keynote speaker at the 2014 Space Coast Marathon and Half-Marathon pre-race banquet Nov. 29 at the Radisson Resort at Port Canaveral.

Yasso joined *Runner's World* in 1987 to develop the groundbreaking *Runner's World* Race Sponsorship Program, creating a vehicle for *Runner's World* to work with more than 7,000 races representing 4 million runners per year. He was inducted into the Running USA Hall of Champions.

Yasso also invented the Yasso 800s, a marathon-training schedule used by thousands around the world. He is one of the few people to have completed races on



Bart Yasso talking to a participant of a previous Space Coast Marathon.

all seven continents from the Antarctica marathon to the Mt. Kilimanjaro marathon. In 1987, Yasso won the U.S. National Biathlon Long Course Championship and won the Smoky Mountain Marathon in 1998. He has also completed the Ironman five times and the Badwater 146 through Death Valley. He has also cycled, unsupported and by himself, across the country twice.

That's quite a list of accomplishments for someone who discovered running after dabbling in other sports.

I was very lucky to pick up running back in 1977. It may have saved my life.

– BART YASSO

'I didn't run in high school but I did participate in other sports in my younger years including wrestling, basketball and football,' Yasso said.

'When I started running I started dreaming about what I wanted most out of my life. The mind works as hard as the body does during exercise. I knew I wanted to travel the world, experience exotic locations and experience different cultures. Running has taken me around the world.'

But it also has helped keep his perspective firmly grounded.

'The bottom line, we are all runners,' Yasso said. 'I never put runners in any categories. I still set lots of running goals but none of them are related to racing. My goals are to motivate and engage people that never thought they would be a runner.'

'I always teach runners to think about being a runner for life. I love to cross train and I always keep my running fun. I feel that every run is a gift.'

And that will be his theme at the pre-race dinner.

'My message is always never limit where running can take you,' he said. 'I mean that mentally, physically, geographically and emotionally, our sport is very powerful.'

For complete information on the marathon, which still has openings, visit www.spacecoastmarathon.com

The half-marathon field is full. **RZ**



Run for the Gecko Hawaiian Luau 5k raised \$2500 for The Leukemia & Lymphoma Society Team in Training

7/6 Gecko Club trail run **RECAP**



Looking for a new place to run? Want to test your agility and skill on some new terrain? Then trail running is something you should look into. On Saturday, July 6th the Gecko Club hosted a trail run at the Marie Street Trailhead off Malabar Road. Approximately 25 runners, and walkers enjoyed the trails and logged between 3 and 10 miles that morning! Stay tuned for another trail run in the fall.

**Join Space Coast
Marathon on**

facebook

Follow the fun

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

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

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



UPCOMING EVENTS

**WEDNESDAY-FRIDAY,
AUGUST 5-8**

I Run for Pizza Football 5k Packet Pick Up

SATURDAY, AUGUST 9

I Run for Pizza Football 5k 7:00am Start at Viera High School

THURSDAY, AUGUST 14

Spike Night with NIKE

6:00pm-7:30pm. 20% off for high school athletes, free pizza and drinks, prize awarded to coach/team with largest turnout! Nike rep will be here – gift (shirt, laces, spikes) with purchase of Nike spikes! See the next page for details.

SATURDAY, AUGUST 16

Galloway Space Coast Half Marathon Training Camp Kickoff meeting
9:30am at Running Zone. Spaces still available.

MONDAY, AUGUST 18

Space Coast Half Marathon Training Camp Kickoff meeting
6.30pm at Running Zone. Spaces still available.



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April Schick: Marathon Training Journal INSTALLMENT 2

By Mark DeCotis



A smiling April Schick finishes the 2013 Space Coast Half-Marathon.

After a successful completion of the 2013 Space Coast Half-Marathon in 2 hours, 41 minutes and 25 seconds April Schick took the plunge and registered for this November's full marathon choosing once again to use the Jeff Galloway run-walk training camp offered by Running Zone.

Schick, 32, is a benefits specialist and lives in Melbourne. She agreed to share her story as she trains for and runs the full marathon. Here is the second installment of her journey:

The marathon training has been an excellent and enlightening journey thus far. It has taught me to listen and be more observant with my body, especially now that we are getting into our longer runs.

I am up to 16 miles a week, with 10 miles being my longest single run to date in this program. So far the program layout is the same for both the full and half-marathon training, which has made the transition very smooth. Therefore, the only difference between the two is that we start a couple of months earlier in the full marathon training to allow for more time to safely build up to 26.2 miles.

Since we have started in June, I have noticed that my body requires more hydration and sleep to combat the heat.

The realization was a result of almost suffering heat exhaustion on one of our group runs. I had to slow myself down and walk at some points, but my group leader made sure to never leave my side. At the end of my run Coach Val offered some excellent advice on nutrition (sweet potato smoothie) and hydration to make sure I win the battle moving forward. **RZ**



by Mark DeCotis

The second race in the 2014-2015 Running Zone Foundation Race Series – the I Run for Pizza Football Kickoff 5K – gets under way at 7 a.m. Saturday, Aug. 9 at Viera High School in Viera.

Participant perks include 10th anniversary T-shirts, 10th-anniversary finisher hand towels and prizes for the most represented football team in the number of team jerseys or costumes.

There also will be a kids' run, a post-race tailgate party catered by Pizza Gallery & Grill. And random giveaways of NFL game tickets for any Florida team and one-night hotel stays for two people.

Proceeds benefit Suntree Viera Youth Football and cheerleading and WEGO Ministries.

Entry fees are \$30 for adults, \$15 per child. **RZ**

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Track Series Caps Season with Philip K. Dummer 2-Mile Prediction Run

By Mark DeCotis

The Running Zone Foundation Summer Track Series, although shortened to two events and postponed once by rain ended on a heartfelt note on July 18

Holy Trinity Episcopal Academy cross country and track coach Doug Butler – who hosted and administered the meets – acted on input from Bill and Lauren Pitten and capped the season with the Philip K. Dummer 2-Mile Prediction Run.

Twenty-nine participants ranging in age from seven to 60 predicted their time beforehand for a two-mile cross country layout. And then sans watches, GPS, sundials and any other method of keeping time they hit the course.

“The Pittens had only known Phil for just more than a year, but saw what a great person and impact he was on the families of the Holy Trinity track and cross country teams,” Butler said. “They wanted to do something to honor him and at the same time help out with sending a local kid to running camp. This year Running Zone donated two \$50 gift cards to the boy and girl runner that came closest to their predicted time. While turnout was smaller than we hoped, it was a great night.”

The overall prediction time winner was Holy Trinity’s Tara Carroll who missed her prediction by a mere eight seconds, finishing in 19 minutes and eight seconds. Satellite High’s Sydney Perry was the boys’ winner, missing his predicted time by 12 seconds, finishing in 11:23.

Dummer was an Auburn University graduate who owned Mikes Auto Body in Melbourne. He passed away in October last year, the night before Holy Trinity’s 2013 district cross country meet. He and wife Val were proud parents of Luke (Melbourne Central Catholic grad), Mackenzie (Holy Trinity grad), and Darby (Holy Trinity sophomore).

“Mackenzie started running for Holy Trinity in seventh grade and that’s when we quickly met Phil,” Butler said. “Phil was always the first one to volunteer for a meet, or take the team to meets in his large motor home. He was the catalyst of the parents’ group that walks and jogs every morning when the kids are running. He had the biggest heart and sense of humor of any man I have ever met.

“Describing Phil to people who never had the chance to know him is a little like de-



Holy Trinity Episcopal Academy cross country and track coach Doug Butler gives final instructions to timers prior to the July 2 Summer Track Series event at Holy Trinity.



Chi Cam of Palm Bay enjoys the first Running Zone Summer Track Series event on July 2.

scribing your incredible vacation to someone that has never been there. They just won't get it, so if you didn't have the chance to know Phil, you just wouldn't understand. All I can really say is when you get heaven, fist thing you want to do is ask God to meet him.”

At the July 2 meet that kicked off the series Palm Bay’s Chi Cam had a successful evening capturing the 400 meters in 1 minute and one second and 1,600 meters in 5:47.

He credited his running prowess to a basketball background.

“I played basketball from 12 up until now,” said Cam of Palm Bay. “It’s always been in my background to run. I used to play soccer too.

“I never did long-distance running, just kind of short-burst kind of stuff because I was always in a team sport kind of activity.” He also wrestled and played baseball at high school on New York’s Long Island.

An exercise specialist at Pro Health in

[Click here to see Meet #1 Results](#)

[Click here to see Meet #2 Results](#)

Palm Bay who emigrated to the U.S. from Vietnam when he was 10, Cam, 31, moved to Brevard eight years ago after earning his degree at Florida International University in Miami.

He’s been building a distance-running base by training at longer distances and running local 5Ks.

“It was an accident believe it or not,” he said about taking up longer distances. “I was playing basketball and I wasn’t in running shape so I started running long, slow distance and I found myself getting in better shape.

“The next thing you know, I got into competitive running on the road.

“I’ve always exercised. You have to be in shape to train people.” **RZ**

“I played basketball from 12 up until now,” said Cam of Palm Bay. “It’s always been in my background to run. I used to play soccer too.

– CHI CAM

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Riley and Tim Michaud of Viera stretch before their events in the July 2 Summer Track Series meet.

Track Series Caps Season *continued from the previous page*

The field gathers for a photo before the Phil Dummer Memorial Prediction 2-Mile Run at the July 18 finale of the Summer Track Series.



Cape Canaveral's Dustin Sims get loose before the July 2 Summer Track Series event.



Noted Space Coast distance runner and Vero Beach businessman Jim VanVeen gives a big thumbs up for the July 2 Summer Track Series event.



Matt Mahoney had a great time at the Summer Track Series meet!



The Maddikonda gathers for photo during a break in the final Summer Track Series meet on July 18. With father Arvind are daughter Ashvika, 7, and son Ayush, 9.



Alex Butler was all smiles after running in one of the events at the final Summer Track Series meet on July 18.



The Taylor family of Indian Harbour Beach – camera shy sons Dax, 4, and Sevrin, 6 - and dad Chris and mother Melissa chill before the July 2 Summer Track Series event. **RZ**



With the heat index creeping up toward triple digits during the summer months, a water fountain, hose, or even a puddle can look refreshing! What looks better than that is an orange jug of water and GU provided by Running Zone. Who are the angels that leave that along our running route? Well, there is a team of them that are awake early on Sunday mornings, at Pizza Gallery on Monday nights, and at Squid Lips on Wednesday's. We cannot thank them enough!



Danielle & Joseph Joseph



Rick & Karen Suarez

DANIELLE & JOSEPH JOSEPH

For the past few years this dynamic duo, who were married last fall, have been helping with the water stations. They are both training for the I Run For Pizza Football Kickoff 5K on August 9th because it is the yummiest race in town!

RICK & KAREN SUAREZ

When they are not at the Food Trucks or the beach the Suarez's are supporting the running community through their enthusiastic, fun and supportive personalities. Rick is currently training for the New York City Marathon and Karen will be running



Kelly Semenko & Trish Lucas

the Chicago Marathon. With more races under their belt than many people we know, Rick and Karen are quite a power couple!

KELLY SEMENKO & TRISH LUCAS

Not only can these two be seen early every Sunday morning on Tropical Trail and the Eau Gallie Causeway, they can be found quite often running around the Disney parks. They train, work and play hard! They have been running for five years, Kelly started competing in triathlons last year and Trish enjoys painting when she has time! **RZ**



Congratulations! ***New Addition to the "Team"***

Help us cheer for Corie and Mike Odden as they embark on their role as parents! Corie is the Running Zone Race Management Coordinator and will be coordinating other events for the next couple months! The proud parents welcomed the arrival of Olivia Locke Odden on Monday, July 28th at 1:08am. Congratulations on the arrival of your sweet baby girl!



Why I Run: Joe Hultgren

By Mark DeCotis



Melbourne's Joe Hultgren has had an on again off again relationship with running and now that he has truly embraced it he truly enjoys it.

A 54-year-old ADP senior software de-

veloper, husband and father began running in high school in the footsteps of older brother Randy. Now, decades later he still draws on the sport for mental and physical well-being and for fun.

Why I Run: I started running when my older brother Randy started running for the high school cross country team. At first it was just a few miles when he ran at home, but soon the coach let me practice with the team, in hopes I'd be as good as my brother when I got to high school.

Well, I switched schools and did run cross country and track, and really enjoyed it. Fast-forward 23 years of no running. Randy started running again when I was 40, and he started placing in local events, so once again I followed in his footsteps and started running too. I ran for a couple years and tried to be competitive on my own, but had to stop once a family member was diagnosed with a very serious illness. For the next five years or so I was hardly able to find the time to run, sometimes as little as three miles over two weeks, but eventually the home front became stable and I had the good fortune to be able to run.

There are lots of reasons why I run. I started running just to follow in my brother's footsteps, and hey I was pretty good too. I also found running to be a great stress release. Even if I just got 30 minutes in a week it was 30 minutes with no responsibility, or phones or email. I really needed to run.

In 2007 I joined Set Goals not Limits

with coach Doug Butler and over time have found wonderful friends in the running community. I feel good when I run, so I run.

Whom I Run With and Why: I run with Doug Nichols, Kurt Holst, Ron Ritter, Julie Hannah and many more friends at camp. Occasionally I still get to run with my brother too. Running with friends, especially on the harder workouts makes the workouts so much easier mentally.

When I Run: I run Tuesday/Thursday nights with the camp, the other days I run in the mornings.

Where I Run: On non-camp days I run easy miles through my neighborhood. My Sunday long run takes me down Melbourne Avenue and over the causeway. That has to be my favorite workout. Even though I run it alone, there are no phones, no emails, no worries, and the scenery is pretty nice too.

Worst Running Experience I Learned the Most From: It has to be my first half-marathon. I ramped up training and mileage really fast and started improving at the shorter distances according to plan. When it came time for the half I was tired sore and had goals that far exceeded my ability. Eight miles into the race I taught the hard truth of what I was not ready for: The last five miles of the race. The experience did teach me a lot though and have since been able to run well at the longer distances, up to 15K. I'm still training to master the next distance. **RZ**

Space Coast Half Marathon Training Camp Kickoff meetings



■ Jeff Galloway Space Coast Half Marathon Training Camp Kickoff meeting

Saturday, August 16th, 9:30am at Running Zone

■ Space Coast Half Marathon Training Camp Kickoff meeting

Monday, August 18th, 6.30pm at Running Zone

Slots are still available to register for the half through both of these camps!

Summer Running: Beware the Sun

By Richard C. Wilson, DPM, Melbourne Podiatry Associates

Running in the Florida summer presents its own set of challenges. Many runners decrease their mileage during this time of year, while others change their routines to run in the cooler morning or evening hours. Still others stop running altogether during the summer. This is not recommended.

The most important issue in summer running is fluid replacement and its relationship to dehydration and heat-related conditions. This has been discussed in a previous article. This article discusses how to protect yourself from sun exposure, especially protecting the skin and eyes.

Sun exposure is both healthy and dangerous for the skin. Sun exposure is healthy because it stimulates the body's production of vitamin D. It can be unhealthy because sun exposure can damage skin, leading to wrinkles and, even worse, skin cancers.

Sun exposure stimulates the production of vitamin D, thus its nickname as the sunshine vitamin. Vitamin D also is found in many foods. It has several functions in the body, especially the regulation of bone mineralization. A lack of vitamin D results in a condition of softening of the bones called osteomalacia. (The pediatric form of osteomalacia is called rickets.) Vitamin D also has been shown to be useful in reducing blood pressure and depression. It stimulates immune system function and may protect against certain cancers. Surprisingly, many people are deficient in vitamin D, so more skin exposure is recommended.

In addition to vitamin D production, sun exposure activates a chemical called nitric oxide, large amounts of which are stored in the skin. Nitric oxide dilates blood vessels, reducing blood pressure, which lowers the risk of heart attack and stroke. It also increases blood flow to the muscles, increasing power and endurance.

Now the bad news. The ultraviolet (UV) rays of the sun damage skin. Up to 90 percent of age spots and wrinkles are due to sun exposure. Worse, UV rays cause skin cancer. According to the Skin Care Foundation, up to 20 percent of Americans will get some type of skin cancer in their lives. There are three main types of skin cancer: basal



cell carcinoma (BCC), squamous cell carcinoma (SCC), and malignant melanoma. The BCC and SCC are known as nonmelanotic cancers and are not as dangerous as the melanoma. In the USA, there are 80,000 deaths annually from all skin cancers, with 49,000 from melanoma and 31,000 from nonmelanotic cancers.

Sun exposure is both healthy and dangerous for the skin.

BCC is the mildest form of skin cancers. It usually appears as a raised, smooth, pearly bump on sun exposed skin. It often has visible small blood vessels, which often bleed. BCCs rarely spread to other parts of the body (metastasize) and are rarely fatal.

SCCs are more dangerous than BCCs. They can appear as thickened patches or hard nodules. They also frequently bleed or ulcerate. They metastasize more frequently than BCCs.

Melanomas are the most dangerous skin cancer. Globally, 232,000 are reported annually, of which 55,000 are fatal. Melanomas often begin as moles that change size and shape. Melanomas are highly metastatic to other organs and then become more difficult if not impossible to cure.

You should check your body for new or changing moles at least monthly. Any suspicious lesion should be brought to the attention of your physician. If you are at risk for skin cancers (fair skinned, history of previous skin cancers, etc.), an annual skin cancer

screening by a dermatologist may be in order.

Fortunately, it is possible to enjoy the benefits of the sun while preventing the risks. This is accomplished by applying sunscreens. Today's sunscreens are very effective in blocking UV radiation. Use one with an SPF (Sun Protection Factor) of at least 30, which will block 97 percent of UV rays. Use one that is sweat or water resistant, and apply it often to exposed areas.

Unfortunately, the majority of runners still don't understand the risk of sun exposure. A Runner's World survey of 1550 runners found that 36 percent never wear sunscreen, 36 percent rarely use it, 19 percent usually use it, and 9 percent always do.

Wearing a wide brimmed hat also can protect the scalp and face. This is very important, as skin cancers often affect these areas. Hats also keep the sun out of the eyes.

UV rays can also penetrate clothing. A system of UV protection provided by fabric has been developed called the UPF (Ultraviolet

Protection Factor) rating. For example, clothing with a UPF of 50 allows only 1/50th of UV rays to penetrate.

Finally, consider the eyes. UV exposure can lead to the development of cataracts. Wear sunglasses that block 99-100 percent of UV rays. This also will prevent BCCs that often form around the nose and eyelids.

In summary, the heat and humidity of summer should not prevent the enjoyment of running. Remember to stay hydrated and protect your skin and eyes from UV rays.

*Dr. Wilson 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***

NEW PRODUCTS AT RUNNING ZONE



ALTRA FOOTWEAR (\$120)

Altra Torin 1.5- Lightweight, Highly cushioned, zero-drop footwear with a wide, foot-shaped toe-box.



MISSION COOLING TOWELS (\$19.99)

Mission EnduraCool™ Instant Cooling Towel is made from a proprietary performance fabric that instantly cools when soaked with water, wrung out, and then snapped in the air to activate the cooling properties.



NIKE ZOOM ELITE 7 (\$110)

8mm offset performance shoe, lightweight mono-mesh upper with dynamic flywire technology for midfoot support.

UPATESUPATESUPATESUPATESUPATESUPATES

NB 880V4 (\$115)

Full-length 2 layer midsole and new upper and midsole wrap to cradle the foot

ADIDAS ENERGY BOOST 2 ESM (\$160)

Redesigned ESM upper (4-way stretch mesh to adapt to foot shape)

XC SPIKES:

SAUCONY KILKENNY XC5 (\$65)

SAUCONY SHAY XC4 (\$85)

NIKE ZOOM RIVAL XC (\$70)

NIKE ZOOM RIVAL WAFFLE (\$60)

NIKE VICTORY XC 3 (\$125)

BROOKS MACH 16 (\$75)

NEW STYLES IN MPG APPAREL: REACH

Printed capri tight- 2 colorways of plaid print

ESPRIT

Burnout style racer-back tank - open scoop neck

SELECT

Strappy burnout style tank- reflective ruffle at back; longer length, relaxed silhouette

Jack Kenworthy Book Signing

We were thrilled to have a local celebrity in the store last month signing and talking about his book, "People Who Knew Jack". Jack lives part of the year in Melbourne and wrote a great book about his life experiences which include coaching, teaching and instructing at Brevard Community College. He has also been a Leukemia and Lymphoma Society marathon "Team in Training" coach, official basketball scorekeeper for Florida Institute of Technology, and assisting members at Pro-Health.





When in doubt, ask Pete.

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

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

I hope you all got to enjoy a little vacation in June/July- we're back at it now!

From CR:

Often times after my Sunday morning long run (10-12 mi) I feel drained and lethargic for the remainder of the day. Is there something specifically I should eat/drink afterward to help me better recover from my run so I have more energy to make it through my day? Or, is this a typical feeling?

You are certainly not the only one that feels that way. A lot of people have post-long-run rituals/remedies- this can range from protein shakes to chocolate milk to cans of tuna to (you guessed it) an ice cold beer! Everyone is different but you definitely want to address the fluid loss and re-fuel with whatever works for you.

Your body is most receptive to (and benefits most from) protein replenishment within 15-45 minutes of your workout, so keep that in mind as you recover. Aim to have a carbohydrate-rich snack within 30 minutes and a carbohydrate-rich meal with some protein within 2 hours.

Dehydration impacts performance in several ways (most studies show that fluid loss of 2% of your body weight can impact performance) and hydration should be addressed before, during and after activity, especially in the summer. Two easy methods of measuring hydration status are the urine test and weight test. Before/

during/post-exercise, your urine should be pale lemonade color; if it looks like apple juice...you are probably dehydrated! You can also weigh yourself before & after exercise to measure fluid loss. The general recommendation is to replace each pound lost with 24 oz. of fluid.

Graduated compression socks will also help accelerate recovery and decrease some stiffness, along with the traditional ice packs or ice bath.

From AE:

What would it take to cancel a race due to a storm?

Good question. Living in Florida, we all get used to the afternoon storm in the summer, but that doesn't make it any less dangerous. No other part of the county has more thunderstorms than Florida, and more specifically lightning strikes. The general rule for athletics/activities follows the Flash-to-Bang method.

Begin counting when you see lightning

(flash) and stop when you hear the thunder (bang). Divide the count by five to determine the distance to the lightning flash (in miles). For example, a flash-to-bang interval of 30 seconds = a distance of 6 miles.

When the ratio reaches 30 seconds, activities should be stopped immediately and all participants must immediately seek shelter. Once activities have been suspended, a waiting period of 30 minutes begins following the last sound of thunder or lightning flash prior to resuming an activity. The problem with this method, especially here in Florida, is that storms often pop up out of nowhere and the initial flash-to-bang interval will be less than 30 seconds and the timetable for clearing the area is greatly accelerated. The unpredictability of the summer storm makes this task quite difficult.

Due to various environmental challenges and general inaccuracy with the Flash-to-Bang ratio, consider this- If you can hear thunder, you are close enough to the storm to be struck by lightning! Lightning has struck from as far away as 10 miles from the storm center. The race director will use this method and others (radar, news reports, etc.) to consider delaying/cancelling the event.

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

Everyone is different but you definitely want to address the fluid loss and re-fuel with whatever works for you.





Space Coast Half Marathon Training Camp



August 24 – November 30 (Race day)



Running Zone Foundation and Coaches Bernie Sher, Barry Birdwell and Rick Foresteire invite you to join the **"First or Fastest" 14 Week Half Marathon Training Camp**

The camp prepares both the beginner and experienced athletes to run or run/walk the Half Marathon in Cocoa Village on November 30, 2014

Read all about the beautiful Space Coast course and generous race amenities at www.spacecoastmarathon.com and the **NEW BIG BANG SERIES!**

First or fastest?

We still have spots available for the half marathon! (registration fee not included)

Whether your goal is to complete your **first** or **fastest** half marathon, this camp is for **YOU** and includes:

- Daily on line 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 discussing topics:
 - Running Zone shoe clinic
 - Injury prevention
 - Training paces
 - Heart rate training
 - Nutrition and more

Sunday morning camp workouts Most workouts will be at Oars and Paddles Park, Indian Harbour Beach (7:00 a.m.) or at Riverfront Park in Cocoa Village (6:30)

- 1st training session August 24 at Wickam Park 7:00 a.m.

Thursday evening camp workouts will be held at 6:00 pm at Running Zone.

Entry Fees:

Half Marathon Camp: \$150

Returning Campers: \$125

Half marathon camp kickoff and info meeting:

Find out more at our informational kick off meeting. You will learn more about the program, meet your coaches, pick up camp materials and get answers to all your questions.

Kick off meeting and info meeting:

- **Monday, August 18**
- **6:30 pm**
- **Running Zone 3696 N. Wickham Rd., Melbourne, FL**

If you are ready for your first marathon or ready to kick it up for a Personal Record; Coaches Bernie, Barry and Rick are for you! They are certified coaches with years of experience training the first timers and others to their new personal records.

For more information visit: www.spacecoastcamp.com or email Coach Barry coach@spacecoastcamp.com , or Coach Bernie baboou@cfl.com, or Rick Foresteire lthrneck689@aol.com

Half Marathon Training Program Official Entry Form



- On line registration available at www.spacecoastmarathon.com/training
(Gecko Club members receive a 10% discount)
- Fill out the official entry form below and either mail to or drop off at Running Zone, 3696 N. Wickham Rd., Melbourne, FL 32935
- Checks should be made payable to Running Zone Foundation.



Name: _____

Address: _____ City: _____

State: _____ Zip _____ Phone: _____ Cell: _____

Email address: _____

Sex:(circle one) Male Female Date of Birth ____/____/____ Age _____

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 and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the Running Zone Foundation event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, email 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 / Signature of Parent (if participant is under 18 yrs) _____ Date _____



Running Zone Foundation 2014-2015 Race Series Events

**REGISTER
TODAY!**

FIRECRACKER 5K



July 4, 2014 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 9, 2014 at 7:00 am, Viera High School, Viera

This year's 10th Anniversary Football themed race will kickoff at Viera High School! All finishers receive special 10th Anniversary finisher hand towels! Show your support of your favorite football team! Most supported team participants gets prizes!

GHOSTLY GECKO 5K



October 18, 2014 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! New this year! Separate Children's Costume Contest!

JINGLE BELL 2 MILER



December 20, 2014 at 5:45 pm, Satellite Beach Library, Satellite Beach

Santa and Zippy the Gecko invite you to the 10th Anniversary of the Jingle Bell 2 Miler! Special "Santa's Sleigh Presents" giveaways after the race to commemorate 10 years! Best Holiday Costume contest, jingle bells for everyone's shoes and Santa hats for the first 500 registrants!

BREVARD ZOO'S ZEBRA ZOOM 3K



February 14th, 2015, Brevard Zoo, Melbourne, 2 start times:

7:00 am Zoom = less than 20 minutes or 7:35 am A little less Zoom = more than 20 minutes

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!

PIRATE PLUNDER 2 MILER



April 4th, 2015 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!

RUN FOR THE GECKO HAWAIIAN LUAU 5K



May 9th, 2015 at 7:00 am, EFSC/Wickham Park Pavilion, Melbourne

This is the race that started it all! Come join us and Zippy for a Hawaiian Luau! leis for all finishers! Luau dancers too!

Other Running Zone Foundation events include the Excalibur 10 Miler on March 1, 2015, Corporate 5K on March 12, 2015, and Long Doggers Kids' Marathon (2.62) and 1/2 Marathon (1.31) on April 11, 2015.

THE 10TH

ANNUAL



RACE SERIES

2014-2015

Health First

Health Plans

Join us for all 7 races!



FIRECRACKER 5K

AUGUST 9, 2014



ZEBRA ZOOM

AUGUST 18, 2014



JINGLE BELL 5K

DECEMBER 20, 2014



PIRATE PLUNDER 5K

APRIL 4, 2015



HOSTS OF THE ZOO

MAY 9, 2015



RUN FOR PIZZA

AUGUST 9, 2014



FIRECRACKER 5K

AUGUST 18, 2014



JINGLE BELL 5K

DECEMBER 20, 2014



PIRATE PLUNDER 5K

APRIL 4, 2015



HOSTS OF THE ZOO

MAY 9, 2015

WWW.RUNNINGZONE.COM

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

- SPACE COAST MARATHON & HALF MARATHON: Sunday, November 30, 2014
- EXCALIBUR 10 MILLER: Sunday, March 1, 2015
- CORPORATE 5K: Thursday, March 12, 2015
- LONG DOGGERS KID'S MARATHON & HALF MARATHON: Saturday, April 11, 2015

Free Child Care

Planet Kid 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. To guarantee your child's spot, please pre-register your child by 2 days prior to race day. You may pre-register online or at Running Zone or download the form on the website www.runningzone.com/series/childcare and bring in to Running Zone. If you have any questions, call 321-259-7529.

Promoting health & fitness in our community.

ESTABLISHED 2008
BREVARD COUNTY, FLORIDA

For more information, visit us online at:
www.runningzone.com
or contact:
Denise Piercy, Race Director at Running Zone
321-751-8890
email: info@runningzone.com

3696 N. Wickham Road, Melbourne, FL 32935
321-751-8890 • www.RunningZone.com

Directions

FIRECRACKER 5K: US1 to Hibiscus Street. Plenty of parking at the Melbourne Auditorium on the left approx. 1/2 mile after turning off of US1 on Hibiscus Street.

I RUN FOR PIZZA FOOTBALL KICKOFF 5K: Wickham Road to Lake Andrew Drive. Turn left onto Judge Fran Jamieson Way. Turn Right onto Stadium Parkway. Viera High School is on your right.

GHOSTLY GECKO 5K: 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. 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.

BREAVARD ZOO'S ZEBRA ZOOM 3K: 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: 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 HAWAIIAN LUAU 5K: Eastern Florida State College, Wickham Park Pavilion. Eastern Florida State College is on the left between Post Road and Parkway Road heading south on Wickham Road.

Pickup

Race Packets will be available for pickup the week before each race starting Tuesday morning at Running Zone from 10:00 am to 6:30 pm. Running Zone is located at 3696 N. Wickham Road in Melbourne between Parkway and Post Road. Visit Running Zone's website for directions at www.runningzone.com or call (321) 751-8890.

More Info

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

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 Poty!

Themed Side-Panel Technical Shirts



FIRECRACKER 5K



I RUN FOR PIZZA FOOTBALL KICKOFF 5K



JINGLE BELL 2 MILLER



GHOSTLY GECKO 5K



PIRATE PLUNDER 2 MILLER



RUN FOR THE GECKO HAWAIIAN LUAU 5K

10th Anniversary commemorative race theme technical shirts!

ALL INDIVIDUAL SHIRTS

Fees:
Individual:\$30 ... Race Day; \$35 ... Kid's\$15 ... Race Day; \$20
Team/School:\$25 ... No Race Day ... Gecko Club:\$25 ... Race Day; \$30

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**.

I Run For Pizza Football Kickoff 5K - August 9th, 7:00am \$

Ghostly Gecko 5K - October 18th, 6:30pm \$

Jingle Bell 2 Miller - December 20th, 5:45pm \$

Brevard Zoo's Zebra Zoom 3K - February 14th \$

Choose race:
■ 7:00am (<20 min. finishing time) \$
■ 7:35am (>20 min. finishing time) \$

Pirate Plunder 2 Miller - April 4th, 6:30pm \$

Run for the Gecko Hawaiian Luau 5K - May 9th, 7:00am \$

Entire Series (all 7 races): \$165.00 \$

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____

Email (required) _____

Date of Birth ____/____/____ Age on Race Day _____

Sex: ☐ Male ☐ Female

Firecracker 5K Hero Awards: ☐ Firefighter ☐ Police ☐ Military

Team Name: _____
(Minimum of 5 participants and at least one of opposite sex)

Elementary/Middle School Name: (if entering School Team Challenge)
(Students only) _____

Shirt Size: (Select One) Shirts have limited availability.
☐ XS ☐ SM ☐ MD ☐ LG ☐ XL ☐ XXL

Unisex sizing and technical shirts will not shrink.
Cotton: ☐ Youth Medium ☐ Adult Small

Available for 12 years old and under only.

Firecracker and Run for the Gecko ONLY:
Gender specific:
Men's: ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL
Women's: ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED
In consideration of my entry being accepted, I intend to be legally bound, and hereby to myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race (hereby) and any representative, 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 _____



2014-2015 Welcome Athletes!

Health First Health Plans and Running Zone Foundation welcome you to the 10th annual Running Zone Foundation Race Series. This year's Series offers seven fun and family-friendly events including four 5ks; one 3k and two 2 milers. We offer these shorter distances to promote participation among both walkers and runners of all ages and abilities.

And, knowing that being part of a team can provide a sense of camaraderie and extra encouragement, we also offer awards in two team categories for each race as well as the overall Series. Our **Team Challenge** lets any five friends, family members and/or co-workers enjoy the fun of competing together against other teams in the same category.

The **School Team Challenge** provides fitness and increased self-esteem for those 14 and under. More than 1500 children in elementary and middle school participated last season and Running Zone can help your school develop a walking or running program for your students. Parents and teachers can form an open team under the school name.

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

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

Our 2014-2015 Series offers:

- PIRATE CRACKER 5K, Friday, July 4th at the Liberty Bell Museum, 7:00am** (across from Holmes Regional on Hickory St.)
 - Start the race with the ringing of a replica of the Liberty Bell
 - American Flags and popcicles to all finishers
 - Most Patriotic Costume Contest
 - Special awards to top 3 Local Heroes (Military/Fire/Police)!
 - Free L1 Pirate Plunder Kid's Run with Zippy the Gecko
 - Breakfast catered by Einstein Bros Bagels!
 - Honor America Parade after the race
 - Benefits Honor America
 - Random giveaway of one iPad!

PI RUN FOR PIZZA FOOTBALL KICKOFF 5K, Saturday, August 9th at Viera High School (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
- Special anniversary Finisher Hand Towels!
- Tailgate Party after race catered by Pizza Gallery & Grill
- Benefits Sunfree/Viera Youth Football & Cheerleading League and WEGO Ministries
- Random giveaway of NFL Football Tickets (any Florida Team) plus 1 Hotel night stay for two!

GHOSTLY GECKO 5K, Saturday, October 18th at the Eau Gallie Civic Center (6:30 pm)

- Best Halloween Costume Contest for adults
- NEW this year! Separate Costume Contest for KIDS!
- Halloween Trick or Treat Bags to all finishers
- Fun Ghostly Gecko Awards
- Free L1 Goblins Kids' Run with Zippy the Gecko
- Food provided by Squid Lips!
- FREE BEER on the beach at Squid Lips!
- Awards Ceremony following all races on Squid Lips beach
- Benefits Eau Gallie High School Health & Wellness Academy
- Random giveaway of Halloween Horror Night Tickets and 1 Hotel night stay for two!

JINGLE BELL 2 MILER, Saturday, December 20th at the Satellite Beach Library (5:45 pm)

- Santa Hats to the 1st 500 Entrants
- Jingle Bells for everyone's shoes
- Best Holiday Costume and Fun Sticking Awards
- Free Santa's Little Helper Kids' Run with Zippy the Gecko
- Santa Arrival on fire truck
- Cookies provided by Long Doggers!
- Benefits Special Olympics Brevard County
- Random Christmas Present giveaways LCD TV, Go Pro Camera, iPad, Mini iPad and iPod Shuffle!

BREVARD ZOO'S ZEBRA ZOOM 3K, Saturday, February 14th at the Zoo (7:00am - Zoom - less than 20 minutes OR 7:35am - A Little Less Zoom - more than 20 minutes)

- Check out Zoo animals during the Run/Walk
- Fun Zebra Awards
- 50% Off Admission for all participants on Race Day*
- Free L1 Zebra Kid's Run with Zippy the Gecko
- Breakfast catered by Pizza Gallery & Grill!
- Benefits Brevard Zoo
- Random giveaway of one day Disney Tickets and 1 Hotel night stay for two!
- *Must show participants race number for discounts to Zoo

PIRATE PLUNDER 2 MILER, Saturday, April 4th - at Meg O'Malley's (6:30 pm)

- Best Pirate Costume Awards
- Fun Pirate Awards
- Free L1 Pirate Plunder Kid's Run with Zippy the Gecko
- Great Pirate Party at Meg O'Malley's after the race!
- Benefits Girls on the Run
- Random giveaway of a 3 day cruise for 2 to the Bahamas out of Port Canaveral!

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

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

Amenities

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

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

Series Awards

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

Registration

Please use the back page of this brochure to register for any of Running Zone Foundation Race Series races. Registration is also available online at www.runningzone.com/series/. 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

Fees

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

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

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

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

Corporate/Organizational Group Rate:

Put together a group of 10 or more participants and receive a group rate. Call Running Zone for more details.

Start A Team

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

Team Competition

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

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

(No Team Race Day Registration)

Eligibility

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

Standard Race Series Age Divisions

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

Scoring & Points

The first 10 runners/walkers overall will receive 100, 80, 60, 40, 20, 10 points in the open competition. The first 10 runners/walkers within each age group will receive 10, 8, 7, 6, 5, 4, 3, 2, and 1 point in their age group competition.

Race Drop

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

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

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

Standings

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





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**