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JULIE HANNAH ENCOURAGES BREAST CANCER AWARENESS

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DON & DENISE'S DEN

Innaugural Precious Mammaries 5K Supports Cancer Care Centers Foundation

Runners face many obstacles when they train. Time constraints, bad weather, including those nasty summer thunderstorms, are just a few of the obstacles that impact training. In addition, eating right, getting enough rest and keeping motivated during your training routine are a few more. There are also the challenges of getting sick and dare we mention the word injury.

But all of these obstacles pale in comparison to meeting with a doctor and receiving a diagnosis of something more serious. As you can read on page 9, one of the top runners in our community received such a diagnosis last December. Despite being in great shape and training hard each and every week, Julie Hannah was shocked to learn she had breast cancer.

How could this young woman with countless trophies, a Boston Marathon finisher’s medal, in the best shape of her life, now have to deal with this news? With the support of family and friends, Julie set out on the path to deal with this head-on. After the initial testing and further diagnosis, Julie went through several months of treatment. The

good news is as of today, Julie is finishing her cancer treatments and is on her way to recovery.

With October being Breast Cancer Awareness month, Running Zone Foundation, New Balance Melbourne and the City of Satellite Beach are joining forces by hosting a 5K to benefit the Cancer Care Centers Foundation. The inaugural event is the Precious Mammaries 5K set for Saturday, October 4th starting at 7:30 am at the Schechter Center in Satellite Beach. The Cancer Care Centers Foundation provides assistance to local cancer patients with ongoing living expenses including utilities, rent & mortgages, medical supplies and transportation for patients undergoing cancer treatment.

We invite everyone to attend to help support those faced with the ultimate obstacle of a cancer diagnosis. We hope to see you at the inaugural Precious Mammaries 5K to help raise money for a great organization that supports our local community.

Don & Denise Piercy
Don & Denise Piercy, Running Zone

With October being Breast Cancer Awareness month, Running Zone Foundation, New Balance Melbourne and the City of Satellite Beach are joining forces by hosting a 5K to benefit the Cancer Care Centers Foundation.



Julie surrounded by her running friends shortly after her diagnosis.



Precious Mammaries 5K Race Director, Denise Piercy.



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

Charity Spots Only Open for Space Coast Marathon

By Mark DeCotis



The 2014 Space Coast Marathon hit a milestone at 9:52 p.m. on Aug. 24 when it reached its 3,500-runner capacity.

The 2014 Space Coast Marathon hit a milestone at 9:52 p.m. on Aug. 24 when it reached its 3,500-runner capacity.

The marathon joined its sister race, the Space Coast Half-Marathon which reached its 3,400-runner capacity only eight hours after registration opened on Feb. 14.

Team in Training (TNT in Brevard County) led by Barry and Michele Birdwell has some charity spots open for the marathon but the registration deadline is Sept. 15. For more information call Running Zone at 321-751-8890 or Team in Training at 407-898-0733.

"Last year the marathon filled on July

25 but we added many more slots to the full this year," said race director and Running Zone co-owner Denise Piercy.

"It is popular because of the shuttle medals and word of mouth. We put a cap on the event last year because we knew a lot of people would want the shuttle medals and the series 3- and 5- year medals. We were able to evaluate the event numbers last year and were able to add slots to the full.

"We could only add 250 slots to the half from last years' numbers."

The races will be run Nov. 30 beginning and ending in Cocoa Village.

RZ

RUNNING ZONE SEPTEMBER SPECIAL

SPEND \$175
 & get a
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CERTIFICATE
 OF YOUR CHOICE TO:



Visit us at 3696 N. Wickham Road, Melbourne, Florida 32935

THE NEXT STEPS



**Saturday,
 October 18th, 2014
 at 6:30pm,
 Eau Gallie Civic Center**

This is a Halloween-themed evening race at the Eau Gallie Civic Center. Come join us for a *Spooktacular* good time! An awesome post race party at Squid Lips.

- Best Halloween Costume Contest
- NEW this year! Separate Costume Contest for KIDS!
- FREE BEER for participants 21 yrs and older on the beach at Squid Lips!
- Trick-Or-Treat Bags to all Finishers!
- Halloween Goodie Bags to All Finishers
- Fun Ghostly Gecko Awards
- Free Goblins Kids' Run with Zippy the Gecko
- Food provided by 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 one hotel night stay for two!

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

Cacciapaglia, Hunger Capture Football Kickoff 5K Laurels

By Mark DeCotis

Chris Cacciapaglia scored his second consecutive Running Zone Foundation Race Series title and Kim Hunger her first but neither came easy in the Aug. 9 I Run for Pizza Football Kickoff 5K in Viera.

Florida Tech student Cacciapaglia, 24, beat Holy Trinity Episcopal Academy standout Andrew Cacciatore, 17, to the finish line for the second straight race but his margin of victory was much closer than that of the July 4 Firecracker 5K that began the 2014-2015 series schedule.

Cacciapaglia won in Viera by seven seconds, 15 minutes and 46 seconds to 15:43 for Cacciatore compared to the 29-second margin – 16:06 to 16:35 – he enjoyed at Firecracker.

For her part Health First pharmacist Hunger, 33, beat second-place Melissa Taylor, 36, by five seconds – 18:40 to 18:45 – to capture the Football Kickoff 5K honors.

Both winners labored for their rewards.

“The race was pretty hard fought especially with such high humidity,” Cacciapaglia said. “I stuck with Andrew nearly until the end, I think there was probably around 300-400 meters left before I had to pick up the pace. Andrew was very close, but that is what makes a good race.

“I am not very familiar with football terms, but I guess the race could have been described as a constant attempt to lose a defender with all the sudden turns and cuts.”

Cacciapaglia, who plans to run all but one of the five remaining series races, is pleased with his fitness at this point.

“I have been putting on a fair number of miles this summer but look forward to some speed work come fall,” he said. “I plan on doing the entire series except for maybe the Christmas run when I would like to go home (Seattle) and visit family and friends.

“Winning is always nice, but it is much better when there are people who continue to challenge and push you.”

For Hunger, a veteran of series competition, the victory was mind over matter.

“The physical effort for me wasn't too bad since I have been training really hard, but the mental effort is what gets me,” she said.



What's more appropriate at the I Run for Pizza Football Kickoff 5K at Viera High than boxes of pizzas and smiles, both abundantly on display after the race.

“My body felt great, but my head wanted to give up.

“This week before the race (defending series champion and U.S. Olympic triathlon candidate) Kaitlin Donner had told me ‘never settle.’ That's what I was thinking the entire race. I could hear her saying it to me.

“Melissa started closing in on me the last mile. If she's going to catch me, that's where it is. I heard Coach (Doug) Butler yelling to his kids ‘quarter mile to go,’ then ‘200 to go.’ I thought, I am a sprinter, time to go. Melissa and I are great friends so it makes it fun.”

The race also allowed Hunger to reach a personal goal.

“The only football analogy I can think of is, touchdown,” she said. “My goal was sub-19 since I have been unable to obtain it since I had (daughter) Aliyah two years ago. That's what I have been working toward - mental toughness to make it happen. I did it so in my mind it's a touchdown.

“My fitness is fairly good. I have backed down the miles because we have been quite busy with Aliyah in gymnastics, (son) Lu-

cas in football, and normal busy schedules.

I have been putting in quality workouts with some great people, including a few tough ones with Vanderbilt runner Vanessa Valentine.”

Kyle Butler, 25, was third overall in 16:25 while Beth Mihlebach, 28, was third among women in 19:10.

Shane Streufert, 42, won the Male Masters title in 17:57 while Tracy Dutra captured the Female Masters laurels in 20:06.

Team Running Zone of Cacciatore, Hunger, Ron Abel, Steve Hedgespeth and Jonathan Howse won the team title with a total time of 1:28:52, edging Set Goals Not Limits of Kyle Butler, Sidney Perry, Hunter Gaskin, Sydney Friedel and John Cacciatore who totaled 1:31:02.

Health First of Matt Smith, Chi Cam, Randy Dowdy, Steven Baker and Ember Michaels was third in 1:44:51.

School participation laurels went to the Divine Mercy Chargers with six runners. Indian Harbour Montessori was second with five. West Shore was third with two.

A total of 697 runners and walkers took times. The next series race is the Ghostly Gecko 5K on Oct. 18 in downtown Eau Gallie. **RZ**

Click here to see the I Run for Pizza Football Kickoff 5K Results.

continues on the next page

Cacciapaglia, Hunger capture Football Kickoff 5K laurels *continued from previous page*



Viera's Tracy Geiger on the course during the I Run for Pizza Football Kickoff 5K at Viera High.



Race officials flash smiles as bright as the day in the I Run for Pizza Football Kickoff 5K at Viera High.



Palm Bay's Constance Gladney runs in the bright sunshine in the I Run for Pizza Football Kickoff 5K at Viera High.



Wet towel on the head of this participant tells the story of the hot and humid I Run for Pizza Football Kickoff 5K at Viera High.



Indialantic's Andrew Cacciatore finishes second in the I Run for Pizza Football Kickoff 5K at Viera High, his second series runner-up finish this season.



Melbourne's Gary Castner gives maximum effort in the I Run for Pizza Football Kickoff 5K at Viera High.



Palm Bay's Kim Hunger scores her first Running Zone Foundation Race Series victory in capturing women's overall title in the Aug. 9 I Run for Pizza Football Kickoff 5K at Viera High.



Melbourne's Susie Meltzer breaks the 21-minute mark in the I Run for Pizza Football Kickoff 5K at Viera High.



Satellite Beach's Sydney Friedel finishes strong as the fourth woman overall in the I Run for Pizza Football Kickoff 5K at Viera High.



Florida Tech's Chris Cacciapaglia scores his second consecutive Running Zone Race Series victory in the I Run for Pizza Football Kickoff 5K at Viera High.



Sean Michaels and Ember Michaels of Merritt Island run together in the I Run for Pizza Football Kickoff 5K at Viera High.



After all it was the I Run for Pizza Football Kickoff 5K at Viera High so why not show your allegiance to your favorite team as this Miami Dolphins fan was doing.



Middle of the pack runners leg it out over a scenic part of the I Run for Pizza Football Kickoff 5K at Viera High.



A stunning sunrise greeted participants as they made their way to the starting line in the Aug. 9 I Run for Pizza Football Kickoff 5K at Viera High. Photo captured by Barry Jones.

Kenworthy Book Chronicles Life & Friends

By Mark DeCotis

"Each of us is a book waiting to be written, and that book, if written, results in a person explained."

— Author Thomas M. Cirignano

Longtime Brevard County resident, athlete, coach, umpire and fitness and running coach Jack Kenworthy has written an autobiography that touches on many aspects of his long and colorful life.

Kenworthy, who is semi-retired and splits his time between Melbourne and Draper, Virginia has written "People Who Knew Jack."

His reason was simple.

"I just wanted to get my memories on paper for future generations before I forget them," he said.

The book, which chronicles his life from his native Massachusetts to Guantanamo Bay, Cuba through his days at the University of Florida, Brevard Community College and beyond, can be purchased at Running Zone for \$9.99.

He also is selling a Kindle version on Amazon for \$4.99.

He feels that he has unique stories to tell about his loving family, community college students and athletes, fellow baseball coaches and umpires, and the many interesting and hilarious characters (mostly senior citizens) that he has encountered during his 17 years at Pro Health and Fitness. — AMAZON

Amazon described the book thusly:

"He feels that he has unique stories to tell about his loving family, community college students and athletes, fellow baseball coaches and umpires, and the many interesting and hilarious characters (mostly senior citizens) that he has encountered during his 17 years at Pro Health and Fitness (the hospital-based fitness center).

"Jack is married to the former Gloria Fugate. He has a son (Russ) and two daughters (Shannon and Laci) along with five grandchildren (Jenna, Nathan, Josh, Dani, and Amelia)."

Jack is semi-retired, living in Melbourne, Florida most of the time and Draper, Virginia some of the time. He spent 30 years as a baseball coach, physical education instructor, and academic department chair at Brevard Community College (now called Eastern Florida State College) in Melbourne. He retired from BCC at a relatively young age, but kept himself busy undertaking various avocations (high school and college umpire, Leukemia and Lymphoma Society

marathon "Team in Training" coach, official basketball scorekeeper for Florida Institute of Technology, and assisting members at a hospital-based fitness center).

Jack lived his teenage years in Guantanamo Bay, Cuba during the Cold War era and became a student-athlete at the University of Florida.

Jack admittedly likes all kinds of people and shares his experiences with them in this book. He feels that he has unique stories to tell about his loving family, community college students and athletes, fellow baseball coaches and umpires, and the many interesting and hilarious characters (mostly senior citizens) that he has encountered during his seventeen years at Pro Health and Fitness (the hospital-based fitness center).

Jack is married to the former Gloria Fugate. He has a son (Russ) and two daughters (Shannon and Laci) along with five grandchildren (Jenna, Nathan, Josh, Dani, and Amelia). **RZ**

**Join Space Coast
Marathon on**

facebook

Follow the fun

of the Space Coast Marathon & Half-Marathon on Facebook. Share your stories, photos, questions and tips about Florida's oldest – and the nation's only – space-themed marathon and half!

facebook.com/SpaceCoastMarathon



Join Running Zone on

facebook

*Check out what so many
fans have to say at*

facebook.com/RunningZone



Medieval Times
DINNER & TOURNAMENT
Kissimmee, Florida
August 23, 2014



Running Zone Annual Staff Retreat!!!

NEW BALANCE TRADE-IN PROGRAM

Old shoes collected during the month of September will be donated to local charities.



**BRING IN
ANY OLD
PAIR OF
SHOES AND
RECEIVE \$10 OFF
ANY SHOE PURCHASE
OVER \$75**

*Some exclusions apply
Expires 9/30/2014

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personal service
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smile!**

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family!**

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VOLUNTEERS NEEDED
**for Space Coast Marathon
& Half-Marathon!**



**November 30, 2014
Cocoa, Florida**

Start registering to volunteer at
www.spacecoastmarathon.com/volunteer

April Schick: Marathon Training Journal

INSTALLMENT 3

By Mark DeCotis

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 third installment of her journey.

Aug. 31 marked our 12th week in the Galloway training program and our longest run to date. We were to log 16 beautiful miles.

This milestone also marks my fourth



April Schick puts in miles with smiles as she prepares for Space Coast Marathon.

week as a group leader. I feel humbled and blessed to be able to lead a group of wonderful runners. My responsibilities are to set the pace, leave no runner behind, and to keep an open line of communication. This is all to ensure a safe, positive, and fun environment. On Saturday Aug. 23 we completed our second magic mile run and I received a time of 8:15. This was 42 seconds faster than my first time trial which was 8:57. This is the run that determines what our race pace will be during the marathon.

I would definitely attribute this improvement to the training, healthy eating, and significant amount of water I have been drinking.

RZ

NEW PRODUCTS AT RUNNING ZONE



UPDATESUPDATESUPDATESUPDATESUPDATES



◀ **BROOKS BEAST '14 & ARIEL '14 (\$150)**

New no-sew seamless upper and new colors



◀ **ASICS KAYANO 21 (\$160)**

Re-designed FluidRide midsole (reduces weight by 15%) and new ComforDry sockliner (more durable)

◀ **BROOKS OMBRE**

"Ombre" means Shaded or Graduated in Tone. Brooks is offering an SMU (special makeup unit) in a limited edition color, offered to only select stores in each territory. The Ombre collection is limited edition so get them while you can. Experience the high-velocity color combinations in Ghost 7, Ravenna 5, Glycerin 12 and Adrenaline GTS 14.

Julie Hannah Encourages Breast Cancer Awareness

By Mark DeCotis



Julie Hannah continues her recovery with an age-group victory in the I Run for Pizza Football Kickoff 5K.

Julie Hannah by her own admission is a quiet, private person. But having been diagnosed with breast cancer and having undergone treatment and surgery that has led to her being free of the heinous disease, she is sharing her story.

Hannah's victory coincides with the inaugural Precious Mammaries 5K scheduled for

7:30 a.m. Saturday, Oct. 4 in Satellite Beach to help support cancer patients and their families in Brevard County.

"I hope I can be an inspiration to others by sharing my journey," Hannah, of Melbourne, wrote in an email.

"The current status of my health is that there is no evidence of disease and that I am cancer free. According to the reports after my surgery, I had a complete pathological response to chemotherapy. My treatment consisted of six rounds of chemotherapy given three weeks apart, surgery (bilateral mastectomy), followed by 33 radiation treatments.

"I still receive an infusion every three weeks of a targeted medication that suppresses the HER2 neu protein that fuels my type of breast cancer. I will continue to receive this until January."

Hannah, 40, also hopes that by sharing her story she can encourage women to become more assertive when it comes to awareness and self-examination.

"Precious Mammaries and other events



Don't wait and think 'I'm too young.' Get to know your body well."

For more information on Precious Mammaries contact Running Zone at 321-751-8890 or contact Jacqueline Gilcher, Special Events/Volunteer Coordinator at the City of Satellite Beach Recreation Department, 1089 S Patrick Drive, Satellite Beach FL 32937 or by phone at 321-773-6458.

"Our goal is to provide a family event with a deep sense of community involvement, allowing participants to reach out and have a positive impact on the lives of others," Gilcher wrote.

"It is my hope that this event will engage many other like me as well as families who might otherwise not feel able to participate in a 5K. We are grateful to have support within our beachside town, with special acknowledgement to the Satellite Beach Lions Club who will cook a pancake breakfast for all participants.

"We expect to have a fun family event and most importantly, provide support to the Cancer Care Centers Foundation to assist them with their efforts 'Improving on hope...restoring lives.'"

So while routine mammograms are how they find breast cancer in older women, the test doesn't work as well for younger women. Especially those with dense breast tissue... — JULIE HANNAH

that bring awareness are so important," she wrote. "I feel the reason why breast cancer is so fatal in young women is because we aren't catching it in time. So while routine mammograms are how they find breast cancer in older women, the test doesn't work as well for younger women. Especially those with dense breast tissue like myself.

"Thick dense breast tissue appears white on a mammogram. So does cancerous tissue. Breast cancer is not just your mother/grandmother's disease and most young (especially under age 40) do not get mammograms. Until there is a better tool to detect breast cancer, self-breast exams are our best option.

Speaking of restoring lives, Hannah has recovered well enough to the point that she won her age group in the I Run for Pizza Football Kickoff 5K on Aug. 9 in 21 minutes and 51 seconds.

"I am completely surrounded by love and support from the most amazing group of friends and family," Hannah wrote. "While going through chemotherapy, every time I would receive a text from someone telling me that they are thinking of me, sending good vibes or asking to help, I felt stronger. I know for a fact that all the good energy I have and continue to receive has helped in my road to recovery. I have always had a strong will and I refuse to live in fear."

RZ

SEPTEMBER SPECIAL

GECKO CLUB

A Running & Walking Club
"Not Just for Lizards"

20% OFF Compression Socks & Sleeves

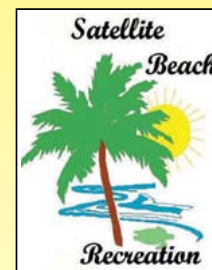
RUNNING ZONE

Saturday, October 4th • 7:30am Start • Satellite Beach, FL

at the David R. Schechter Center • 1089 South Patrick Drive, Satellite Beach



Hosted by



**REGISTER
TODAY!!**

*To help support
cancer patients
& their families
in Brevard County*

Benefitting



Join us for:

- Pancake Breakfast hosted by the Satellite Beach Lion's Club!
- Pink Leis for all Finishers!
- Fun Awards!
- Run with a Team!
- Benefits Cancer Care Centers Foundation of Brevard!
- Race Managed by



Packet Pickup & Registration

Friday, October 3rd 10:00 am – 6:30pm at New Balance Melbourne across from The King Center on Wickham Road.

Race Day

6:30 am Packet Pickup & Registration
7:15 am Late Registration ends
7:30 am 5k Start!!

Awards Ceremony immediately following the race.

**Check us out on Running Zone's Race Calendar.
To register visit www.runningzone.com.**



Precious
Mammaries 5K
Saturday, October 4th
7:30am
Satellite Beach, FL

Presented By:



Benefitting:



To help support
 cancer patients
 and their families
 in Brevard County

Hosted By:

**Friday, October 3rd 10:00 am – 6:30pm**

Packet Pickup & Registration at New Balance Melbourne across
 from The King Center on Wickham Road

Saturday, October 4th – David R. Schechter Center

1089 South Patrick Drive, Satellite Beach

6:30 am Packet Pickup & Registration

7:15 am Late Registration ends

7:30 am 5k starts!!

*Awards Ceremony immediately following the race

AWARDS: M-F: Top 3 Overall, Top Masters**Age Groups – Top 3 M-F, Top 3 Teams**

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+

Amenities:

- Pancake Breakfast hosted by the Satellite Beach Lion's Club!
- Pink Leis for all Finishers!
- Fun Awards!
- Run with a team!
- Benefits Cancer Care Centers Foundation of Brevard!
- Race Managed by 

FEES:	<u>Until 10/3</u>	<u>Race Day</u>
5k Run/Walk	\$20	\$25
Sorry, No Refunds.		

Precious Mammaries 5k OFFICIAL ENTRY FORM - Make check payable to: Running Zone Foundation
 Mail to: Running Zone Foundation, 3696 N. Wickham Rd., Melbourne, FL 32935

Name _____
 Address _____ City _____ State _____ Zip _____
 Phone (daytime) _____ Email address _____
 Team Name: _____ (must be at least 4 members)
 Sex: ☐ Male ☐ Female Date of Birth ____/____/____ Age on Race Day _____

Sizes: ☐ 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 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 Precious Mammaries 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, emails 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 under 18 _____

Date _____

Why I Run: Lori Kruger

By Mark DeCotis

Running is second nature to Lori Kruger.

Kruger, 52, hails from Millbury, Massachusetts but has lived in Florida for 34 years. She resides in Indialantic with husband Kirk and English springer spaniel Bailey and works in Supplier Quality at Northrop Northrup Grumman.

She admits to being a freak about statistics and her records show that since 1999 she has done 87 triathlons and 118 running races including 5 Ragnar-type Florida relay races.

Why I run: As an adult, I had always done some sort of aerobic exercise such as Jazzercise and then when I was 33 years old, I thought I would try running. I have been hooked ever since I did my first race, The Suntime Dash 5K, in December of 2000 and placed first in my age group. In 1999 I started doing triathlons, but running is my favorite of the three sports.

When I run and why: I run three days a week before work at 4:30 a.m. I find it is the coolest part of the day and I like to make sure to get my run in. I find it is nice and peaceful and gives me time to get away and think.

Plus I try to do some other form of fitness in the evening such as a swim, or a boot camp or body sculpt-type class at the gym.

Where I run and why: I am a huge creature of habit; I run the same 3-mile loop each morning. It weaves in and out of my neighborhood and since it is pitch dark at 4:30, I know all of the bumps and potholes in the roads by heart. I know this is in contrast with what we read in magazines and such, that we should try new things and go on new routes for variety and to reduce boredom, but I figure I have a good thing going, why mess with it.

Also, I do really like going for a run while on vacation. I think it is a great way to check out the area and usually my husband is still in bed and doesn't even notice I am gone.

With whom I run and why: Well the only sucker that will run with me at 4:30 a.m. is Bailey. But I do like going to out of town races with my friends Janet, Sondi, Karen and Rick. Also right now I am doing Beachside Tri Camp and there is a great team of nice people to work out with. I like being challenged by the camp.

Worst running experience you

learned the most from: I must be lucky, since no bad running experiences are coming



Lori Kruger crosses the finish line in the I Run for Pizza 5K in Viera.

to mind. I don't mind running in the rain as long as it starts raining after I have already left the house or started the race. As for learning the most, I have finally after all these years learned to stretch after a run. I never did before and always had some sort of injury or another. Since I have been stretching, I have been pretty much injury free. **RZ**

**Join Running Zone
Foundation on**

facebook

Join the athletes who support promoting health, fitness and charitable giving in our community.

<http://www.facebook.com/pages/Running-Zone-Foundation/192655514112985?ref=ts>



**Registration opens on
"Run at Work Day" • September 19th!**



www.brevardcorporate5k.com

National Run @ Work Day, September 19th

There are not many places that let you run at your workplace, however at Running Zone we encourage it, and CHALLENGE you to celebrate the 9th Annual National Run @ Work Day with us!

Take a break during your day and help keep our treadmill going ALL DAY! Between 10am and 6pm stop in and log some time walking or running on the in store treadmill and enjoy some refreshments, and a discount on new running shoes. For each minute you log on the treadmill you will receive \$1 off your shoes (up to \$15). If

you are short on time please email erin@runningzone.com to reserve your time slot!

National Run @ Work Day is presented by the Road Runners Club of America, it encourage adults to exercise every day. Run @ Work Day encourages companies to help employees schedule time for physical activity. On the same day the 5th Annual Corporate 5K registration will open, so save the date for the biggest office party in town on March 12th! **RZ**



Take a break during your workday on September 19th and stop in at Running Zone to log some running or walking time on our treadmill. While you are here enjoy refreshments and a discount on new running shoes.



MEET KATIE JOHNSON



Just about everyone that you see working at Running Zone is a runner, some are competitive, some are on the road for social reasons, but we are convinced one of our employees is out there to model proper form, and spread her smile to anyone she sees.

Katie Johnson has been with Running Zone for 2 years, a recent graduate of the University of Central Florida majoring in Biology, we enjoy her charismatic personality and are impressed by her agility while running!

Katie is currently training for the Lighthouse Loop ½ Marathon, but will never miss running her favorite race, the Jingle Bell 2 miler! When she is not training in the Brooks Ghost neutral running shoes, (she has logged 213 miles in one month!), she cherishes time with her family on her farm in Eau Gallie. Stop in and talk with her about goats and chickens, fashionable running apparel or Knights. **RZ**

UPCOMING EVENTS

9/4 ASICS DEMO RUN
TIME: 6:00PM

9/18 RUN TO LONG DOGGERS
TIME: 6:00PM

Minimalist Shoes Revisited

By Richard C. Wilson, DPM, Melbourne Podiatry Associates, www.melbournepodiatryassociates.com

Two years ago, minimalist shoes were the popular trend. Some saw them as a fad, while others considered them to be revolutionary. Although the jury is still out on the risks and benefits of minimalist shoes and barefoot running, they are once again in the news due to the recent lawsuit settlement concerning the Vibram Five Fingers shoe.

When Vibram introduced the Five Finger shoe several years ago, it started the minimalist shoe trend. The Five Finger shoe was really more of a glove for the foot than a shoe. It was the closest feeling to running barefoot that you could get. Unfortunately, Vibram advertised that the shoe could reduce foot injuries and strengthen foot muscles. These claims had no scientific proof. In March 2012, a runner named Valerie Bezdek filed suit against Vibram for making false claims. Other runners quickly joined her, and a class action lawsuit was filed. In May 2014, Vibram agreed to settle out of court. Vibram admitted no guilt, but agreed to a multimillion-dollar settlement that reimbursed runners who bought the shoes. Vibram also agreed to discontinue the false advertising claims.

This lawsuit hit the minimalist shoe movement hard. So where do we stand now regarding minimalist shoes?

In 2012 minimalist running was at its height. At that time, the minimalist shoe market comprised four percent of the total running shoe market. Although current statistics are conflicting, it appears that sales of these shoes have dropped 30 percent and the market share is now about 2 percent. The Nike minimalist shoes, the "Nike Free" line, controls 90 percent of the market.

Early research showed that barefoot running and minimalist shoe running shifted the foot strike pattern from the heel to the midfoot and forefoot. Some thought this shift resulted in a faster and more efficient gait. It has recently been found the shift is more dramatic between barefoot and any shoe, although minimalist shoes still cause some forward shift. Because there were few reports of injuries, barefoot and minimalist running styles were considered safe. Recently, however, reports of injuries have been published. An Australian study found increases in calf and shin pain in minimalist runners. An-



If a runner has been barefoot or in minimalist shoes and is doing well, there is probably no reason to change.

If one wants to begin barefoot or minimalist running, it is now recommended a lengthy transition period, even up to a year, be utilized.

other study of 10 experienced runners who switched to minimalist shoes found that, within a year, all 10 had serious injuries: one tendon rupture and nine stress fractures. Finally, an interesting MRI study was done of runners who switched to minimalist shoes. Within 10 weeks, 50 percent had evidence of bone marrow edema, a finding associated with stress fractures. Indeed, two runners actually sustained stress fractures.

If a runner has been barefoot or in minimalist shoes and is doing well, there is probably no reason to change. If one wants to begin barefoot or minimalist running, it is now recommended a lengthy transition period, even up to a year, be utilized. This is best accomplished under professional supervision. New research has shown that minimalist running requires a flexible gastrocnemius-soleus complex, flexible Achilles tendon, flexible big toe joint, and strong posterior calf muscles. This strengthening and flexibility must be accomplished before transitioning into barefoot or minimalist running.

In summary, barefoot and minimalist running are here to stay. They weren't revolutionary, but neither were they just a fad.

It appears they still only interest a minority of runners, and a shrinking minority at that. Although there are no compelling reasons to change to these styles, runners who want to do so should do it carefully, slowly, and preferably under professional guidance.

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

*The Only Medieval Themed
10 Miler in the Land*



Registration is Open
www.excaliburrun.com



**Behold,
thy quest begins...**



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 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.

From SH:

Pete, I am training for my first 1/2 marathon, and I am slow (14+ min pace), so I will be doing my long runs of 2+ hours, so I am trying to figure out how to use Gels to perform better. The race says they will provide some during the race at 2 of the water stops, since I do not want to do anything new on race day, how do I handle this situation also? Do I take it and eat it at the appropriate time, just eat it then or just pack my own and forget about what is being provided. Can you also address the difference between the no caffeine, 1X and 2x caffeine packets. When is one better than the other? Thank you for answering questions from those of us at the back of the pack.

Great question and thanks for asking! The general rule is 15 minutes before and every 45 during for gel usage. You may find during training that you need them every 30, 60, 75 minutes- everyone is different. If you use the 45 minute intervals, you would want 3-4 for before/during a 2 hour run. Always remember to wash them down with some water too! Check the race's website to see if they list which ones they will hand out, that way you can try them out ahead of the race. If you can't find out or they don't work for you, try a belt/storage solution to carry them. Remember-

training isn't just the physical part- it's for logistics too!

Most gel manufacturers offer some with and some without caffeine. In previous years, caffeine was thought to be a significant performance inhibitor and to cause dehydration (as a diuretic), however new studies have proven this to have a minimal impact. In fact, the caffeine can sometimes make you mentally more sharp, delay fatigue onset, and provide some energy later in a race. If you drink coffee/soda regularly, there shouldn't be a problem using them. The catch is, the benefits you get during exercise from caffeine are minimized if you regularly drink coffee/soda/tea. In theory, it would be best to avoid caffeine for a week before the race to get the maximum benefit. People that are sensitive to caffeine should avoid products with caffeine and try the "decaf" flavors instead.

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



Saturday, October 4, 2014
7:30am, David R. Schechter Center,
Satellite Beach, FL

Register at New Balance Melbourne,
 across from the King Center on Wickham Road
 or online at www.runningzone.com



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

Running Zone Race Series

2014-2015

Health First
Health Plans

Join us for all 7 races!

WWW.RUNNINGZONE.COM

FIRECRACKER 5K
JULY 4, 2014
Melbourne, Florida

PIRATE PLUNDER 2 MILER
AUGUST 9, 2014
Melbourne, Florida

JINGLE BELL 2 MILER
OCTOBER 18, 2014
Melbourne, Florida

ZEBA ZOOM 3K
FEBRUARY 14, 2015
Melbourne, Florida

GHOSTLY GECKO 5K
APRIL 4, 2015
Melbourne, Florida

RUN FOR THE GECKO HAWAIIAN LUU 5K
MAY 9, 2015
Melbourne, Florida

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

- **SPACE COAST MARATHON & HALF MARATHON:** Sunday, November 30, 2014
- **EXCALIBUR 10 MILER:** 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 MILER: 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 MILER: 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 LUU 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 Potty!

Themed Side-Panel Technical Shirts

FIRECRACKER 5K

I RUN FOR PIZZA FOOTBALL KICKOFF 5K

JINGLE BELL 2 MILER

PIRATE PLUNDER 2 MILER

GHOSTLY GECKO 5K

RUN FOR THE GECKO HAWAIIAN LUU 5K

10th Anniversary commemorative race theme technical 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**.

Firecracker 5K - July 4th, 7:00am \$ _____

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

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

Jingle Bell 2 Miler - 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 Miler - 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 (series) 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:

- 🏃 **FIRECRACKER 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 postcards to all finishers
 - Most Patriotic Costume Contest
 - Special awards to top 3 Local Heroes (Military/Fire/Police)!
 - Free LI Firecracker Kids' Run with Zippy the Gecko
 - Breakfast catered by Einstein Bros Bagels!
 - Honor America Parade after the race
 - Benefits Honor America
 - Random giveaway of one iPad!

🏈 RUN FOR PIZZA FOOTBALL KICKOFF 5K

- Saturday, August 9th at Viera High School (7:00am)
 - Support your favorite Football Team on Race Day
 - Awsome Football Awards
 - Special award for the Most Supported Team!
 - Zippy the Gecko Mascot to lead the Kids' Run
 - Special anniversary Finisher Hand Towels!
 - Tailgate Party after race catered by Pizza Gallery & Grill
 - Benefits Sunfree/Viera Youth Football & Cheerleading League and WEGO Ministries
 - Random giveaway of NFL Football Tickets (any Florida Team) plus 1 Hotel night stay for two!

👻 GHOSTLY GECKO 5K

- Saturday, October 18th at the Eau Gallie Civic Center (6:30 pm)
 - Best Halloween Costume Contest for adults
 - NEW this year! Separate Costume Contest for KIDS!
 - Halloween Trick or Treat Bags to all finishers
 - Fun Ghostly Gecko Awards
 - Free LI Goblins Kids' Run with Zippy the Gecko
 - Food provided by Squid Lips!
 - FREE BEER on the beach at Squid Lips!
 - Awards Ceremony following all races on Squid Lips beach
 - 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 LI Zebra Kid's Run with Zippy the Gecko
 - Breakfast catered by Pizza Gallery & Grill!
 - Benefits Brevard Zoo
 - Random giveaway of one day Disney Tickets and 1 Hotel night stay for two!

*Must show participants race number for discounts to Zoo

🏴‍☠️ PIRATE PLUNDER 2 MILER

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

🏝️ RUN FOR THE GECKO HAWAIIAN LU'AU 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, 30, 20, and 10 points in the open competition. The first 10 runners/walkers within each age group will receive 10, 9, 8, 7, 6, 5, 4, 3, 2, and 1 point in their age group competition.

Race Drop

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

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

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

Standings

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





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**