



GHOSTLY GECKO PROMISES "SPOOK-TACULAR" FUN FOR ALL

SEE PAGE 3





THE DEN

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DON & DENISE'S DEN "Getting Started" Training Program

It has been quite some time since we published a "Getting Started" training program. With fall quickly approaching and cooler temperatures on the way, October is a great time to start a walk to jog or run program.

Below is a suggested training program that we have used for several years that may be beneficial. Please give it a try and listen to your body as you go through the 8-week program.

From 0 to 3 Miles

Too many people have been turned off from running simply by trying to start off too fast. Their bodies rebel, and they wind up miserable, wondering why anyone would possibly want to do this to themselves.

You should ease into a running program gradually. In fact, the beginners' program outlined below is less of a running regimen than a walking and jogging program. The idea is to transform you from couch potato to runner, getting you running three miles (or around a 5K) on a regular basis in just two months.

It's easy to get impatient, and you may feel tempted to skip ahead in the program, but hold yourself back. Don't try to do more, even if you feel you can. If, on the other hand, you find the program too strenuous, just stretch it out. Don't feel pressured to continue faster than you're able. Repeat weeks if needed and move ahead only when you feel you're ready.



You should ease into a running program gradually.

Each session should take about 25 or 30 minutes, three times a week. That just happens to be the same amount of moderate exercise recommended by numerous studies for optimum fitness. This program will get you fit.

Be sure to space out these three days throughout the week to give yourself a chance to rest and recover between efforts. And don't worry about how fast you're going. Running faster can wait until your bones are stronger and your body is fitter. For now focus on gradually increasing the time or distance you run. Again, if the program below is too aggressive, reduce the workout time or amount of jogging, or both. Be sure to go at your pace and not push too hard.

Don & Denise Piercy
Don & Denise Piercy, Running Zone

Workout Routine:

Do some light stretching before and after your workouts. Also, if you feel fatigued, it's ok to rest an extra day or so during the week.

WEEK 1	Walk 4 minutes, Jog 1 minute	5 times	25 minutes total
WEEK 2	Walk 3 minutes, Jog 2 minutes	5 times	25 minutes total
WEEK 3	Walk 2 minutes, Jog 3 minutes	6 times	30 minutes total
WEEK 4	Walk 1 minute, Jog 4 minutes	6 times	30 minutes total
WEEK 5	Walk 1 minute, Jog 5 minutes	5 times	30 minutes total
WEEK 6	Walk 1 minute, Jog 6 minutes	5 times	35 minutes total
WEEK 7	Walk 1 minute, Jog 7 minutes	4 times	32 minutes total
WEEK 8	Walk 1 minute, Jog 8 minutes	4 times	36 minutes total



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

Ghostly Gecko Promises Spooktacular Fun for All

By Mark DeCotis



The 2013 Ghostly Gecko 5K was a cacophony of color and costumes.

The Ghostly Gecko 5K, the third race in the seven-race Running Zone Foundation Race Series, is set for 6:30 p.m. Oct. 18 at the Eau Gallie Civic Center in Melbourne.

The race through the streets of historic Eau Gallie presents series leaders the opportunity to pad their advantages and just like the remainder of the field have some fun doing it as they don costumes ranging from the ordinary to the outrageous.

Florida Tech student Chris Cacciapaglia, 24, leads the male overall standings with 20 points based on his victories in the series' first two races, the Firecracker 5K and the I Run for Pizza Football Kickoff 5K.

Holy Trinity Episcopal Academy's Andrew Cacciatore, 17, is second with 18 points thanks to his two runner-up finishes. Zeke Zauner, 21, is third with 15 points.

Viera's Shane Streufert, 42, leads the Male Masters competition with 20 points.

Palm Bay's Kim Hunger, 33, leads the overall female standings with 18 points thanks to a third place at Firecracker and her first-ever series win at Pizza. Beth Mihlebach, 28, and Melissa Taylor, 36, are tied for second with 15 points. Palm Bay's Tracy Dutra, 41, leads the Female Masters race with 20 points.

Team Running Zone leads the team standings with 20 points. Indian Harbour

Montessori leads the school participation category with 15.

As for the race itself Ghostly Gecko provides a log list of perks for participants, including:

- Best Halloween Costume Contest
- Separate Costume Contest for KIDS
- Free beer for participants 21 and older on the beach at Squid Lips
- Trick-Or-Treat Bags to all Finishers
- Candy for 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 and Wellness Academy
- Random giveaway of Halloween Horror Night tickets and one hotel night stay for two

For more information on Ghostly Gecko visit the store at 3696 N. Wickham Road in Melbourne across from Eastern Florida State College, visit www.runningzone.com or call 321-751-8890. **RZ**

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!
- Candy for 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

The Family That Runs Together

By Mark DeCotis

Runners, walkers, families, friends.
Mothers, fathers, sisters, brothers.

The Nov. 30 running of the 43rd Space Coast Marathon and Half-Marathon in Cocoa Village will feature all of the above and more. We're here to tell the story of one family, the Lerrets.

David Lerret is a senior project engineer working at the Cape for The Aerospace Corporation and married to Jane. David is 56 and new to the running world. He will be running his first half-marathon.

His oldest son Paul is an electrical technician and he is planning - along with his fiancé Stephanie - to run the half a week after they get married.

Lerret's oldest daughter Amanda Shagena, the impetus behind the family effort, is an RN working at a local pain management practice. Her son Cameron Shagena also is running in the half. Not to be outdone, Lerret's youngest son Matthew is running the full marathon. Matthew is a student at Florida Adventist and is a pharmacy technician at Publix.

David Lerret took time from working, training and cheering on the Green Bay Packers to answer some questions about the family's plan to conquer Space Coast.

Question: Who came up with the idea?

Answer: This is Amanda's fault. She ran her first half-marathon at last year's Space Coast event and we cheered her on at the finish line. Amanda told me I ought to give it a try. I was initially noncommittal. When the enrollment announcement for the 2014 Space Coast Half Marathon was posted on the Internet, Amanda enrolled me in both the training class and the run event. She paid both fees so I could not say no.

I did the prudent thing and asked my doctor - I did not know he was a runner -and he cleared me to run. I asked him as a joke, "Was there a class for the class" and he pointed me to the Galloway method "Couch to 5K application." I started running in April. My running mentor at work, Doug Schulthess, introduced me to the concept of destination races. Jane and I are big Green Bay Packer fans so we took our summer vacation to Wisconsin's Lambeau Field and ran in their 5K in July. Jane has MS so she participated in the



From left to right: Son Paul Lerret, his fiancée Stephanie Hodson, grandson Cameron Shagena, daughter Amanda Shagena, patriarch David Lerret and youngest son Matthew Lerret.

Packer 5K by riding her scooter. We as a family are all running for Jane.

Q: Are you in all in the training camp together?

A: Amanda, Cameron and I are in the training camp for the half-marathon.

Q: Any thoughts on whether you will be able to run together, what you might say to each other if you pass on the course?

A: Well my running speed presently is the slow and steady method. I am just learning about the terminology regarding speed improvements such as tempo runs and strides so we'll see if the old man can pass up the young pups. The training camp is all about running and improvement in an injury-free manner so I'll stick to the program. Realistically, it will be another year before I can catch up with the kids but I sure am having fun just being on the course with my family in training and competition. If I do pass them, I'll pat them on the

back and tell em, "you're looking good."

Q: Are you going to party at the finish line together?

A: You bet! At the finish line and later on. I am so proud of Amanda for her encouragement in making running a true family affair so we will enjoy this moment as a very special family event.

Q: Who is going to post the best time and have the most fun, if a half-marathon can be fun?

A: I expect Cameron will post the best time but Matthew may give him a run for the money even though Matthew is running in the full marathon. I am going to have the most fun since no one expected me to get into the fray a year ago.

The fields for the full and half-marathons are full. For more information on volunteering at the marathon call Running Zone at 321-751-8890 or visit

www.spacecoastmarathon.com **RZ**

Why I Run: Ed Donner

By Mark DeCotis

Melbourne's Ed Donner is well known on the Space Coast as a runner, cyclist, swimmer and top triathlete.

A Certified Financial Planner who graduated from Arizona State, Donner is no stranger to hard work and the resulting top results.

He is husband to pro triathlete and 2016 U.S. Olympic triathlon team candidate Kaitlin Shiver Donner.

Why I Run: First because of the enjoyment and secondly to see how fast I can possibly run.

When I Run and Why: In the mornings

since its cooler and I am the freshest.

Where I Run and Why: At home for convenience, Wickham Park for speed work and Tropical Trail for long runs.

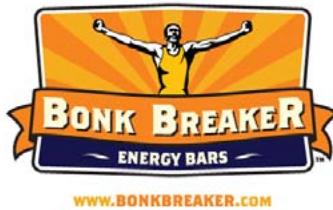
With Whom I Run and Why: Coach Doug Butler's Holy Trinity team for speed work, a group of runners for long runs on Tropical Trail for company, and Kaitlin when I can keep up.

Worst Running Experience You Learned the Most From: There are too many to list, but I will just mention how hot it is in the summers in Florida. **RZ**



Ed Donner is in full stride as he crosses the finish line in the 2014 I Run for Pizza Football Kickoff 5K.

NEW PRODUCTS AT RUNNING ZONE



BONK BREAKERS NUTRITION BARS

Bonk Breaker® Nutrition Bars embodies a whole foods philosophy of baking simple, high quality, REAL food ingredients into great tasting bars that provide both a delicious snack and a competitive edge. Made with 10-12 REAL ingredients that you can recognize and read, all Bonk Breaker® bars are Gluten Free & Dairy Free. Most importantly, they taste delicious!

Balega Zulu



BALEGA ZULU 3 PACK SOCKS

Moisture-wicking mesh for extra cooling, cushioning for impact protection.

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MIZUNO RIDER 18 (\$120)

New 3-D upper achieves classic Mizuno fit while avoiding overlays. Reinforced eyelets to minimize creases, modified toe spring.

NIKE STRUCTURE 18 (\$120)

New engineered mesh upper for seamless, breathable support, new dynamic support platform for lightweight stability, Dynamic Flywire for personalized fit. 10mm offset and increased toe-spring for a more efficient ride.



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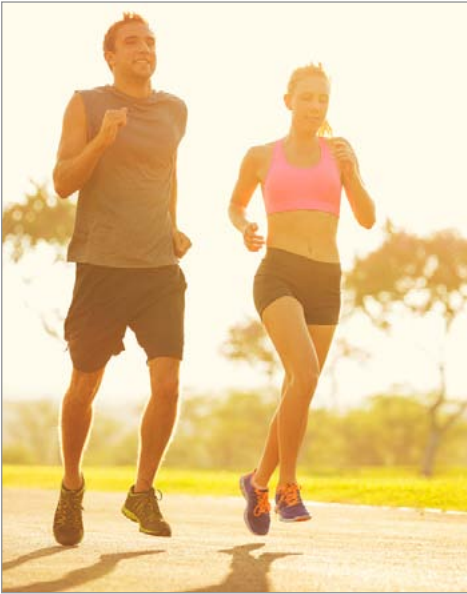
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Morning runners benefit from more than exercise

By Mark DeCotis



Mark DeCotis

It's amazing how a simple "good morning" shared across the pavement before the sun has cracked the ceiling can make a difference.

Perhaps the Lovin' Spoonful (Boomer alert) had it right when they sang about there being something special about 6 o' clock in the morning.

There has to be. Otherwise why would rational adults be subjecting themselves to

There's a certain sense of camaraderie and comfort in seeing familiar faces strolling and chatting or power walking....

suffocating, clothes-soaking humidity, or nose numbing, bone chilling cold (yes, it gets cold in Florida) as they traverse their deserted streets or nearby park, in the dark?

It's for the exercise. But, perhaps even more important it's for the shared experience. There's a certain sense of camaraderie and comfort in seeing familiar faces strolling and chatting or power walking and puffing or pedaling at their own pace be it one of leisure or otherwise.

Greetings are shared, stories spun and dogs acknowledged and petted. Occasionally even some gossip may pass from one to another all in the name of getting the day off on the right foot, or left if one is so inclined.

And beauty of it is there is no judgment. To each his or her own: his or her own time, his or her own pace, in his or her own space.

At the same time the greetings transcend the time, the place, the space and just that simple good morning can serve as the impetus to perhaps take a few more steps or a few more turns even as the relentless Florida summer burns.

And the promise and expectations of the shared experience provide the impetus to shake off slumber and lace up the sneakers to start yet another day in the same exhilarating way.

See you in the dark. **RZ**



MEET ERIN SCHUCK

Four years ago Erin changed her profession as a Victim Advocate and started working at her favorite place in Melbourne! She attended the first Thursday Night Fun Run in June of 2003 and made friends with The Piercy's, she joined Running Zone to have more time with her family, and has enjoyed every second of it! Starting at the age of eight Erin swam competitively, and only started running as a way to explore the trails on the University of West Florida. She has participated in about 20 half marathons and a long list of shorter events, and triathlons. She prefers to run the streets of Melbourne early in the morning with her girlfriends, and is training for the Savannah Half in November. She wears the Mizuno Inspire and her most important piece of equipment- her Moving Comfort Juno sports bra. Although she is typically behind the microphone and working the races, Erin's favorite race in the area is the Bayfront 5K9 so she can run it with her lab, Vader. **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!

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OCTOBER SPECIAL

Breast Cancer Awareness Month

20% OFF IN-STOCK SPORTS BRAS

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Check out what so many fans have to say at

facebook.com/RunningZone

April Schick: Marathon Training Journal

By Mark DeCotis

INSTALLMENT 4

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 fourth installment of her journey.

The count down has begun.

There are two more months of training until the biggest race I have ever run. It's an amazing feeling tackling our increasing training runs. My group and I have conquered the 20-mile beast and I couldn't be prouder.

I walked away with minor injuries on this one, which is a feat in itself. My feet were tender but it was nothing an Epsom salt soak, icing, and a rolling ball massage couldn't take care of. The beauty of life is pushing yourself to the limit. This is what the Galloway Training does for me. **RZ**



Celebrating their 20-mile run were Barbara Windland, April Schick, Anju Grover. Second row: Anne Young, Sydney Smith, Katie Dermody. Last row: Laura Potlock, Jason Dieterle. Two of the three marathon groups joined forces for our 20-mile run.

A Sports Bra is Personal & Essential Gear

Moving Comfort and Erin Schuck

Alright, ladies, let's talk about your upper body. Most specifically let's talk about your "girls". Being fitted into a good sports bra, and investing in high quality is just as important as the shoes you put on your feet.

Most women are not wearing the right size sports bras and the effects of this can be harmful during your workout, and for years to come. The sports bra industry has come quite far since women sewed jock-straps together for support in the 1970's. Sports bras now come with adjustable bands, straps, bright colors and patterns and are extremely comfortable.

At Running Zone, we are trained to help

you get the right size for your needs. We carry many different brands for cup sizes AA-E, so gone are the days of doubling or as we have heard tripling (!) up your bras to give you support.

Why should you invest in a good bra? Here are a few reasons!

- They are moisture wicking (which means less smelly)
- You can reduce movement by 80% (no more bounce)
- Less sagging (think perky)
- Better posture (less aching back)
- You will look better to those running in the

opposite direction (no black eyes)

- No more slipping straps (how annoying)
- Avoid chafing (it really burns in the shower)
- Your clothes will fit better (sports bras lift and compress)
- During the month of October we encourage you to stop in to be fitted in a new sports bra. All of the bras (excluding Enell) will be 20% off! Moving Comfort, Nike, Brooks, Saucony, North Face, the list goes on! So run happy, and bounce free - your girls will thank you!

RZ

UPCOMING EVENTS

- 10/4 PRECIOUS MAMMIES 5K**
- 10/6 GOOD FORM RUNNING CLINIC**
TIME: 5:30PM
- 10/18 GHOSTLY GECKO 5K**
- 10/23 TNFR RUN TO LONG DOGGERS**
TIME: 6:00PM



Run @ Work Day

On Friday September 19th twelve customers helped the twelve Running Zone staff members keep the RUNNING ZONE treadmill going ALL DAY! We started the challenge at 10:00 and the first customer to hop on was Robin Laverentz! For each minute on the treadmill, customers could receive \$1 off a new pair of shoes! (up to \$15) At one point during the day there was a line of people wait-

ing their turn. Food was graciously donated by Pepper Tree Sandwich Shoppe in Palm Bay and the 2015 Corporate 5K website was launched! Congratulations to W&J Construction Corporation for being the first team to register!

Run @ Work Day is presented by the Road Runners Club of America, the day is to encourage adults to get 30-minutes of exercise

each day, in accordance with the Physical Activity Guidelines for Americans, either before work, during lunch, or immediately following work. RUN@WORK Day also encourages companies to help employees schedule time for physical activity. If you would like to start a walk or run program at your workplace, please let us know! **RZ**



Tricia Rydson, Felicity Cunningham, Tracy Dutra, Katie Johnson, Kristin Cusimano, Erin Schuck



Starting Early, Erin Schuck, Felicity Cunningham, Tricia Rydson & Baby Finn



Robin, First Participant



Johnathan Howse



Tena Hochard Abe Oros



Valerie helping a customer



Pete Vaughn



Emily King



Jacqueline Brown



Don Piercy

OCTOBER
SPECIAL

GECKO
CLUB

A Running & Walking Club

"Not Just for Lizards"

SPIN THE
Spooky Wheel!

RUNNING
ZONE



Over Pronation and the Runner

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

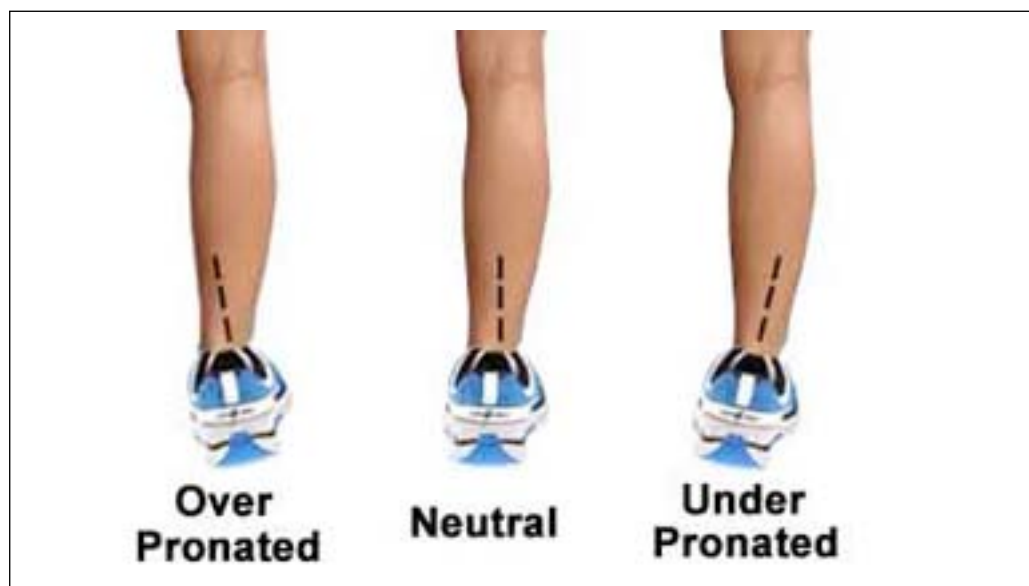
Much has been written about pronation, as well as over pronation and under pronation. Foot types have often been categorized as pronated (over pronated) and supinated (under pronated).

Technically, the terms pronation and supination refer to directions of motion of the hands and feet. Thus, they are functional rather than anatomic terms. Simply stated, pronation is when the feet (or hands) roll inwards, while supination is when the feet (or hands) roll outward. Pronation and supination are normal motions of the gait cycle. Problems arise when the foot pronates or supinates excessively (over pronation and under pronation).

Most people have normal foot shapes, but may over-or under-pronate due to imbalances of the ankle, knee, or hip. Some people, however, have foot shapes that are truly over- or under-pronated. Although gait analysis during running performed by a specialist is the most accurate method of assessing amount of pronation, a simple do-it-yourself test is available. This is called the wet footprint test. Simply wet the bare foot and stand on a surface that will show the footprint. If the footprint shows narrowing of the middle of the foot, the foot shape is considered to be high-arched, or under pronated (supinated). If that portion of the foot is thick, the foot is low-arched or over pronated. Another method of assessing level of pronation is to look at the wear pattern of the sole of the shoe. Over pronators show excessive wear on the inside of the heel and toe area, while under pronators show wear on the outside of the heel and outside edge of the shoe.

To further complicate the pronation story, we introduce the concepts of flatfoot and fallen arches. Some people are born with feet that have low or no arches. The lay term for this condition is flatfoot, while the medical term is congenital pes planus. Other people develop a pronated foot later in life as their arch height decreases due to weakening or over-stretching of certain tendons. The lay term for this condition is fallen arches, while the medical term is acquired pes planus.

As previously mentioned, some pronation is a normal part of the gait cycle. When



Pronation is when the feet (or hands) roll inwards, while supination is when the feet (or hands) roll outward.

runners over pronate, however, problems occur. Running causes forces greater than body weight to be transmitted through the feet. Over pronation causes these forces to be unevenly distributed, resulting in a variety of possible overuse injuries. These include plantar fasciitis, Achilles tendinitis, sesamoiditis, bunions, tarsal tunnel syndrome, shin splints, stress fractures, arch pain, metatarsalgia (pain in the ball of foot), calluses, medial knee pain, hip pain, and lower back pain. These conditions are not always caused by over pronation, but may be precipitated or aggravated by it.

Treatment of specific overuse injuries varies depending on the condition. Treatment of over pronation itself can consist of stretching exercises, wearing shoes with certain features that reduce pronation, and wearing various types of inserts in the shoe to reduce pronation.

Generally, if a runner is over pronating but is not having any symptoms, no treatment may be necessary. Self-treatment with selecting shoes that help over pronation may be the first step. Over pronators should wear shoes with straight or semi-curved lasts. This can be

determined by looking at the sole of the shoe. It should be straight or slightly curved.

Motion control shoes help runners with moderate to severe over pronation. These are the stiffest shoes, which reduce the hypermobility of over pronation. They also have greater support along the inside edge of the shoe, also limiting pronation. Less severe over pronators often do well with a stability shoe. These offer less stiffness than motion control shoes, but more than neutral shoes.

Using various insoles in the shoe also helps reduce over pronation. Milder cases often respond well to over-the-counter semi-flexible insoles, while more severe cases often require treatment with prescription custom-made orthotic devices.

A sports podiatrist should evaluate a runner who has overuse symptoms possibly due to over pronation. The cause of the over pronation can then be determined, and treatment recommendations can be tailored to the individual.

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



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 JJ: I just signed up for my first marathon and was wondering what are the best interval timer apps for iPhones?

The 2 best that I've seen so far are Interval Timer and Seconds. I've personally used Interval Timer for circuit workouts, not so much running. Both of these link with your iTunes music if you choose to listen to music while working out/running.

Now, I'd like to phone a friend and have RZ staff member Erin Schuck answer a question we get all the time- how do I find a good sports bra?

A good sports bra is just as important as the shoes you run in. Over 80% of women are wearing the wrong size bra! That being said, here are a few things to take into consideration when shopping for a sports bra:

■ **Size** - We carry bras from sizes A-E, in a variety of brands. For those lucky A and B girls, you can get away with a less structured and compressing bra, and let's face it- some of the cuter styles! If you are like me, you need something comparable to duct tape! I would recommend one by Moving Comfort or Enell because they are sized by your band and cup size. Most of their straps are adjustable and the material is comfortable to run in.

■ **Style** - I am amazed that sports bras have only been around since the late 70's! Since



then bras have changed dramatically and women have many options from the color, strap width, back closure and underwire. Some of the bras are padded, others offer more compression, some have scoop backs and others are racer backs. The variations are endless for all sizes.

■ **Support** - Women that are well endowed need to be properly fit into a bra to ensure that they are wearing a bra that keeps the girls locked and loaded. Your breasts move in a figure 8 motion while running, and the constant bouncing will lead to sagging and discomfort. With the right bra, you can keep them looking perky and in place!

■ **Price** - Just like good running shoes, a good sports bra will be a worthwhile investment. A \$10 bra from a department store will not do the job if you are a C-cup! During the month of October we are offering 20% off sports bras, (excluding Enell), and all staff members are trained to measure and help you select the best sports bra for your needs.

■ Thanks for all the emails, keep 'em coming!
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>



The Only Medieval Themed
10 Miler in the Land



Registration is Open
www.excaliburrun.com



Behold,
thy quest begins...

Good Form Running Clinics at Running Zone

Monday, October 6th at 5:30pm

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

THERE IS A BETTER WAY TO RUN.



presented by
new balance

GFR

4 SIMPLE STEPS

Posture - Midfoot - Cadence - Lean

1) POSTURE



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

2) MIDFOOT



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

3) CADENCE



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

4) LEAN



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

FAQ'S

Are you sure that GFR will work for me?

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

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

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

How long does it take to master GFR?

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

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

As a participant in the GFR clinics you will receive:

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

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



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



2014-2015

Health First

Health Plans

Join us for all 7 races!



JULY 4, 2014



AUGUST 9, 2014



OCTOBER 18, 2014



DECEMBER 20, 2014



APRIL 4, 2015



FEBRUARY 14, 2015



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 Potty!

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



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 (series) and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in a Running Zone Race Series event (s). 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 L1 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
- 🏃 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, 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**