



## THE NEXT STEPS



## GHOSTLY GECKO 5K SHOWCASES "SPOOKTACULAR" EFFORTS

SEE PAGE 3





# THE DEN

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## DON & DENISE'S DEN

# The holidays offer spirit of celebration for runners & walkers

It's that time of year again when the willpower of runners and walkers of all stripes is tested to the limit.

Be it tables groaning under the weight of holiday buffets and treats or the absolutely gorgeous weather that beckons, luring all to put in that extra workout when more productive matters – family, shopping and wrapping – beckon.

Meanwhile, advisors of varying temperament are offering advice on how to cope with the temptations that basically boils down to one thing: moderation.

Wonder how many visits they make to the buffet when no one's looking or how many times they slip out the door for one more trip around the park or around the block?

To that end perhaps the best approaches are sense of humor and a sense of perspective.

The holidays are meant to be shared with family and friends be it around the table, the tree, or whatever method your heritage carries with it.

But there also are myriad holiday runs and walks

and races offering the opportunity to share the spirit of celebration and giving that make the holidays so special.

For a complete list of events visit [www.runningzone.com/calendar2](http://www.runningzone.com/calendar2)

After all there's nothing wrong with injecting some fun into what at times can seem like the daily chore of lacing up and heading out the door. And there's the benefit of camaraderie that goes with a field full of runners and walkers decked out in holiday regalia, not to mention a sympathetic ear or two for your holiday gripes and groans.

Don't fret, everyone's got at least one.

And don't forget if you've behaved yourself over the course of the past calendar there might be a runner's gift or two bearing your name.

Enjoy your holidays.

*Don & Denise Piercy*  
Don & Denise Piercy, Running Zone



There are myriad holiday runs and walks and races in the area offering the opportunity to share the spirit of celebration and giving.



# Ghostly Gecko 5K Showcases "Spooktacular" Efforts

By Mark DeCotis



There were miles of smiles among the Gecko 5K competitors.

The winning efforts in the Oct. 18 Ghostly Gecko 5K were downright scary.

Florida Tech student Chris Cacciapaglia, 24, won his third straight Running Zone Foundation Race Series event of the season by 48 seconds while defending series women's champion Kaitlin Donner, 25, was first by 1 minute and 13 seconds and sixth overall.

Cacciapaglia covered the downtown Eau Gallie course in 15:47. Shane Streufert, 42, of Viera was second in 16:35. Tyler Robert, 16, of Melbourne was third in 16:43.

Donner, on her break from her professional triathlon season, covered the women's field in 17:20. Sara Trana, 29, of Satellite Beach was second to Donner and 14th overall in 18:33. Kim Hunger, 34, of Palm Bay was third among women and 18th overall in 18:53.

Cacciapaglia's previous series winning margins were 29 seconds in the season-opening Firecracker 5K and six seconds in the I Run For Pizza Football Kickoff 5K.

"I have been training quite a bit while assistant coaching the FIT cross country team which has allowed me to get some speed work in," Cacciapaglia said. "I don't have any immediate goals set, but I would like to break 15 minutes in the 5K at some point."

As what the future holds: "I don't particularly like the idea of resting on laurels and instead try to push myself to be better, some days more than others though," Cacciapaglia said.

Donner won Firecracker by 32 seconds but did not compete in the I Run For Pizza Football Kickoff 5K.

"The Ghostly Gecko is one of my

Click here to see the Ghostly Gecko 5K results.

favorite all time races because so many people dress up," Donner said. "It's just a fun holiday event."

Felix Hottenstein, 46, of Melbourne, took the Male Masters crown in 18:27 while Cathy Friedel, 50, of Satellite Beach claimed the Female Masters title in 20:46.

A colorful Halloween-themed field of 1,122 runners and walkers, many in costumes and makeup, took times.

Team laurels went to Team Long Doggers of Cacciapaglia, Streufert, Trana, Michael Fisher and Wade Dauberman with a combined time of 1:27:32, edging the 1:29:36 time of Team Running Zone of Donner, Steve Hedgespeth, Ron Abel Jonathan Howse and Scott Larson. Health First of Matt Smith, Chi Cam, Steven Baker, Keith Snodgrass and Richa Vijayvargiya was third at 1:38:51.

The defeat was the first of the series season for Team Running Zone.

Indian Harbour Montessori captured the school participation title with 21 competitors. The Divine Mercy Chargers were second with 16 and Holland Elementary third with 10.

Next up on the series calendar is the Dec. 20 Jingle Bell 2-Miler at the Satellite Beach Library. For complete information on the series and local running events visit [www.runningzone.com](http://www.runningzone.com)

continues on the next page

## THE NEXT STEPS



**Saturday,  
December 20, 2014**

**5:45pm Start**

**Satellite Beach Library**

Santa and Zippy the Gecko bring this holiday favorite to Satellite Beach with Santa and a fun costume contest!

- \* Santa Hats to the 1st 500 Entrants
- \* Jingle Bells for Everyone's Shoes
- \* Best Holiday Costume Contest
- \* Fun Stocking Awards
- \* Santa Arrival on Fire Truck
- \* Free Santa's Little Helper Kids' Run with Zippy the Gecko
- \* Cookies provided by Long Doggers!
- \* Random Christmas Present Giveaways: LCD TV, Go Pro Camera, iPad, iPad Mini & iPod Shuffle!

*Benefits Special Olympics Brevard County*

For more information & to register, visit [www.runningzone.com/series](http://www.runningzone.com/series)





Ghostly Gecko 5K – "Spooktacular" Winning Efforts

continued from previous page



Kevin Van Landingham (1001), Jonathan Campbell, Kim Hunger (188), Keli Lindquist (1053) and Chi Cam (772) race on the Ghostly Gecko 5K course.



A mass of colors – predominantly orange - awaits the start of the Ghostly Gecko 5K in downtown Eau Gallie.



Eventual women's winner Kaitlin Donner in full costume on the Ghostly Gecko 5K course.



Ghostly Gecko 5K overall winner Chris Cacciapaglia hoofs it on the course.



A crush of orange rounds a turn on the Ghostly Gecko 5K course.



Women's overall winner Kaitlin Donner crosses the finish line in the Ghostly Gecko 5K in a ghostly costume.



Carolyn Picard (335) of Palm Bay is in full Halloween regalia on the Ghostly Gecko 5K course.



Ghostly Gecko 5K overall winner Chris Cacciapaglia crosses the finish line for his third Running Zone Foundation Race Series victory this season. **RZ**



# 2014 Space Coast Marathon & Half-Marathon Field Tops Out at 7,138

By Mark DeCotis

When the sun finally cracks the sky over Cocoa Village on the morning of Nov. 30 the largest field in the 43-year history of the Space Coast Marathon and Half-Marathon will be well under way in pursuit of myriad dreams.

Race organizers Don and Denise Piercy of Running Zone, and the venerable Space Coast Runners expect a field of 7,138, up from 5,463 in 2013.

And while this year's field is full it's certainly not too early to make plans for the 2015 running of Florida's oldest marathon.

Three of last year's four winners – overall marathon champion Marc Burget, and the overall and women's half-marathon champions Steve Hedgespeth and Kaitlin Donner are entered – seeking rare repeats on the top step of the podium.

As for the other 7,135 runners and walkers the morning represents the culmination of months of early mornings and sleepy nights all in the pursuit of the goal and the glory of completing 13.1 or 26.2 miles.

The Half-Marathon gets the gun at 6 a.m. and the full at 6:30. Sunrise is 7:02 a.m.

For participants seeking a bit of encouragement, impetus and inspiration, organizers are offering pace teams for both the full marathon and half-marathon. They have organized the following pace groups:

Marathon: 3:15/7:27, 3:25/7:49, 3:35/8:12, 3:40/8:24, 3:45/8:35, 3:55/8:58, 4:00/9:10, 4:00/ 4:1 (G), 4:10/9:33, 4:15/3:1 4:20/9:55, 4:30/10:18, 4:30/ 3:1 (G), 4:40/10:41, 4:45/ 2:30:1 (G) 5:00/11:27, 5:00/2:1 (G), 5:15/ 2:1 (G), 5:30/1:1 (G), 5:45/1:1 (G), 6:00/1:1(G), 6:15/30sec:45 sec, 6:30/ 30sec:45sec (G); 7:00/ 20sec:40sec (G)

Half-Marathon: 1:40/7:38, 1:45/8.01, 1:50/8:24, 1:55/8:47, 2:00/9:10, 2:00/4:1 (G), 2:10/9:55, 2:15/10:18, 2:15/ 3:1(G) 2:20/10:42, 2:30/ 2:1(G); 2:45/1:1(G), 3:00/30sec:30sec (G), 3:15/ 30sec/45sec (G), 3:30/20sec:40sec (G), 4:00/20sec:40sec (G)

\* (G)= Galloway Pacer - Jeff Galloway Run, Walk, Run Method Format displayed: Goal Time H:MM/# min Run: #min walk

Participants should check in at the expo booth and sign up with their pacer.



Space Coast Marathon start 2013

The Half-Marathon gets the gun at 6 a.m. and the full at 6:30. Sunrise is 7:02 a.m.

Speaking of the expo the popular event is moving to larger quarters at the Raddison Resort at the Port in Port Canaveral, site of Saturday night's pre-race pasta dinner.

The expo runs from 9 a.m. to 5 p.m. and the dinner, for which running pioneer Bart Yasso will serve as guest speaker, follows at 6 p.m. Yasso also will appear at the expo.

For complete information on both events please visit [www.spacecoastmarathon.com/expo](http://www.spacecoastmarathon.com/expo)

Running Zone, located at 3696 N. Wickham Road in Melbourne, south of Post Road and across the street from Eastern Florida State College's Melbourne Campus, is serving at race headquarters. The store can be reached at 321-751-8890.

The events also have a new presenting sponsor in Publix Supermarkets.

Also, last but certainly not least organizers have hired a company to maintain the 105 portalets and bathroom stalls at the race site in the morning before the race.

For complete information – everything you need and want to know – please visit [www.spacecoastmarathon.com/race\\_info](http://www.spacecoastmarathon.com/race_info)  
**RZ**

The list of vendors expected at the expo are:

- Running Zone
- Brooks
- FreeWavz
- The Stick
- Bondi Bands
- Boston Bills Sunglasses
- Milestone Jewelry
- Florida A1A Marathon (2/15/15)
- Sparkle Skirts
- My Soxy Feet /Smartly Finished
- Happy Puppy Athleticwear, Inc.
- Wicked Skins
- Tom Tom
- Sport Hooks
- TAC Total Athletic Comfort
- 26.2 W Donna (2/15/15)
- Real Time Pain Relief
- Therapeutix
- Body Hellix
- PACERS
- Space Coast Runners
- EXCALIBUR 10 Miler (3/1/15)
- MarathonFoto
- TNT Leukemia & Lymphoma Society
- Race Joy

## NOVEMBER SPECIAL

Donate a can of soup &  
**RECEIVE 10% OFF**  
any regularly priced  
pair of shoes!



3680 N. Wickham Rd., Unit C  
Melbourne, FL 32935 • 321-752-5660  
[www.newbalancemelbourne.com](http://www.newbalancemelbourne.com)

# Top level professional athlete, Kaitlin Donner completes a varied & challenging 2014 season

By Mark DeCotis



Mark DeCotis

Even elite athletes need a breather and an occasional boost and Melbourne's Kaitlin Donner is no exception.

A top-level professional triathlete and coach and candidate for the 2016 U.S. Olympic team, Donner just completed her 2014 season and is looking forward to a break in her strenuous, seemingly non-stop routine of training and racing.

"I just landed back in Orlando after back-to-back weekends racing in Cozumel then Colombia," Donner wrote in an email. "Cozumel was a mediocre race, and I was unable to finish the race in Colombia due to stomach issues.

"I am now on my triathlon off season and get to enjoy some down time to mentally and physically recover from the season, which is much needed."

Donner's 2014 season was as varied as it was challenging.

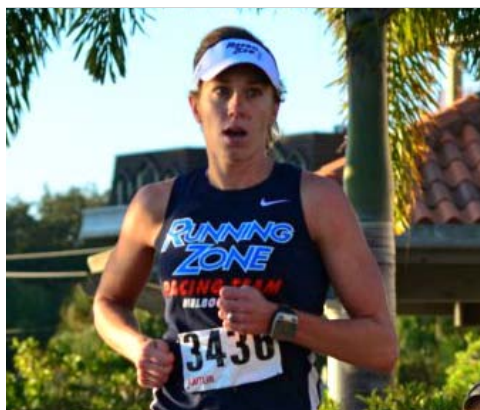
"The season started the beginning of March with a sprint Continental Cup in Clermont," Donner said. "I raced 14 ITU draft-legal events in nine different countries, the Las Vegas Super Sprint, and Running Zone Series races mixed in-between.

"I was third at the FISU World University Games, and had three top-20 finished at World Triathlon Series events. Since the courses and conditions vary so much, I don't have any idea of times or PR's throughout the season. It's all about your place and getting points."

And until training for the crucial next season ramps up in mid-November Donner will be enjoying and absorbing the mental and physical boost and perspective those closest to her can provide.

"My support team consisting of family, friends, coaches and our community really help to get me through the long season by believing me in and helping to remind me why I love to compete," she said.

"There are ups and downs to every season. It's very easy to stay motivated when the season is going well but I think an athletes true love for the sport shows during the slumps. Also, little things like reminders of short-term and long-term goals as well as



Donner is now in her triathlon off season and gets to enjoy some much needed down time to mentally and physically recover.

self affirmation and 'staying in the moment' help to not become overwhelmed through-out tough blocks during the season."

While the moral support is vital financial support in the form of sponsorships also is important.

"As a female in the small yet growing sport of triathlon, I am always in need of sponsors," Donner wrote in an e-mail. "Sponsors are a very essential piece to the puzzle since they can not only provide product and funding, but also moral support.

"It makes me so excited when I get the opportunity to be an ambassador for products and companies that I truly believe in and can share that with other athletes and more specifically, our Space Coast community. The increased national coverage Universal Sports has provided for the ITU circuit this year has helped a little, since companies can start to see the marketing benefit of sponsorship. But at the same time, it's nothing like the coverage professional football, tennis or golf get."

Sponsors interested in working with Donner can contact her via her website [www.kaitlindonner.com](http://www.kaitlindonner.com)

USA Triathlon has yet to announce the Olympic qualification standards but obviously next year and into 2016 will be crucial for Donner and other hopefuls heading into the Summer Games in Brazil.

So in the meantime, Donner is making time for some relaxation and is working part-time at Cora Rehab and Sports Medicine in Titusville. **RZ**



**MEET** New Balance  
Melbourne Employees

**JOSHUA ALBRITTON  
& RANDY PITTS**



In December of 2010 Running Zone opened their sister store in their previous location, seeing a need for a store that offered quality shoes for a professional setting, tennis courts and other non-running activities, New Balance opened to fit a niche market. Since that cool winter day the store has expanded to offer a variety of products, apparel and footwear. The faces of the local New Balance store are the dynamic duo of Joshua & Randy. Joshua is the Store Manager and when he is not in the store he is active with his band, The Albritton Brothers Band and spending time at his church. His favorite local race is the Ghostly Gecko and his favorite product at New Balance is the 990 because of the classic, comfortable styling. Randy Pitts has been with New Balance since they opened in 2010 and enjoys the comradery and atmosphere at the New Balance store. He is an avid Kickball player, with a past as a baseball player at Florida Tech. Randy wears the NB1080 running shoe to keep him quick on his feet and comfortable all day. **RZ**



# April Schick: Marathon Training Journal

## INSTALLMENT 5

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 fourth installment of her journey.

Marathoners are the epitome of endurance. Despite the aches and pains we might pick up along the way we never let it deter us. – APRIL SCHICK

If someone were to ask me to pick one word to describe the marathon training, I would say endurance. The definition of endurance is the ability to do something difficult, the ability to deal with pain or suffering, and the quality of continuing for a longtime. Marathoners are the epitome of endurance. Despite the aches and pains we might pick up



Schick registered for this year's full marathon choosing once again to use the Jeff Galloway run-walk training camp offered by Running Zone.

along the way we never let it deter us.

I am so very proud of all of us for coming this far in the program. Together as one we have completed 23 miles and are on the verge of tackling 26. It is amazing to watch each and every runner blossom into a stronger person. I know I have become a more well rounded individual since starting this training and I am so thankful for that. I look forward to race day and I will be sporting the biggest smile because I know that this program has equipped me with everything I need to finish. **RZ**

## UPCOMING EVENTS

- 11/5** **Wednesday Run**  
Changes to 5:30pm
  - 11/6** **TNFR (Thursday Night Fun Run) changes to 5:30pm**
  - 11/13** **Nathan Fire Up Your Run Safety Demo**  
Run: 5:00pm Demo, 5:30pm Run
  - 11/17** **Good Form Running Clinic, 5:00pm**
  - 11/20** **Brooks Nightlife Run, 5:30pm (finish at Long Doggers)**
  - 11/24 – 11/28** **SCM Packet Pick-up (except 11/27)**
  - 11/26** **No Wednesday Fun Run**
  - 11/27** **Running Zone CLOSED for THANKSGIVING**
  - 11/27** **No TNFR (Thursday Night Fun Run) - THANKSGIVING**
  - 11/29** **Space Coast Marathon Expo & Packet Pick Up @ Radisson at the Port, 9am-5pm**
  - 11/30** **Space Coast Marathon!!!!!!**  
(No fluids at Oars & Paddles or Tropical Trail)
- (Monday Night stays 6:00pm)

**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](https://facebook.com/SpaceCoastMarathon)



**NOVEMBER SPECIAL**



A Running & Walking Club  
"Not Just for Lizards"

**FREE STROBE LIGHT**  
**with the purchase**  
**of a pair of shoes!**



**Join Running Zone on**

**facebook**

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

[facebook.com/RunningZone](https://facebook.com/RunningZone)

# Why I Run: Melissa Taylor

By Mark DeCotis

Melissa Taylor, 36, is one of the Space Coast's top women runners. The Indian Harbour Beach resident, Sebastian River High School teacher, wife to Chris and mother to sons Sevrin and Dax attacks running head on.

**Why I Run:** When people ask me why I run I'm honest with my response of, "I'm addicted to it." I love the way running makes me feel physically, mentally, and emotionally. This feeling doesn't stop once I'm done running, but continues throughout the day.

**When and Where I Run and Why:** During the work week, I either run very early in the morning in and around my neighborhood, or on my school's campus immediately after the seventh period bell rings to dismiss students. Due to my kids' after school activities, these are the two most convenient times to get my run in. On the weekends, I run in the mornings before my kids' athletic games.

**With Whom I Run and Why:** I try to run with Beth Mihlebach and Kim Hunger when all of our schedules allow it. I enjoy those runs the most. Beth and Kim are not only great runners but also great people. When I'm by myself, I HAVE to run with my headphones and music. And not just music, but loud music. Listening to music helps me get into a zone while I'm running.

**Worst Running Experience I Learned the Most From:** The worst running experience I learned from the most, and unfortunately, I had to experience many times before I changed my ways is going out too fast in races. If I go out too fast, I ALWAYS die in the second mile and it looks like I'm carrying a piano on my back. I was more of a sprinter and middle distance runner growing up. My natural instinct is to go out fast, and it took a long time for me to change that.

**RZ**



Melissa Taylor finishes as second overall woman at the I Run for Pizza Football Kickoff in Viera in August.

## Running Zone Fun Run OPPORTUNITIES

In a training rut? Bored with the same running route? Looking for some new friends? We encourage you to join one or all of the Fun Run events that we offer during the week. Since Running Zone opened in 2003 the Thursday Night Fun Run has been bringing runners new and old, (in age and experience), together! There are varying paces and abilities at each location, from runners to walkers, and friends old and new. For more information about the Fun Runs please ask one of the Running Zone representatives! Your first night please introduce yourself to the coordinator, and have a great time!

### MONDAY:

**Pizza Gallery & Grill at The Avenue Viera** – this group meets on the back patio at 6:00pm, (even when the time changes). This out and back route is approximately 3 miles. The first Monday of every month is FREE PIZZA from Pizza Gallery. Plan to hang out

with the group afterward on the patio! Coordinators: Rick and Karen Suarez

### WEDNESDAY:

**Squid Lips in Downtown Eau Gallie**, during the summer this is a tri-training opportunity with a swim and then run, but during the "winter" participants skip the swim and run over the causeway and back. This is also approximately 3 miles, and starting November 6th, meet at 5:30pm. Use this as your hill training and challenge yourself on the causeway! Coordinators: Kelly Semenko and Trish Lucas

### THURSDAY

**Running Zone is the location for the original fun run!** Meet at the store at 5:30pm, (starting on November 6th), and run through Wickham Park and back. Monthly "demo" runs are hosted by our product and shoe reps, come try out new shoe models and equipment on the 3 mile run! The last Thurs-



Running Zone Fun Runs offer varying paces and abilities at each location, for runners to walkers.

day of the month is Pizza Night, with free pizza from Bizarros and giveaways. Coordinators: Denise Piercy and Pete Vaughn

To stay updated on special Fun Run events, cancellations and other announcements - follow Running Zone on Facebook. **RZ**



# NEW PRODUCTS AT RUNNING ZONE

## TOMTOM RUNNER (\$150) & RUNNER CARDIO (\$270) GPS WATCHES

Extra large display for real time GPS and running stats. QuickGPSfix technology allows you to get out and on your run faster. Available Cardio model includes strapless heart rate monitoring.



TomTom

## TOMTOM MULTISPORT (\$200) & MULTISPORT CARDIO (\$300) GPS WATCHES

Extra large display for real time GPS and running stats. QuickGPSfix technology allows you to get out and on your run faster. Available Cardio model includes strapless heart rate monitoring. Bike mount, cadence/speed sensor available separately.

# UPDATESUPDATESUPDATESUPDATESUPDATESUPDATESUPDATES

## ASICS GT2000-3 (\$120)

Lightest release yet in the 2000 series! New FluidRide midsole and updated Guidance Line to complement the comfortably supportive Dynamic Duo-Max support.



Brooks Adrenaline



Mizuno Inspire 11

## MIZUNO INSPIRE 11 (\$120)

Fewer overlays on upper, reinforced eyelets to eliminate creasing. Better fit means better control and guidance through the gait cycle.

## NEW BALANCE 860V5 (\$120)

Get ready for a softer, more cushioned ride, enhanced upper and ortholite sock liner, all while maintaining the same level of stability



New Balance 860v5

# Missi Berry Wins Ghostly Gecko 5K Random Drawing



At the Ghostly Gecko 5K anticipation always builds when it is time to announce the random winner of the tickets to Halloween Horror Nights at Universal Studios. This year was no exception! When the race director announced number 721 Missi Berry was thrilled to be the lucky winner! On Sunday, October 28th she was joined by her husband and son for a night of Zombies, Clowns and Ghouls and probably had some spooky dreams! Congratulations to you, Missi, for being the lucky winner!



# Underpronation & the Runner

By Richard C. Wilson, DPM, Melbourne Podiatry Associates

Last month's article dealt with the condition known as pronation. This article discusses the opposite condition, under pronation or supination. As mentioned before, supination actually refers to a normal motion of the foot during the gait cycle. Problems arise when the foot supinates too much, or under pronation. Under pronation is less common than over pronation.

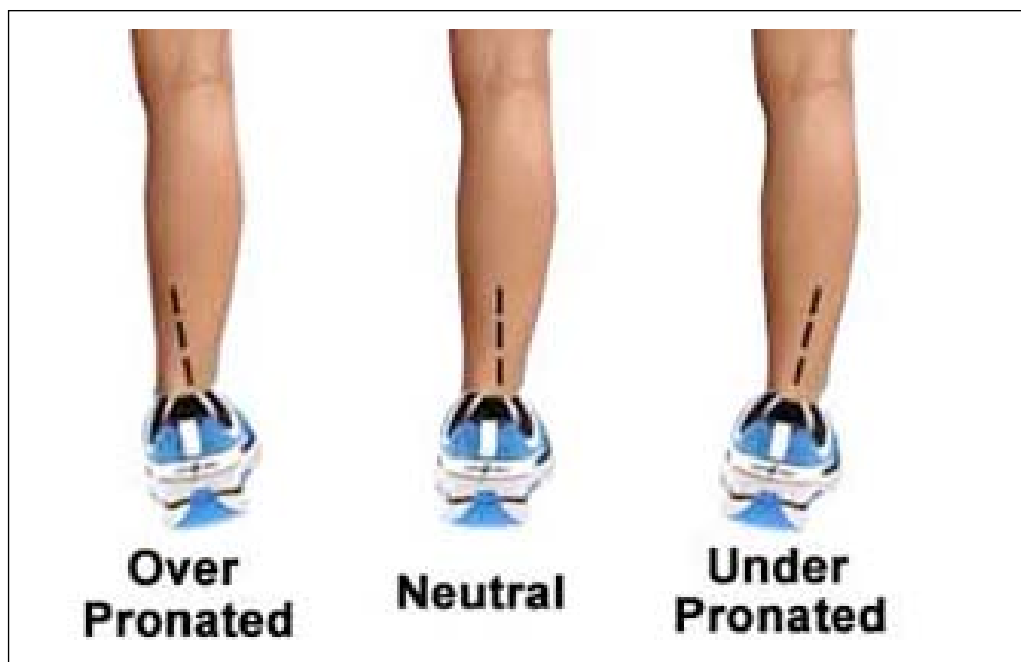
Under pronation is often related to the high-arched foot type, as determined by the wet footprint test. This will show excessive narrowing of the middle of the foot. Examination of the sole of the shoe will reveal excessive wear on the outside of the heel and outside edge of the shoe.

The under pronated foot rolls to the outside during gait. This foot type is rigid and inflexible, and provides insufficient shock absorption when running. Ankle motion is also restricted.

Although under pronation is usually seen in high-arched feet, it can be seen in people with normal arched feet due to muscle imbalance, Achilles tendon contracture, bowlegged leg structure (genu varum), and knee abnormalities.

A variety of overuse injuries can result from under pronation. Many of these are more serious than the overuse problems seen in over pronation. These conditions include iliotibial band syndrome (tendinitis of the outside of the knee or thigh), shin splints, muscle strains, ankle inversion injuries, lower back pain, lateral knee and hip pain, metatarsal stress fractures (particularly of the fifth and central metatarsals), heel stress fractures, hip fractures, metatarsalgia (pain in the ball of the foot, especially the fifth metatarsal), and sural nerve impingement (pain, tingling, or numbness on the outer edge of the foot).

The under pronator needs to be very careful in selecting shoes. Most running shoes are designed for the neutral or the over pronating foot. There are few specifically designed for the under pronator. The under pronator should select a shoe with a curved



The under pronated foot rolls to the outside during gait. This foot type is rigid and inflexible, and provides insufficient shock absorption when running.

last. The sole of the shoe should be curved rather than straight. Also, motion control shoes and stability shoes should be avoided. The under pronator does well in a cushioned shoe because of the foot's inability to absorb shock. However, the under pronator usually requires the shoe to be very flexible and light, as this allows more pronation to occur.

Unlike the over pronator, who often does well with an over-the counter insole, the under pronator usually does not. This is because most such insoles are designed to reduce pronation. Most severe cases of under pronation will require a prescription, custom-molded orthotic device. In some cases, additional control with some type of ankle brace may be necessary, to reduce strain on the lateral or outside edge of the foot and ankle.

Under pronation affects less than 20 percent of runners, but the conditions with which it is associated can be serious. Evaluation by a sports podiatrist is recommended so the cause can be determined and the appropriate treatment provided.

*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***

## November Special

# 20% OFF

## COMPRESSION GEAR





# November is National Running Safety Month

Your local running shop is ready to help you run safe and be safe.

Find your local retailer at:  
[www.laceuplocal.com](http://www.laceuplocal.com)



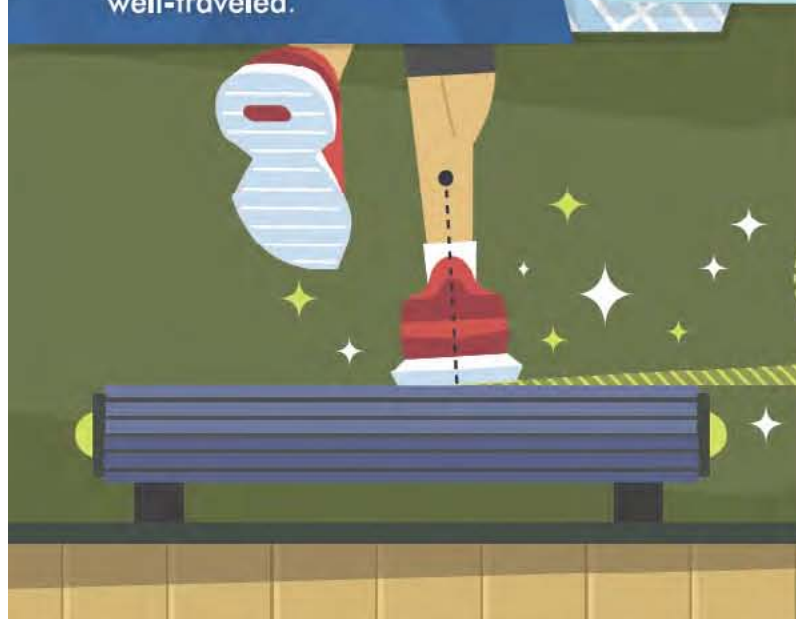
Local retailers are local runners. They can help you find safe, well-lit paths to run on.



They know all sorts of great routes that are safe and well-traveled.



Group runs let you team up, stay safe and stay visible.



Your local retailer has the gear and know-how to keep you active this season.



# Good Form Running Clinics at Running Zone

**Monday, November 17th 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 [valerie@runningzone.com](mailto:valerie@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



RACE SERIES

Health First  
Health Plans

Join us for all 7 races!



FIRECRACKER 5K



RUN FOR PIZZA FOOTBALL KICKOFF 5K



GHOSTS OF THE GECKO 5K



ZEBA 5K



JINGLE BELL 5K



PIRATE PLUNDER 5K



FIRECRACKER 5K



RUN FOR PIZZA FOOTBALL KICKOFF 5K



GHOSTS OF THE GECKO 5K



ZEBA 5K



JINGLE BELL 5K



PIRATE PLUNDER 5K



FIRECRACKER 5K



RUN FOR PIZZA FOOTBALL KICKOFF 5K



GHOSTS OF THE GECKO 5K



ZEBA 5K



JINGLE BELL 5K



PIRATE PLUNDER 5K

**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](http://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](http://www.runningzone.com)  
or contact:  
**Denise Piercy**, Race Director at Running Zone  
321-751-8890  
email: [info@runningzone.com](mailto:info@runningzone.com)



3696 N. Wickham Road, Melbourne, FL 32935  
321-751-8890 • [www.RunningZone.com](http://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.

**BREVARD 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 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](http://www.runningzone.com) or call (321) 751-8890.

**More Info**

For further information, please visit us on the web at [www.runningzone.com](http://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](mailto:info@runningzone.com).

**Gecko Club Members**

Very Important Geckos (VIG's) will have a special member meeting area to include a tent, bag drop, drinks and when the venue allows, a VIG Poty!

**Themed Side-Panel Technical Shirts**



FIRECRACKER 5K



I RUN FOR PIZZA FOOTBALL KICKOFF 5K



JINGLE BELL 2 MILLER



GHOSTLY GECKO 5K



PIRATE PLUNDER 2 MILLER



RUN FOR THE GECKO HAWAIIAN LUU 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

**Firecracker 5K** - July 4th, 7:00am

**Ghosts of the 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 Luu 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/](http://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!

### 🏈 **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!

### 🐘 **BREWARD 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 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/](http://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/](http://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](http://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](http://www.RunningZone.com)**