



RUN FOR THE GECKO HAWAIIAN LUAU 5K WRAPS UP SERIES SEASON SEE PAGE 4





DON & DENISE'S DEN

Shoes Basics

Unless you are in the shoe business, you probably don't know there are different categories of running and walking shoes. Getting a proper fit to ensure that you are using the correct category can help prevent injuries and make your exercise routine much more enjoyable. Part of the fitting process is a gait analysis to determine what category of shoe you should be using.

The three basics categories of shoes are neutral, stability and motion control. A neutral shoe should be selected if your arch stays up firm and rigid as you walk through your stride. A stability and motion control shoe is designed to help correct over-pronation. Over-pronation is when your arch collapses as you move through the gait cycle. A stability shoe should be selected if your arch collapses some but not completely to the floor. A motion control shoe should be utilized if you have flat feet and your arch totally collapses as you walk through your stride. Once you know the correct category of shoe, try on several shoes from various vendors within that category until you find the shoe that "fits like a glove" and is totally comfortable.

Another item to keep in mind is the life of your shoes. Do your feet and legs hurt after a run? One cause may be that your shoes have broken down and aren't providing the cushioning and support that they once did. The reason for the lack of

...there are different categories of running and walking shoes. Getting a proper fit to ensure that you are using the correct category can help prevent injuries and make your exercise routine much more enjoyable. – DON PIERCY

cushioning in an older pair of shoes is that the materials that provide the cushioning (typically EVA) breaks down after 300-500 miles. This is dependent on running surface, type of training, and your body type. If you're just running a little bit and not recording mileage, it is recommended to change them approximately every six months. A new pair of shoes with proper cushioning can make your run or walk a much more enjoyable (and hopefully less painful) experience.

If you have any questions about shoes, we are here to help! Stop by our store and see any of our staffmembers for a personalized fitting experience.

Don & Denise Piercy

Don & Denise Piercy
Running Zone



A proper fitting shoe helps prevent injuries and will make your exercise routine much more enjoyable.

THE DEN

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Running Zone co-owners inducted into the Class of 2014 Space Coast Hall of Fame

by Mark DeCotis

Running Zone co-owners Don and Denise Piercy were part of the Class of 2014 inducted into the Space Coast Hall of Fame on May 9.

"It was very humbling getting this honor," Denise Piercy said. "We have a hard time believing we should be in the same realm as Doug Flutie and Doug Butler.

"I don't think we could have ever thought that Running Zone would grow into what we have or what we do now."

With permission of SpaceCoastDaily.com and the Hall of Fame here is the Piercys' story that appears in the Hall of Fame in the Eastern Florida State College athletics building on the Melbourne Campus, ironically across Wickham Road from Running Zone.

Don & Denise Piercy – 2014 Inductees, The First Couple of Running

Denise and Don Piercy, the Space Coast's "First Couple of Running," are certainly in the zone when it comes to motivating people to get out and get fit. The Piercys' Running Zone store sells more than shoes. It promotes a healthy lifestyle and commitment to community. It's irrelevant to the couple whether their customers are experienced marathon runners or are trying for the first time to make a one-mile walk, whether they are five years old, elite athletes or seniors out for a walk. The goal is to keep these folks enjoying active time as comfortably and enjoyably as possible in events that promote community spirit.

For the Piercys there's no better job satisfaction than seeing new faces at the races the Running Zone sponsors or managers. "Our greatest rewards come from helping previously inactive people begin a program that ultimately makes them feel better physically and mentally," said Don Piercy.

With an approach that is art mixed with science, the Piercys and their race team manage at least one race a week –and then some – for local charities and groups.

The Piercys also sponsor and manage an annual 11-race series under the Running Zone banner, including the Ultimate Space Race, the Space Coast Marathon and the Space Coast Half-Marathon, organized with Space Coast Runners. To incentivize runners, the Piercys theme their races to keep interest in the sport



"I don't think we could have ever thought that Running Zone would grow into what we have or what we do now." – DENISE PIERCY

from flagging. Thus, Brevard runners can enjoy the Meerkat Mosey 3k, the Jingle Bell and Pirate Plunder two-milers, the Excalibur 10K and Long Doggers' Kids' Marathon and Half-Marathon, among many others.

The Running Zone also hosts non-competitive fun run/walks several nights each week throughout the county and Sunday morning group workouts, all with the intent to get folks active without much fuss.

Keeping the Public Fit

In 2009, the Piercys established the Running Zone Foundation to encourage health and fitness through walking and running. Proceeds from Running Zone Foundation races have benefited a wide range of Brevard nonprofits, including local public schools, the American Heart Association, Brevard Rescue Mission, Honor America, the Leukemia and Lymphoma Society and the American Cancer Society.

The couple's own story is one of pursuing the American dream. Don, a certified public accountant, and Denise, a nurse, opened their Melbourne running store in 2003 in 1,645-square-feet of retail space across from Eastern Florida State College to meet

the needs of the area. The Piercy's store has grown to 4,500-square-feet just a few doors from the original location and also now encompasses the Running Zone Race Management and the Running Zone Foundation.

For their many charitable efforts, SpaceCoastDaily.com and Space Coast Medicine & Active Living magazine inducted the Piercys into the 2012 class of Central Florida Humanitarians of the Year. The Piercys walk – actually, run – the walk. Participating in races can be tricky for the couple, because they are so busy running these events for others to enjoy, but the Piercys typically manage to run an average of 30 to 40 miles a week, usually on weekdays.

Spreading the gospel of exercise remains the Piercy's passion. You're never too young or too old, they say.

"The goal is to get people moving," said Piercy. "It's not about being fast, it's about participating and getting off the couch." **RZ**



Sabal Elementary is Beneficiary of the Long Dogger's Kids' Marathon & Half Marathon



We were honored to present the Morning Mile Program at Sabal Elementary with a check for \$750.00 to enhance their program and promote wellness at the school. The 182 kids that are members of the before-school running program were excited to have a visit from Zippy the Gecko and were given awards for their accomplishments this year.

Run for the Gecko Hawaiian Luau 5K wraps up Series season with 2 first-time winners

By Mark DeCotis

The Run for the Gecko Hawaiian Luau 5K brought the 2013-2014 Running Zone Foundation Race Series to a conclusion with two first-time winners this season.

Viera's Shane Streufert, 42, and Melbourne's Beth Mihlebach, 28, scored the overall and overall female victories. Streufert became the fourth different overall winner for the season while Mihlebach became the first woman aside from West Melbourne's Kaitlin Donner to claim overall female.

Donner, who wrapped up the 2013-2014 women's series title by winning the season's first six races, and Melbourne's Peter Clusener, who wrapped up the overall title by winning three of the six races he entered, did not compete at Gecko.

Mihlebach's Gecko victory paired with four runner-up finishes to Donner secured her second place for the season in the overall female standings.

"I did know Kaitlin was not racing (at Gecko) because we had run a few times together the previous week," Mihlebach said. "I honestly admire her so much as she is a very skilled athlete but has a huge heart for others and their continued success.

"I did not have a race strategy because I have been running with a bum leg. I was just hoping to be one of the top girls and to finish under 18:30."

The series also has a side benefit for Mihlebach who competes for Team Running Zone.

"I love running for the Running Zone and the series has allowed me to meet some of my best friends and training partners," she said. "I don't know where I'd be this year with out Kim Hunger and Melissa Taylor. They have great work ethics and a strong desire to be successful in all aspects of their lives. They have pushed and challenged me to go after my dreams and they always pick me up when i am down."

Streufert, coming off his performance as the top Space Coast finisher at the Boston Marathon (2:46:34 for 686th overall), won Gecko in 17 minutes and 18 seconds. Mihlebach was ninth overall in 18:16. In all 647 runners and walkers took times.

Speaking of time, that's what Mihlebach plans on taking short term with a long-term goal in mind.

"I am taking some time off from racing this month in order to get treatment and heal my leg for good," she said. "I will be an assistant coach for Melbourne High next year and I



Eventual winner Shane Streufert (128), runner-up Luke Redito (625), fifth-place finisher Michael Fisher (yellow shirt at left), Kim Hunger (15), Steve Hedgespeth (34), Jonathan Howse (4) and others relax and mingle before the firing of the starter's gun for the Run for the Gecko Hawaiian Luau 5K in Melbourne.



Ember Michaels (647) of Merritt Island is all effort as she chases down a competitor en route to the finish line of the Run for the Gecko Hawaiian Luau 5K in Melbourne.

am excited for this new opportunity.

"My goal for next season is to get the girls to train together a few times a week. I love being a part of team so we can help each other grow and develop our true potential. I am hoping that Lord willing my leg will heal and I can go sub 17:30 again.

"I hope I can continue to race well and be one of the top Running Zone ladies.

"Next year with Kaitlin leading us i believe we will have a strong field of woman running for the Running Zone."

Running Zone – comprised of Mihlebach, Hunger, Luke Redito, Steve Hedgespeth and Jonathan Howse - won the Gecko team competition, besting nine other squads.

Indian Harbour Montessori won the school competition with 20 participants.

Melbourne's Luke Redito, 19, was sec-



Three of Brevard County's top women runners Kim Hunger, left, Dr. Kaitlin Donner, center, and Beth Mihlebach are all smiles after the Run for the Gecko Hawaiian Luau 5K in Melbourne. The subject of cuddles is Donner's dog Roxy. Roxy was a gift from Donner's husband Ed upon Donner receiving her doctorate in physical therapy from the University of Florida. The dog was found at West Melbourne's Coastal Boxer Rescue.

ond overall in 17:27 while Melbourne Beach's Austin Camps, 15, was third in 17:29. Indian Harbour Beach's Melissa Taylor, 36, was the second woman, crossing in 18:56 for 12th overall. Kim Hunger, 33, of Palm Bay was the third woman finisher in 19:01.

Joel Fenlason, 40, of Patrick Air Force Base captured the Male Master laurels with an effort of 19:25 while Tracy Dutra, 41, of Melbourne won the Female Masters crown in 20:29. **RZ**

continues on the next page

 Click here to see the Run for the Gecko Hawaiian Luau 5K results.

Run for the Gecko Hawaiian Luau 5K wraps up Series season *continued from the previous page*



A sea of runners awaits the start of the Run for the Gecko Hawaiian Luau 5K in Melbourne.



Satellite Beach's Christian Fridge takes care of business in the Run for the Gecko Hawaiian Luau 5K in Melbourne.



Michelle Smurl with the stand up paddleboard she won at the Run for the Gecko Hawaiian Luau 5K in Melbourne. Paddleboard House donated the board.



The Iricks of Orlando, Dikira (left), Robert (center) and Endon (right) enjoy the Run for the Gecko Hawaiian Luau 5K in Melbourne while Anne Smith of Palm Bay closes in.



Nicole Wyenberg of Melbourne is all smiles as she crosses the finish line of the Run for the Gecko Hawaiian Luau 5K in Melbourne.



Myles Reyes of Palm Bay runs on Wickham Road during the Run for the Gecko Hawaiian Luau 5K in Melbourne while Kris Van Der Snel (744) of Harmony and Norine Burr (640) of Melbourne and Robyn Russell (367) of Rockledge follow.



Shane Streufert wins the Run for the Gecko Hawaiian Luau 5K in Melbourne.



Austin Camps exults at the finish of the Run for the Gecko Hawaiian Luau 5K in Melbourne. Camps, 15, was third overall.



Indian Harbour Beach's Kelsey Newman (508) and Jessica Clayes (510) got into the spirit with their grass hula skirts in the Run for the Gecko Hawaiian Luau 5K in Melbourne.



The expression on the face of Palm Bay's Jonathan Picard, 6, says it all as he crosses the finish line of the Run for the Gecko Hawaiian Luau 5K in Melbourne.



Melbourne's Catalina Matta is all business as she crosses the finish line of the Run for the Gecko Hawaiian Luau 5K in Melbourne. Ann Cooper (511) of Melbourne Beach follows.



Palm Bay's Scott Garner (781) leads Palm Bay's Patti Hatcher and Phil Hatcher across the finish line of the Run for the Gecko Hawaiian Luau 5K in Melbourne.



Beth Mihlebach is presented overall female winner award at Run for the Gecko Hawaiian Luau 5K in Melbourne. **RZ**

2014-15 Running Zone Foundation Race Series kicks off July 4 with the Firecracker 5K

By Mark DeCotis

The schedule for the 2014-2015 Running Zone Foundation Race Series has been set.

The seven-event series, which marks its 10th anniversary, kicks off with the Firecracker 5K at 7 a.m. July 4 at Melbourne's Liberty Bell Museum.

The 7 a.m. Aug. 9 I Run for Pizza Football Kickoff 5K follows at Viera High School. The Ghostly Gecko 5K is set for 6:30 p.m. Oct. 18 at Melbourne's Eau Gallie Civic Center followed by the 5:45 p.m. Dec. 20 Jingle Bell 2-Miler at the Satellite Beach Public Library.

The 2015 portion of the schedule begins with the 7 a.m. Feb. 14 Brevard Zoo Zebra Zoom 3K. The Pirate Plunder 2-Miler follows at 6:30 p.m. April 4 at Meg O'Malley's in Downtown Melbourne and the series wraps up with the 12th annual Run for the Gecko Hawaiian Luau 5K at 7 a.m. May 9 at the Wickham Park Pavilion adjacent to Eastern Florida State College's Melbourne Campus.

The series will crown overall male and female and age group champions along with team winners and school participation.

Three other Foundation events, not part of the series, also are on tap for 2015:

The March 1 Excalibur 10-Miler which will be run for the second time from Viera High School; the March 12 Corporate 5K, which will be run from FIT Aviation at Melbourne International Airport and the April 11 Long Dogger's Kids' Marathon (2.62 miles) and Half-Marathon (1.31 miles).

Perks for participants to mark the anniversary include:

- Commemorative race theme technical shirts for each of the races with side panels coinciding with the theme of the race such as stars for Firecracker, footballs for Pizza Football Kickoff, zebra stripes for Zoo run.
- Popsicles at the Firecracker 5K.
- Hand towels for I Run for Pizza finishers.
- Random giveaways for Jingle Bell including a TV, Go Pro camera, iPad, iPad mini, iPod shuffle.
- A separate kids costume contest at Ghostly Gecko.

For complete information on the series and foundation races call Running Zone at 321-751-8890 or visit www.runningzone.com/series/news2/1728

Please refer to page 15 for the 2014-15 Running Zone Foundation Series events poster. **RZ**

Summer Track Series Returns in July

By Mark DeCotis

The Running Zone Foundation Summer Track Series returns to Melbourne's Holy Trinity Episcopal Academy the evenings of July 2nd, 16th and 23rd.

Proceedings will get under way at 6 p.m. each evening. Events will include the 100-, 200-, 400-, 800- and 3,200-meter runs and the 4 x 400 relay.

The cost is \$5 per meet per participant. Members of coach Doug Butler's Set Goals Not Limits summer campers and Gecko Club members can race free of charge.

Participants will be placed into heats depending on age.

Holy Trinity Episcopal Academy is located at Holy Trinity Drive, Melbourne, 32940.

For more information call Running Zone at 321-751-8890. **RZ**



Runners leg it out during the 2013 Summer Track Series at Holy Trinity.

THE NEXT STEPS



Friday, July 4th, 2014
7:00 am Start

Liberty Bell Museum, Melbourne

This is the 1st 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.

- ★ Start the race with the ringing of a replica of the Liberty Bell
- ★ American Flags and popsicles to all Finishers
- ★ Most Patriotic Costume Contest
- ★ Free Firecracker Kids' Run with Zippy the Gecko!
- ★ Breakfast catered by Einstein Bros Bagels!
- ★ Special awards to top 3 Local Heroes (Military/Fire/Police)!
- ★ Honor America Parade starts after the race.
- ★ Random giveaway of one iPad!

Benefits Honor America

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

Training Camp Openings

SIGN UP TODAY

See
PAGE
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**The Space Coast
Half Marathon
Training Camp**

See
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**Galloway Half
Marathon Training
Camp**

Running Zone Foundation Series Awards Banquet will Recognize Season Winners

By Mark DeCotis

The Running Zone Foundation Race Series will honor its overall, age group, team and school participation champions on Thursday, June 19 beginning at 6:30 p.m. at the Holy Trinity Episcopal Academy, 5625 Holy Trinity Drive, Melbourne, Florida 32940.

The free event will feature pizza beginning at 6:30 p.m. with the awards to follow at 7:00 p.m.

Series winners who will be recognized are:

Overall female: Kaitlin Donner

Second place: Beth Mihlebach

Third place: Kim Hunger

Female masters: Cathy Friedel

Overall male: Peter Clusener

Second place: Michael Fisher

Third place: Shane Streufert

Male masters: Joe Hultgren

Team competition: Team Running Zone

School participation: Indian Harbour Beach Montessori

1st place age group winners who will be recognized are:

Female:

8 and under: Madison Deskins

9-11: Sydney Copeland

12-14: Jordan Michaels

15-19: Sarah Fisher

20-24: Sharlea Robbins

25-29: Dina Viselli

30-34: Jessica Wiedenbauer

35-39: Melissa Taylor

40-44: Tracy Dutra

45-49: Kimberly Prosser

50-54: Lori Kruger

55-59: Janet Erlacher

60-64: Nancy Wingo

65-69: Lorraine Petersen

70-74: Willy Moolenaar

75-79: Katie Marsh

Male:

8 and under: Adrain Delia

9-11: Joshua Kraver

12-14: Egan Kattenberg

15-19: Preston Skinner

20-24: Wade Dauberman

25-29: Nathan Wick

30-34: Luis Lora

35-39: Steve Hedgespeth

40-44: Harry Prosser

45-49: Dave Hernandez

50-54: Art Anderson

55-59: Matt Mahoney

60-64: Abe Oros

65-69: David Grant

70-74: George Then

75-79: Tom Ward

80+: Jack Lightle



For complete list of winners which goes 3 deep in each age category, team and school competition, visit

www.runningzone.com/series/race_results **RZ**

2 Training Camps offered for Space Coast Marathon & Half Marathon

By Mark DeCotis

Once again Running Zone is offering two training camps for the Nov. 30 Space Coast Marathon and Half-Marathon.

Participants in both the Space Coast and Jeff Galloway camps are guaranteed entry into their respective races. Registration for the half-marathon is closed. Registration for the marathon is at 84 percent capacity.

Coaches Barry Birdwell, Bernie Sher and Rick Foresteire are holding the 14-week Space Coast Half-Marathon Training Camp for runners with goals ranging from first-time to fastest for the 13.1-mile distance.

The camp offers: Daily online training schedules; mid-week and Sunday morning coached group sessions; fluids provided at all group workouts; fitness, fun and group camaraderie; various workshops with guest speakers discussing topics including Running Zone shoe clinic; injury prevention; training paces; heart rate training; nutrition and more.

Those interested can get more information by emailing coach@spacecoastcamp.com or by visiting <http://www.spacecoastcamp.com/>

The camp fee is \$150 and the first work-

out is 6:30 a.m. Aug. 24.

Also, Running Zone is again offering the Space Coast Galloway Marathon and Half-Marathon Training Programs.

The kickoff for the Galloway run-walk approach to distance running for the marathon is 11 a.m. Saturday June 14 at Running Zone. Galloway will be present.

The kickoff for the half-marathon camp is Aug. 16, also at Running Zone.

The first group training run/walk is 6:30 a.m. Sunday, June 15 at Oars and Paddles Park in Indian Harbour Beach. The first half-marathon run-walk is 6:30 a.m. Aug. 17, also at Oars and Paddles.

The fee for first-time marathon trainees is \$159; for alumni it is \$99. For cost for first-time half-marathoners is \$95; for returnees it is \$75.

The programs include: Galloway technical fabric training shirt; Galloway training programs book; four times a week group training runs; Runner's World subscription (marathon training only); Discounts on Jeff Galloway's running schools and retreats;



Form a relay at the Summer Track Nights! Last summer this group had a great time! Colin Schuck, Michael Fisher, Doug Nichols and Tom Weidenbauer.

direct email access to Galloway; 10 percent discount at Running Zone during training program.

For complete information and to register visit www.active.com/melbourne-fl/running/memberships/space-coast-galloway-training-program-2014

More information can be found at SpaceCoastMarathon.com/training **RZ**



Meet Luke

Just like his parents, we are happy to have Luke home for the summer! Luke Redito just completed his first year of college at UNF in Jacksonville and is transferring to the US Naval Academy this fall to complete his degree in Systems/Weapons Engineering. After this degree, his goal is to be a Navy Pilot! Luke is a talented athlete that runs a lot. After completing 200 miles in April his hard work paid off and scored him 2nd Place Overall at the Run for the Gecko Hawaiian Luau 5K in May! He trains in the Nike Pegasus neutral running shoe and looks forward to trying the new version when it is released this month. Do not let his youthfulness fool you, he is a bright young man with knowledge of our Products and Philosophy. Good luck this fall, we look forward to having you back at work on your breaks!



UPCOMING EVENTS

JUNE 5

Nathan Hydration Demo Run. 6:00pm.

JUNE 8

RZ Night at the Manatees. Join us at 5pm at Space Coast Stadium! Check in at the RZ table when you come in and register for a chance to win a pair of shoes or a free entry into the 2014-2015 RZF Race Series.

JUNE 12

Thursday Night Fun Fun to Long Doggers. 6:00pm.

JUNE 14

Galloway Marathon Training Group Kickoff @ Running Zone/Viera Pro Health. 11:00am.

JUNE 19

RZ Race Series Awards at Holy Trinity. 6:30pm - Pizza, 7:00pm - Awards.

JUNE 30

Good Form Running Clinic @ Running Zone at 5:30pm.

JULY 6

Gecko Club Social - Trail Run & Potluck Breakfast - 7:00am.

Everyone is invited!

JUNE SPECIAL

THORLO/EXPERIA
BUY 1 GET 1 ½ OFF
(THRU 6/14)

20% OFF SANDALS
WITH SHOE PURCHASE



A Running & Walking Club
"Not Just for Lizards"

FREE TICKETS



TO THE
Manatees
Game

Sunday, June 8th



JUNE SPECIAL

Purchase a regularly priced pair of shoes and get a clearance shoe for **50%OFF!**



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www.newbalancemelbourne.com

THURSDAY NIGHT FUN RUNS

6/5 NATHAN HYDRATION DEMO RUN
TIME: 6:00PM

6/12 FINISH AT LONG DOGGERS
TIME: 6:00PM



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<http://www.facebook.com/RunningZone?ref=ts>

Pilates, Yoga & the Runner

By Richard C. Wilson, DPM, Melbourne Podiatry Associates

Part 1: Pilates

Two of the current systems very popular in the physical fitness culture are Pilates and yoga. There is misconception regarding these two systems, but both can be very useful to runners. Both of these techniques are known as soft training techniques and build strength and flexibility. Although there is some overlap between the systems, they are distinctly different in their goals, techniques, and philosophies. Basically, Pilates emphasizes core strengthening, while yoga emphasizes flexibility and breathing control. Many popular publications have discussed yoga vs Pilates, which is best for runners? This is really not a valid debate since both techniques can be helpful.

While yoga is a psychophysical system based on ancient Hindu spirituality, Pilates is a distinct physical fitness system invented in the early 1900's by Joseph Pilates.

Joseph Pilates (1883-1957) was a fascinating character. He was born in Germany and was a very sickly child. He was determined to become healthy, so he exercised incessantly. By age 14, he was fit enough to pose professionally for anatomy charts.

Pilates moved to England in 1912 and worked as a circus performer, boxer, and mar-

tial arts instructor. Unfortunately, World War I began and Pilates was interned in a prisoner of war camp simply because he was German. After the war, Pilates returned to Germany and taught martial arts to police academies. He opposed the Nazis, so he left Germany when they came to power. He immigrated to the USA, opening a studio in New York City to teach his exercise program. The program emphasized core muscle strengthening and posture training. It utilized mat exercises as well as weight training with machines that Pilates invented. These had cables and weights, and were the precursors of machines that are now commonplace in gyms.

The New York studio was an instant success with professional dancers, especially ballerinas. The elite of New York soon followed, and his fame and fortunes grew. He wrote several books about his techniques, and several of his disciples continued to refine and teach his methods after his death. For many years, the term Pilates was trademarked and the techniques were only taught by certified instructors. However, a federal court decision in 2000 allowed the term Pilates to be used generically. Pilates can now be taught anywhere by anybody, with or without training.

Joseph Pilates called his system Control-

ogy, because of the importance of controlling muscles. Contrology has six basic principles: Control, Concentration, Centering, Flow, Precision, and Breathing.

Concentration is closely related to Control and emphasizes that the way the exercise is done is more important than the exercise itself.

Centering emphasizes strengthening the center of the body: back, abdomen, hips, buttocks, and lower thighs. We now call this the core; Pilates called it the Powerhouse.

Flow refers to the efficiency of movement, with the motion flowing out from the Powerhouse.

Precision is related to Control. To quote Pilates from his 1945 book *Return to Life through Contrology*, "Concentrate on the correct movement each time you exercise, lest you do them improperly and thus lose all the vital benefits of their value".

Breathing is important for proper oxygenation of the muscles. To quote Pilates again, "Above all, learn to breathe correctly".

So what can Pilates offer the runner? Quite a bit. Of greatest importance is the strengthening of the core. This improves the posture and allows more efficient running. Pilates also improves flexibility. Finally, it can lead to better breathing control.

The best way to learn Pilates is to take a class with a certified Pilates instructor. If this is not possible, there are many books and DVDs available, as well as some good YouTube videos, that show many of the exercises. The best way to incorporate Pilates into your fitness program is to find some specific exercises that you like, and to do them regularly. As with yoga, the important thing is not to strain your muscles or sprain your ligaments. The exercises should not cause pain.

In summary, adding soft training techniques can improve your overall health as well as your running ability.

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

While yoga is a psychophysical system based on ancient Hindu spirituality, Pilates is a distinct physical fitness system invented in the early 1900's by Joseph Pilates.



Why I Run: Gary Castner

By Mark DeCotis

It's safe to say running has been a way of life for Melbourne's Gary Castner.

A 1963 graduate of Lee High School in Jacksonville who earned degrees from Florida State University in 1967 and 1971, Castner, 68, began running as a sophomore in high school. He continued through his college years, running two years of cross country and one year of track at FSU. And except for occasional time off for injuries he hasn't stopped since.

A retired teacher, Castner is husband to Stephanie, father to Joe and Donnie and grandfather to Alexis, Bailey, Jake and Noah.

Why I Run: I run because if I don't I feel useless and listless. If I run I feel energized and ready to move on to the rest of the day. Sometimes things are clearer to me while I'm running than they are while I'm sitting on the couch.

When I lived in South Patrick Shores I ran on the beach. Now I live near Wickham Park so I run in and around the park and for long runs with a hill I run down Pineapple Avenue to the Eau Gallie Causeway and across bridge to the boat ramp and back home for eight miles.

Where I Run and Why: I like to run from

home so Wickham Park and the causeway lend themselves to that.

With Whom I Run and Why: I generally run alone except when my brothers or grandsons are visiting and I run with them. My wife used to run and I ran a lot with her. I did Boston Marathon with my brother Jack in the 70s and I ran New York City Marathon with my brother Fred the year after 9/11.

I've run all the Jacksonville River Runs and my wife did a lot of those. Also my children have run that race with me on occasion and in various other races I've run with my grandsons and children and daughter-in-law and wife. I run alone but run races with family.

When I Run and Why: I run usually in morning early so rest of day stretches in front of me and I've done the one thing I as feel compelled to do and then I'm free.

The Worst Running Experience I

Learned the Most From: I learned one very important thing while running that I should have known without any lessons. I was running with my son one day in the late 70s or early 80s. We were near the Patrick Air Force Base South Housing and I smashed into a waist-high concrete post.

I went down and immediately got up and



Melbourne's Gary Castner completes the Run for the Gecko Hawaiian Luau 5K to add another accomplishment to his long list.

immediately saw stars and went back down. I looked at my stomach. No blood .no pain so I stood back up and again saw blackness and stars so again I knelt down and sent my son for help. At hospital the doctor told my wife my intestine was ruptured and peritonitis was a fatal condition. He also said he could fix me after he took a nap. So I was prepped and doctor slept and then he fixed me and I learned to watch where you are going. **RZ**

NEW PRODUCTS AT RUNNING ZONE

ASICS PURSUE (\$110)



The Gel-Pursue is in ASICS neutral cushioning line. It's lower to the ground than the Nimbus and Cumulus shoes, and uses a slightly higher density foam than what is found in the rest of the cushioning shoes, not too firm, not too soft. The GEL technology of cushioning is in the Heel and the Forefoot. This shoe can only be found in Specialty Running Stores!



Revamped midsole cushioning design and an Improved fit with engineered mesh upper. This shoe was just released on May 30th!

BROOKS GHOST 7 (\$120)

The Ghost 7 is a triple threat of balance, cushion, and lightweight materials. Hitting the sweet spot for millions of runners, this neutral running shoe is comfortable for training and racing. New for this version is the Blended BioMoGo DNA midsole (cushion) and a Seamless toe box.



BROOKS GLYCERIN 12 (\$150)

This high cushion neutral running shoe has added New blended SuperDNA midsole

(cushion) for this version, as well as a Full-length segmented crash pad for smooth transition! Looking for a plush, comfortable shoe for your long miles- try the Glycerin!



SAUCONY RIDE 7 (\$120)

To improve on their best features, the Ride now is more flexible, lighter weight and has a Redesigned outsole for better durability. **RZ**



UPDATES:

NIKE PEGASUS 31 (\$100)

Nike has revised this tried and true neutral running shoe, new for this version is a



Nike Pegasus 31



When in doubt, ask Pete.

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

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

CM: *I've recently got my kids into running and they're really enjoying it and it has gotten me back into the routine of running. I am very concerned about the sun exposure especially during the summer. What products do you offer for sun protection?*

There are several types of protection available- through clothing and accessories and sunscreens.

The FDA initially regulated sun protective clothing as a medical device, but later transferred oversight for general sun protective clothing to the FTC. Before Ultraviolet Protection Factor (UPF) standards were in place, Sun Protection Factor (SPF) ratings were used for clothing. This has since been disregarded as a means of measuring ability of a fabric to block UV rays, since SPF is a rating that is used for skin applications. You may see labels on sun-protective garments stating that the garment meets standards developed by the American Society for Testing and Materials (ASTM). While manufacturers don't have to comply with the ASTM standard guide, those that say they do must label their garments with UPF values. Basically, a UPF rating of 50 indicates the fabric of a garment will allow only 1/50th (roughly 2%) of available UV radiation to pass through it. Any fabric that allows less than 2% UV transmission is considered UPF 50+. Look for apparel and hats that offer UPF ratings on the label.



Basically, a UPF rating of 50 indicates the fabric of a garment will allow only 1/50th (roughly 2%) of available UV radiation to pass through it. Any fabric that allows less than 2% UV transmission is considered UPF 50+.

As your training increases, so does your time in the sun and it becomes more important to use a good sunscreen. Studies suggest that you wear sunscreen with an SPF rating of at least 30, and specifically for running look for products with zinc, silica and titanium as they usually stand up well to sweat and water. Remember, you can still get significant UV exposure on a cloudy day.

You can also check the UV Index on most weather services. This provides a forecast of the expected risk of overexposure to UV radiation from the sun on a scale from 0 to 15 or more. This forecast can help you plan out when the optimal time of day to run will

be for any particular day. Technology bonus- the EPA even has the SunWise UV Index app available for free!

JH: *I'm getting ready to start my training cycle for my second marathon (Space Coast, of course!), and I'm hoping to BQ. Mileage wise, I think I'm good to go, as I'm planning to peak out around 80 miles/week, so this time, it's more about developing my speed/ endurance. Tell me about the Yasso 800's. Other than the minutes and seconds predicting the hours and minutes of your marathon time, let's talk specifics. How much recovery do you take in between each 1/2 mile? How do you build up to the prescribed 12? Do you start at 6 and add one a week? Is there any other good marathon specific speed work that you recommend? Thanks for the time you take in answering our questions and for the time you take in writing your monthly column!*

Let me answer the last question first- I always prefer long tempo runs to speed work for marathon training. Let me rephrase that- I prefer recommending long tempo runs for marathon training, not actually doing them.

As for the Yasso 800's- let me tell you right from Bart's book, *My Life on the Run* (a great read by the way) that this was more or less a coincidence. The workout was born out of curiosity. He reviewed his training logs from past marathons and determined the correlation that hasn't been proven scientifically- it just seems to work. They are also not perfect, your goal time may need to be adjusted by a hilly course, injury, or weather factors.

The basic recommendation is to run an 800 meter interval at your desired marathon time with a 400 meter rest interval, starting with 6 repetitions and working up to 10. Building a base is key, you should start the workout around 2 months before your goal race after you have your mileage up and have done some long tempo runs. The last workout should be a minimum 17 days before the goal race. Personally, I have done it before my last 2 marathons and it did not turn out as I hoped- but each race had a wild card that derailed me (weather in one and a cranky lower back in the other).

Be sure to stop by and see Bart at the Space Coast Marathon expo on November 29th and share your results.

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



Space Coast's Jeff Galloway Training 2014

Join us in training for this year's Space Coast Marathon & Half-Marathon Galloway Training Program, anyone at any age – even those who are out of shape or inactive – can join this program. It advocates a run/walk/run approach to training that will keep you injury-free and healthy – all the way to your first – or 50th finish line!

Training Program Schedule

- Marathon Training – June 15th – November 30th (race day)
\$159 New Member, \$99 Alumni Galloway Member
- Half Marathon Training – August 17th– November 30th (race day)
\$95 New Member, \$75 Alumni Galloway Member

Sunday morning workouts will be held at 6:30 a.m. at Oars and Paddles Park, Indian Harbour Beach. Other group runs will be available on Monday, Wednesday and Thursday throughout the camp.

Space Coast Galloway Training offers:

- Galloway Technical Fabric Training Shirt
- Galloway Training Programs Book
- 4 x Weekly Group Training runs
- Runner's World Subscription (Marathon Training Only)
- Discounts on Jeff Galloway's Running Schools and Retreats
- Direct email access to Jeff Galloway



Meet Jeff as we kick off the marathon training!

Galloway Kick-off Event

Saturday, June 14th
11 a.m. – 12:30 p.m.
Running Zone

3-Hour Running School with Olympian Jeff Galloway

Saturday, June 14th
1:30 – 4:30 p.m.

Viera Pro-Health Classroom
\$99 (half-price for Galloway Members)

Visit <http://www.spacecoastmarathon.com/register> to register

For more information, contact Valerie Feldbauer:
Galloway Training
Program Director
valerie@runningzone.com



Good Form Running Clinics at Running Zone

Tuesday, June 30th 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



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.



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 mile. We offer these shorter distances to promote participation among both walkers and runners of all ages and abilities.

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

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

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

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

Our 2014-2015 Series offers

- PIRATE PLUNDER 5K, Friday, July 4th at the Liberty Bell Museum, 7:00am** (across from Holmes Regional on Hickory St.)
 - American Flags and possibilities 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!

PI RUN FOR PIZZA FOOTBALL KICKOFF 5K, Saturday, August 9th at Viera High School (7:30am)

- 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 MILE, 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!

BREAVARD ZOO'S ZEBRA ZOOM 3K, Saturday, February 14th at the Zoo (7:30am - 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 MILE, 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 (7:30 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/iron-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, 3698 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, 90, 80, 70, 60, 50, 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**