

# Starting Line

RUNNING ZONE'S QUARTERLY NEWSLETTER



**JOIN US FOR RACE #3 IN THE RUNNING ZONE RACE SERIES**



## Ghouly Geeky 5K



**SATURDAY, OCTOBER 24TH, 2015 AT 6:30PM, EAU GALLIE CIVIC CENTER**

**VOLUME 6, ISSUE 10 • OCTOBER 2015**

**RUNNINGZONE.COM**

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## LOCAL RUNNERS SHARE WHY THEY ARE THANKFUL

Newsletter design by  
ALL MEDIA **Marketing**  
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Join us for the next race in the 2015-2016 Running Zone Foundation Race Series:

**Ghostly Gecko 5K**

**Saturday, October 24th, 2015**

**6:30pm at the Eau Gallie Civic Center**

**REGISTER TODAY!**

**BENEFICIARY: EAU GALLIE HIGH SCHOOL HEALTH & WELLNESS ACADEMY**

**Health First Health Plans**

**GIVEAWAY: 2 Halloween Horror Night Tickets & 1 Hotel Night Stay for 2**

Visit our Series website for details: [www.runningzone.com/series](http://www.runningzone.com/series) or stop by Running Zone: 3696 North Wickham Road • Melbourne, Florida 32935 • 321-751-8890

**RUNNING ZONE** **FLORIDA TODAY**  
**Lite Rock 99.3** **BROOKS** **overwater grill** **TerraCom direct**  
**GATTO'S** **Coastal** **KinderCare** **Plumet Smoothies** **Pizza Galore & Grill** **Coastal & Cocoa**  
**Beachside** **Florida Institute of Technology** **Kirk Center**  
**#ghostlygecko**

**Packet Pick Up: October 20-23, 10:00am-6:30pm**

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

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DON &amp; DENISE'S DEN

## New Balance Melbourne joins forces with and moves to Running Zone

Oct. 18 marks another milestone in our commitment to our customers. On that day New Balance Melbourne will combine forces with Running Zone as Running Zone introduces an entire section within its existing store devoted to New Balance.

We will continue with the same great selection and customer service that our customers received at New Balance Melbourne. As part of the move New Balance Melbourne is holding a 15 to 75 percent off moving sale on Oct. 17.

Running Zone and New Balance share a shopping plaza at 3680 North Wickham Road across from Eastern Florida State College's Melbourne Campus. We will be able to provide a better selection by having both New Balance products as well as all of the other footwear brands that Running Zone offers. The dedicated area within Running Zone just for New Balance products will allow us to focus specifically on New Balance products but to also expand our product offering to find

New Balance Melbourne will hold a 15-75% Off moving sale on October 17th.

the absolute right footwear for our customers.

Also, we are excited about the Ghostly Gecko 5K, the third race in the seven-event Running Zone Foundation Race Series.

The race always draws a festive crowd of runners and walkers who dress to the nines to get into the Halloween spirit and just have a good time both on the clock and with their fellow participants.

We'll see you all at 6:30 p.m. Oct. 24 at Melbourne's Eau Gallie Civic Center. If we don't recognize you because of your costume don't be afraid to re-introduce yourself.

For complete details on the race visit [www.runningzone.com/series](http://www.runningzone.com/series) RZ

### Don & Denise Piercy

Don & Denise Piercy  
Running Zone Foundation, Inc.



Ghost photobombs picture at Ghostly Gecko 5k

## UPCOMING EVENTS

**10/1** Thursday Night Fun Run- Asics demo run

**10/8** Thursday Night Fun Run - HOKA One One demo run (rescheduled from 9/17)



Runners enjoyed free pizza and drinks at the Turtle Krawl 5K Packet Pickup Party in September.

**tuesday night**

**STARTING & ENDING AT**

**POST ROAD LOCATION**

**FUN RUN/WALKS**

**Every Tuesday at Long Doggers**

**START TIME:**  
**6:00pm during EDT & 5:30pm during EST!**

**Check out the Running Zone Blog for up to date information:**  
[www.runningzone.com/blog](http://www.runningzone.com/blog)

**SPONSORED BY**

**RUNNING ZONE**

**LONG DOGGERS**



# I Run for Pizza Football 5k Wrap Up

By Mark DeCotis

John Cacciatoe and Kaitlin Donner beat 801 other runners and walkers to the finish line in the Saturday, Aug. 8 I Run for Pizza Football Kickoff 5K at The Avenue at Viera.

For Donner the event was worth getting up for.

"I didn't feel awesome this morning but I didn't expect to," said Donner a candidate for the 2016 U.S. Women's Triathlon Team for the 2016 Summer Olympics in Brazil.

"This week has been really low key and low volume to recovery physically and mentally from the race last weekend. Any other 5K I would have stayed in bed, but I can't pass up the Running Zone series events when I'm in town."

The race Donner referred to was the first of two Olympic qualifying events and while she came up short in her effort on Aug. 2 she'll get another shot in the March-May 2016 time-frame.

So for the Melbourne resident Pizza was a fun time.

"I love seeing everyone and they put on such stellar events," Donner said. "I'm already getting excited and looking into costumes for the Ghostly Gecko" the third race in the seven-race Running Zone Foundation Race Series set for Oct. 24 at Melbourne's Eau Gallie Civic Center.

By virtue of being top woman on Saturday – and finishing 18th overall – in 18 minutes and 34 seconds – Donner is two-for-two in series races this season, having been top woman in the Firecracker 5K on July 4.

And she had to conquer the weather to do it.

"It was real humid this morning, but luckily the rain held off until the awards when everyone was chowing down on the best pizza in town," Donner said.

Cacciatoe, 16, of Indialantic, beat the field and second-place Kyle Butler to earn the podium's top step, coming home in 16:32 to 16:39 for Butler, 28, of Melbourne. Egan Kattenberg, 16, of Satellite Beach, was third overall in 16:41, besting twin Trevor by four seconds.

"My plan was just to do my best and give it all I had, and I feel that I did," said Cacciatoe who will run for Satellite High this school year. "It felt good racing after a summer full of training and seeing it pay off."

"I was able to see Kyle the whole race. I separated right after the two-mile mark and just



The land rush is on as the starter's command is given at the I Run for Pizza Football Kickoff 5K at The Avenue at Viera.

*"... I can't pass up the Running Zone series events when I'm in town."*

— KAITLIN DONNER, CANDIDATE FOR THE 2016 U.S. WOMEN'S TRIATHLON TEAM



Gecko Club members Laura Adams and son Jackson enjoy the photo booth at the I Run for Pizza 5K.

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



Race director Denise Piercy calls the plays before the I Run for Pizza Football Kickoff 5K at The Avenue at Viera.

tried to keep the same pace."

Cacciatoe is the younger brother of former Holy Trinity Episcopal standout and series race winner Andrew Cacciatoe.

Alison Nolan, 25, of Collegeville, Pennsylvania was second among women on Saturday in 18:47 while Amanda Beach, 16, of Melbourne, was third in 19:06.

Viera's Shane Streufert, 43, captured the Male Masters victory in 17:04 while Julie Hannah, 41, of Melbourne, was the Female Masters winner in 19:56.

Team laurels went to Set Goals Not Limits of Cacciatoe, Egan, Trevor and Anique Kattenberg and Connor Mcmahon in 1:28. Long Doggers Club of Streufert, Michael Fisher, Ian Reesh, Ezekiel Zauner and Alison Nolan was second in 1:29:11 while Team Run-

ning Zone of Cacciatoe, Steve Hedgespeth, Ron Abel, Luke Redito and Donner was third in 1:29:43.

Indian Harbour Montessori won the school competition with 12 participants. Manatee Elementary was second with four and Meadowlane Elementary third with three.

For complete information on the Running Zone Foundation Race Series visit [www.runningzone.com/series](http://www.runningzone.com/series) or call the store at 321-751-8890. **RZ**

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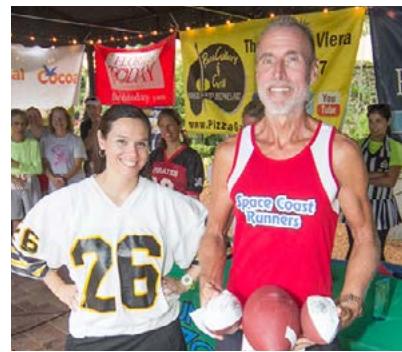
## I Run for Pizza Football 5k Wrap Up *continued from the previous page*



Juliet Hobbs of Melbourne turned in a finish of 32:07 at the I Run for Pizza Football Kickoff 5K at The Avenue at Viera.



Palm Bay's Dan Hunger shows off his Miami Dolphins colors at the I Run for Pizza Football Kickoff 5K at The Avenue at Viera.



Running Zone's Laura Sanchez and Melbourne's Matt Mahoney were all smiles after the I Run for Pizza Football Kickoff 5K at The Avenue at Viera. Mahoney won the Male 60-64 age group in 20:32.



Pizza participants.



Jonathan Neptune of Melbourne on his way to a 23:31 effort at the I Run for Pizza Football Kickoff 5K at The Avenue at Viera.



Melbourne's Gary Castner, a true blue Florida State Seminole fan shows his allegiance at the I Run for Pizza Football Kickoff 5K at The Avenue at Viera.



Heath Chapman of Melbourne celebrates his finish of 31:51 at the I Run for Pizza Football Kickoff 5K at The Avenue at Viera.



Melbourne's Antoine James en route to his 21:53 finish at the I Run for Pizza Football Kickoff 5K at The Avenue at Viera.



The beauty of the Running Zone Foundation Race Series is it appeals to all ages and levels of participants as was evident at the I Run for Pizza Football Kickoff 5K at The Avenue at Viera.



Satellite Beach's Mary June Joseph (9) and Danielle Joseph (71) enjoyed the I Run for Pizza Football Kickoff 5K at The Avenue at Viera.



The determination to finish is evident for this young lad at the I Run for Pizza Football Kickoff 5K at The Avenue at Viera.

*continues on the next page*



## I Run for Pizza Football 5k Wrap Up *continued from the previous page*



Team Running Zone teammates Jonathan Howse and Kaitlin Donner on the course at the I Run for Pizza Football Kickoff 5K at The Avenue at Viera.



Kaitlin Donner continues her Brevard County road racing winning streak by claiming overall female title at the I Run for Pizza Football Kickoff 5K at The Avenue at Viera.



John Cacciatore scores the overall victory at the I Run for Pizza Football Kickoff 5K at The Avenue at Viera.



Palm Bay's Chi Cam scorched the course for an 18:38 finish at the I Run for Pizza Football Kickoff 5K at The Avenue at Viera.

### 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](http://facebook.com/SpaceCoastMarathon)



### Join Running Zone on

**facebook**

- Stay current on upcoming events
- Read feedback about races and courses
- Learn about training programs
- Network with other runners

**CHECK OUT WHAT  
4,265 FANS  
HAVE TO SAY AT**

[http://www.facebook.com/  
RunningZone?ref=ts](http://www.facebook.com/RunningZone?ref=ts)



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



November 29, 2015  
Cocoa, Florida

[spacecoastmarathon.com/volunteers/](http://spacecoastmarathon.com/volunteers/)

**CLICK HERE TO  
REGISTER ONLINE**



# Ghostly Gecko 5K Preview

By Mark DeCotis

The third race in the seven-race Running Zone Foundation Race Series is set for 6:30 p.m. Saturday, October 24 at Melbourne's Eau Gallie Civic Center and it should be a doozy.

The annual Ghostly Gecko 5K is an evening Halloween-themed race in which participants go all out like any other – except for perhaps the December Jingle Bell 2-Miler.

As usual there will be the usual perks for all.

- An awesome post race party at Squid Lips.
- Best Halloween Costume Contest
- Separate Costume Contest for kids.
- New this year: The awards ceremony will be at Eau Gallie Civic Center at 7:45 p.m.
- Free beer for participants 21 years and older on the beach at Squid Lips.
- Trick-Or-Treat bags to all finishers.
- Fun Ghostly Gecko awards.
- Free Goblins Kids' Run with Zippy the Gecko.
- Food provided by Squid Lips.
- Benefits Eau Gallie High School Health and Wellness Academy.
- Random giveaway of Halloween Horror Night tickets and one hotel night stay for two.

For complete race and registration information visit [www.runningzone.com/series/](http://www.runningzone.com/series/) **RZ**



Participants of Ghostly Gecko listen to Jonathan Howse sing the national anthem.



These two costumed participants captured the spirit of the 2014 Ghostly Gecko 5K. This October's race should produce more creative get ups.

Lori Rattay and Andrea Lucas enjoy the after party at Squid Lips.

## NEW PRODUCTS AT RUNNING ZONE



From left to right- back row: Asics Kayano 22, Garmin Vivoactive, Asics Quantum 360. Middle row: Feetures high performance (Deep Pink), Elite (Electric Pink & Hawaiian Blue, Coral & Deep Pink), and Elite Merino+ (Brilliant Blue & Sherbert, Gray & Reflector.) Front row: Brooks Ghost midweight sock (2 pack)

### GARMIN VIVOACTIVE

GPS-enabled smartwatch with fitness tracking and sports apps. Optional Heart Rate monitor bundle for \$299.99 (\$249.99)

### ASICS QUANTUM 360

First ever full length GEL cushioning and trussic system. Seamless, FluidFit upper provides strategic support so the only thing runners will feel is comfort. (\$169.99)

### BROOKS GHOST MIDWEIGHT SOCK

2 pack. (\$17.99)

### UPATESUPATESUPATES

### ASICS KAYANO 22

Improved seamless FluidFit upper and reengineered Heel Clutching System. (\$159.99)

### FEETURES SOCKS

New colors in high performance (Deep Pink \$11.99), Elite (Electric Pink & Hawaiian Blue, Coral & Deep Pink \$14.99), and Elite Merino+ (Brilliant Blue & Sherbert, Gray & Reflector \$14.99)

### NIKE STRUCTURE 19

Updated Flywire technology to provide zoned support and 3-density midsole to slow the rate of pronation. Available through Nike and running specialty stores only! (\$119.99)

### NEW BALANCE 860V6

Updated mesh upper, built on new PL-10 last (10mm offset). Available through New Balance and running specialty stores only! (\$119.99)

# Why I Run: Katie Johnson

By Mark DeCotis

Melbourne native Katie Johnson, 22, runs for several reasons.

The University of Central Florida graduate, she earned bachelor's degree in biology, is customer service manager at Running Zone.

**Where I Run and Why:** I normally run around where I live in the residential area of Lake Washington, and every Sunday on Tropical Trail. I love running on

I run to stay fit and happy. – KATIE JOHNSON

Tropical to see all the familiar faces and the awesome views, but running around Lake Washington during the week is great too because there are a lot of quiet roads.

**When I Run and Why:** I have been running about eight years now, six to seven days a week. I prefer morning runs because I feel more rested and energized, not only before the run, but after too. It's a great start

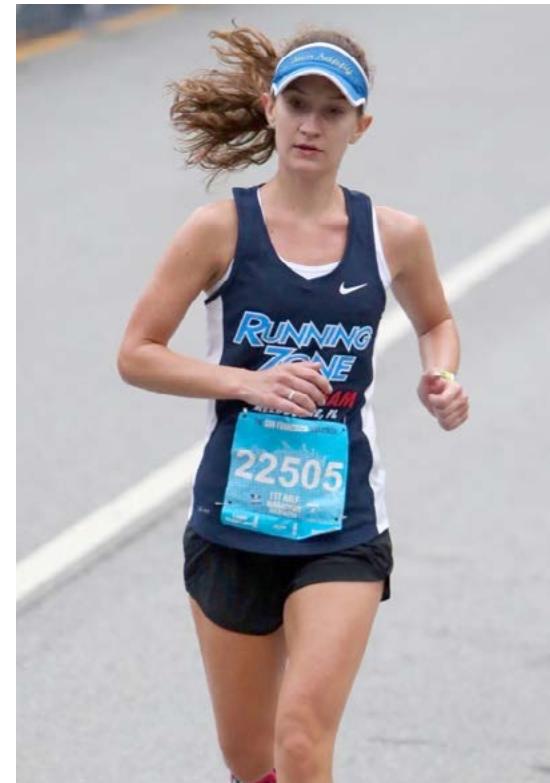
to my day.

**Why I Run:** I run to stay fit and happy. Over the years, running has become a time for me to process all my thoughts in the most productive and positive way.

**With Whom I Run:** Running has brought me many great friends, some of whom I do my long runs with every Sunday on Tropical Trail. I have also trained for and ran multiple races with my boyfriend,

Keith, and my dad, Ted. But most of my runs throughout the week are done solo.

**Worst Running Experience You Learned the Most From:** The first and only full marathon I ran, the Publix A1A Marathon. Although I wouldn't say it was the worst running experience, it was definitely the hardest, and I did learn a lot from it. **RZ**



Katie Johnson in her running stride.

## October Special

For Gecko Club Members



**GECKO CLUB**  
A Running & Walking Club  
"Not Just for Lizards"

**15% OFF**  
**NUTRITION PRODUCTS**



**Join Running Zone Foundation on**

**facebook**

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

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



**WHO'S GOING FOR 7?**



**CHECK OUT CURRENT SERIES STANDINGS AT**

[www.runningzone.com/series/results-and-records/](http://www.runningzone.com/series/results-and-records/)

# Local runners share why they are thankful

By Mark DeCotis

It's that time of year when we count our blessings.

And for many to be able to run and lead a healthy, productive lifestyle is something not to be taken for granted.

We polled area runners to learn what they are thankful for. Here are their responses.

## Ron Abel, West Melbourne:

"I am thankful for my family and friends to be able to be surrounded by so many unique and amazing people everyday. I am also thankful for the gift I have been given and use it to the best of my ability."

## Keenun Barley, Melbourne:

"Honestly, my running coach. As of three months ago I could not run a straight mile without stopping to walk for a few seconds here and there. I had been a runner/walker since 2009 and there's nothing wrong with that, but I was ready for more. I was so scared to sign up for running camp (Set Goals, Not Limits), but I did and I've never looked back. Last Sunday was 10 miles and I did it. No walk breaks. It's so great to have a professional right there, ready to answer all of my questions about shoes, pacing, training etc. I love that he plans out all of our workouts, so I don't even have to think about it. I just show up and put the work in. The progress speaks for itself."

## Cristina Canales, Rockledge:

"The people who run with me. They adjust my perspective, make me try harder and show me just what the word tenacious means! When I have a good race, they are proud of me. When things go wrong, they are invaluable."

## Felicity Cunningham, Viera

"I am thankful for my wonderful, supportive, running friends."

## Kaitlin Donner, Melbourne:

"As a runner I am most thankful for the incredible community here in Brevard that has been encouraging since I started running and enabled me to make lifelong friends."

## Andy Dutra, Melbourne:

"I am most thankful for the time I get to spend with my wife, daughter, and good friends participating in a healthy activity."

## Steve Hedgespeth, West Melbourne:

"I'd say I'm most thankful that my kids are healthy and enjoy running in the races too."

## Jonathan Howse, West Melbourne:

"I couldn't narrow down to just one, so I will pick two things for which I am most thankful. The first is the support and encouragement of this amazing running community through which my running has vastly improved over the past five years. The second is my health that allows me to run. I consider both gifts, and I am thankful to God for both and hope to use both to continue to encourage and inspire others with a message of, "yes, you can!"

## Joe Hultgren, Melbourne

"As a runner, I am most thankful for: The many leaders and businesses in the community who support the running community. There are so many individuals and sponsors who provide training and organized runs throughout the county. They are creating a social atmosphere, and often times refreshments, that make it much easier to run, than running alone. Running no longer has to be a lonely sport, and for that I am very thankful."

## Katie Johnson, Melbourne

"As a runner, I am most thankful for all the happiness and positivity running has brought to my life."

## Joe Lento, Cocoa Beach

"Being physically able to run, meeting new people that have the same interest and being part of a team where members are constantly encouraging each other."

## Ashley Moore, Palm Bay

"As a runner, I'm most thankful for being able to go on early morning runs - never thought I'd say that. It's a great chance to clear my mind, helps keep me sane and starts the day off right. Plus I usually run over the causeway and then to the beach and afterwards I can watch the dolphins or manatees in the river while the sun rises over the water."

## Roberta Osterling, Satellite Beach

"I have never really been a "runner." I started competing in March of 2005. I put on my shoes and walked at my own pace and came first in my age group 70-74. I was 81 on the 19th of August and may be the last one to



Tom Winkelspecht at the Boston Marathon, which he completed in 4:21:04 in 2012.



Bruce Vu is all smiles after an enjoyable run.



Seher Swenson in competition.

cross the finish line but I finish every race I start. Nearly every Saturday I am on a course somewhere in the Melbourne area.

## Bob Pecor, Melbourne Beach

"At the age of 81 being able to continue Races injury free is a real plus mentally. I started running at age 67 and have completed

*continues on the next page*



## Local runners share why they are thankful

*continued from the previous page*

398 races. I will admit that I miss those 8+ minute per mile times Oh well that's life."

### Karen Suarez, Melbourne

"As a runner, I am thankful for being able to run the miles that I am running at the age of 62 and training for my third marathon."

### Seher Swenson, Palm Bay

"I am so thankful for not to have injury for preventing me from running. And have great support from my family and fun running coach and friends. I couldn't run without the above."

### Melissa Taylor, Indian Harbour Beach

"I am most thankful for my health."

### Bruce Vu, Rockledge

"For me, it's the metabolism. Ever since

I started running long distance my metabolism has been boosted so much that I can eat as much as I want and never worry about gaining weight. In fact, I have to take the whey protein to retain the body mass that I lost due to running. I feel sorry for the non-runners who have to count the calories they consume."

### Jessica Wiedenbauer, West Melbourne

"As a runner, I am most thankful for my husband. He continues to encourage me, especially when I want to give up. And he always makes time for me to fit in a run or workout, while juggling our new crazy life with two kids."

### Midori Wiles, Melbourne

"I have to say I'm most thankful for my health. If I weren't healthy I couldn't have

come this far in six years. I began with Team in Training and ran to fundraiser for leukemia patients. Six years later I'm still saving lives with every mile."

### Tom Winkelspecht, Melbourne

"It's hard to give just one reason I enjoy running, but if I had to, I'd say my health. Along the way I've made a number of friends, met some wonderful people, and maintained my weight. I've also, accomplished more than I ever imagined I could as a runner and I'm grateful each time I lace up my shoes and head out the door. I'm thankful for the ability I've been blessed with. Now if I could just stay motivated." **RZ**



Runners and walkers alike enjoyed the Summer Celebration Run and Packet Pickup Party for the Running on Island Time 5K.



Running Zone Foundation presented a check to Honor America at their Annual Awards banquet. Honor America was the beneficiary for the Firecracker 5K on July 4th.



*Join us every Thursday night for a fun run and walk from Running Zone!*

# Legendary Story Musgrave will be the Keynote Speaker at this year's Space Coast Marathon & Half Marathon

By Mark DeCotis

There is very little Story Musgrave hasn't accomplished in his legendary lifetime.

From his career as a six-time space shuttle astronaut to a practicing medical professional, pilot, parachutist and holder of multiple graduate degrees, Musgrave has touched countless lives.

Mark DeCotis And yes, he is even run marathons. More on that in a moment.

Musgrave, 80, who now lives in Kissimmee with his family and uses it as home base for numerous current ventures, will share his story and his motivational insights as keynote speaker for the Space Coast Marathon and Half-Marathon pre-race banquet.

The banquet will be held beginning at 5:30 p.m. Nov. 28 at the Radisson Resort at the Port.

Come hungry for sustenance and the secrets to Musgrave's successes that include:

## NASA Career:

- NASA astronaut for more than 30 years who made six spaceflights.

- Performed the first shuttle spacewalk on Challenger's first flight.

- Pilot on an astronomy mission.

- Conducted two classified DOD missions.

- Lead spacewalker on the Hubble Telescope repair mission.

- Operated an electronic chip manufacturing satellite on Columbia.

- Communicator in Mission Control for 25 missions.

- A part-time trauma surgeon for the duration of his astronaut career.

## Lifetime highlights & achievements:

- Six graduate degrees in math, computers, chemistry, medicine, physiology, and literature.

- Awarded 20 honorary doctorates.

- Fifty-eight years in the Marines where he was an aircraft electrician and engine mechanic and served in Korea.

- Accumulated 18,000 hours in more than 160 aircraft. He is a parachutist with more than 800 freefalls.

- A producer/director of multimedia, a landscape architect, a heavy equipment operator, an innovator with Applied Minds Inc., and a professor of design at Art Center College of Design



Story Musgrave – six-time space shuttle astronaut, medical professional, pilot, parachutist and holder of multiple graduate degrees will be the keynote speaker at this year's pre-race banquet.

in Pasadena, California.

- Performs multimedia corporate presentations on the topics of design driven innovation, project management, operations, human performance, reliability, quality and safety.

- He has seven beautiful children: Lorelei, Scott, Holly, Todd, Jeff, Lane and Story, ranging from age 55 to 9 years, three beautiful grandchildren, and a beautiful wife, Amanda.

His topic at the banquet will be broad.

"It will be performance, the next mountain to climb, going forward all the time, design a life for yourself," he said.

As for the marathons: "I've got several under my belt," he said. "I ran marathons, I ran AAU. Most of the time I placed in age group in my 30s, 40s, 50s, 60s."

"I was highly trained. There are as many training routines as there are people. That's just fine. I did a lot of what was called fartlek training. That was fun."

"I trained up to 18 miles for the marathon." Musgrave is the only astronaut to fly on all five orbiters – Columbia, Challenger, Discovery, Atlantis and Endeavour – and drew parallels between marathon training, astronaut training and executing both.

"Excellence is excellence, performance is performance," he said. "Be the best you can. What it takes to do that is the spirit and the

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His topic at the banquet will be "...performance, the next mountain to climb, going forward all the time, design a life for yourself." – STORY MUSGRAVE

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attitude. It's the work ethic. It's the attention to details. You've got to look after the details.

"You've got to look after your shoes. Your shoes will eat your lunch. When you're doing 26 miles any little irritant part of clothing, it will get you at 26 miles. It will just eat through you. It's just those kinds of details."

"A little carbohydrate loading doesn't hurt, not really excessive."

Musgrave took the same level of commitment and detail to his astronaut career that included the landmark and successful Hubble Space Telescope repair mission in which Musgrave played a leading role from conception to completion.

"I had been working on the telescope for 18 years by the time I went to fix it," he said. "I designed the Hubble itself to be serviceable."

"Those things mean the most to me where I design a mission, where I build a mission. Those are the missions I like." **RZ**



## REGISTRATION REMAINS OPEN

for the Nov. 29 Space Coast Marathon in Cocoa Village. The half-marathon is at capacity.

For full information visit

[www.spacecoastmarathon.com](http://www.spacecoastmarathon.com)

# Topical Medication for Pain Relief

By Richard C. Wilson, DPM Melbourne Podiatry Associates

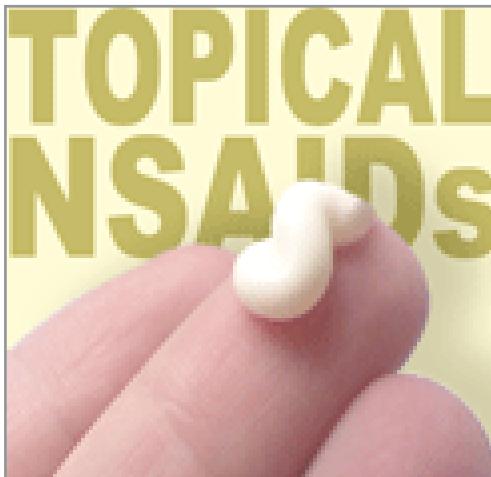
Bobby had a foolproof system to keep his muscles and joints from hurting during and after running. He took an ibuprofen tablet an hour before his daily run, then another when he returned. If he felt soreness later, he took additional tablets as needed.

Six months later, Bobby started to experience severe stomach pain. He visited his physician, who diagnosed NSAID-induced gastric ulcer. The ibuprofen, while helping his muscle and joint inflammation, had damaged his gastrointestinal tract.

Ibuprofen is a commonly used medication belonging to the class of drugs known as non-steroidal anti-inflammatory drugs (NSAIDs). Other examples are aspirin, naproxen, meloxicam, ketoprofen, and diclofenac. These medications are called non-steroidal to differentiate them from the anti-inflammatory medications of the corticosteroid class (including medications such as prednisone and cortisone).

NSAIDs have been used extensively for the last 40 years as alternatives to the riskier, steroid medication. However, it is now known that these drugs are not benign. If used properly, at low doses, with food, for short periods of time, they can be safe and effective. If used improperly, they can cause several adverse effects. These include gastrointestinal irritation (most common adverse effect), increased risk of heart attack and stroke, and adverse renal (kidney) effects.

Because the adverse effects of oral NSAIDs are more frequent and often more severe than previously considered, development of topically applied NSAIDs began several years ago. Custom compounded topical NSAIDs have been available by prescription through pharmacies for the past several years. More recently, a commercial, non-compounded prescription topical NSAID was introduced in the U.S. This is



Because the adverse effects of oral NSAIDs are more frequent and often more severe than previously considered, development of topically applied NSAIDs began several years ago.

topical Voltaren gel (diclofenac). It is applied topically to painful areas, and is absorbed through the skin, delivering the medication to the inflamed underlying tissues. There is very minimal systemic absorption, so the risk of adverse effects is low.

Results with Voltaren gel vary between patients. Some patients have significant improvement, while others report no effects at all. Risks of adverse effects are low, with skin rash being the most frequent. The medication is expensive and is not available generically. Many insurance plans refuse to cover it.

The over-the-counter, less expensive alternatives to Voltaren gel are liniments (balms). Liniments, from the Latin "linere" ("to anoint"), are similar to lotions and have been used since antiquity. They are usually formulated from alcohol, acetone, or other solvents and contain counterirritant aromatic chemical compounds such as methyl salicylate, menthol, or camphor. Liniments are also used extensively in veterinary medicine, especially in horses.

Liniments reduce pain by two different mechanisms. Some, such as trolamine salicylate and methyl salicylate, actually have mild anti-inflammatory properties. The most important mechanism, however, is that of counter irritation or counter stimulation. These substances

produce the sensation of heat or cold, and fool the brain into thinking that an area is cold or hot instead of painful. This is due to what is known as the Gate Control Theory of Pain, developed by Ronald Melzack and Patrick Wall in 1965. Counterirritants (also called rubefacients) short circuit pain signals in the peripheral nerves, such that the cold or heat signal reaches the brain before the pain signal. The brain perceives temperature sensation instead of pain. As Melzack is famously quoted, "pain is in the brain."

The most common ingredients in liniments are menthol, methyl salicylate, trolamine salicylate, and capsaicin.

Menthol is a naturally occurring compound made from a mint plant. It has both counterirritant and local anesthetic properties. It is the active ingredient in Tiger Balm, Icy Hot, Mineral Ice, Bio Freeze.

Capsaicin is the ingredient in chili peppers that gives them their heat. It is the main ingredient in pepper spray. It was first used medicinally for the treatment of the pain of shingles, and later for neuropathy pain. It is a powerful counterirritant. Many people find the intense heat it produces to be too uncomfortable for use. Capsaicin is available in several strengths and is found in Theregan, Rezil, and Capzasin.

Methyl salicylate, or oil of wintergreen, is another natural substance from mint plants. It has both counterirritant and anti-inflammatory properties. It is the active ingredient in Salon Pas and Ben Gay. A related compound is trolamine salicylate, which is used in Aspercreme, Perrigo, and Blu Emu.

Which product is best? There is no definitive answer. Each person responds differently to each product. The best approach is to try different products, using as directed, and see what response one gets.

Using topical products can often provide temporary relief of musculoskeletal pain while avoiding the complications of internal medications. It is recommended that medical treatment be sought for any condition not responding to topical medications.

*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 residency 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*

## OCTOBER SPECIAL

**GIFT WITH PURCHASE  
OF ASICS SHOES**  
(all month – while supplies last. Choice of tech shirt or drawstring bag.)





**Amenities**

- All races provide participants with fun 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.
- Prize Money:** There is a \$10,000 purse in prizes and gift certificates for the top series finishers.

**Series Awards**

<b>Overall Male &amp; Female</b>	\$1,000 CASH & Free Entry to the 2015-2016 Race Series
<b>2nd Place Overall Male &amp; Female Winners</b>	\$500 CASH & Free Entry to the 2015-2016 Race Series
<b>3rd Place Overall Male &amp; Female Winners</b>	\$350 CASH & Free Entry to the 2015-2016 Race Series
<b>Top Male &amp; Female Masters Winners</b>	\$250 CASH & Free Entry to the 2015-2016 Race Series
<b>Age Group Male &amp; Female First Place</b>	\$100 Gift Certificate to Running Zone
<b>Age Group Male &amp; Female Second Place</b>	\$50 Gift Certificate to Running Zone
<b>Age Group Male &amp; Female Third Place</b>	\$25 Gift Certificate to Running Zone
<b>Team Awards:</b> 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 [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**, 3896 N. Wickham Road, Melbourne, FL 32935  
Please make checks or money orders payable to: Running Zone Foundation

**Our 2015-2016 Series offers:**

- 1 FIRECRACKER 5K,** Saturday, July 4th at the Liberty Bell Museum, 7:00am lacrosse from Holmes Regional on Holley St.)
- Start the race with the ringing of a replica of the Liberty Bell
- American Flags and red, white & blue popscicles to all finishers
- Most Patriotic Costume Contest!
- Special awards to top 3 Local Heroes (Military/Fire/Police)!
- Free LJ 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!

- 1 RACE FOR PIZZA FOOTBALL KICKOFF 5K,** Saturday, August 8th at the Avenue Viera (7:00am)
- Support your favorite Football Team on Race Day
- Awesome Football Awards
- Special award for the Most Supported Team!
- Zippy the Gecko Mascot to lead the Kids' Run
- Tailgate Party after race at Pizza Gallery & Grill patio in the courtyard
- Benefits Suntrust/Viera Youth Football & Cheerleading League and WE GO Ministries
- Random Giveaway of NFL Football Tickets (any Florida Team) plus 1 Hotel night stay for two!

**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.

**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**

The first 10 runners/walkers overall will receive 100, 90, 80, 70, 60, 50, 40, 30, 20, 10 points in the open competition.

The first 10 Masters (40 years and older) runners/walkers will receive 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 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, 1 points 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 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 2016.

**Standings**

The standings after each race will be calculated and displayed on Running Zone's website at [RunningZone.com/Series](#).

**Health Plans****New This Year!**

Finish ALL 7 races in the series and receive an awesome Series medal at the finish line of Run for the Gecko 5k!

Please use the EVACT registration information when registering for each race in this series. (i.e. if you're 16, 17, 18, 19 or 20+ in Baby)

**Welcome Athletes!**

Health First Health Plans and Running Zone Foundation welcome you to the 11th 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 miles. 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.

Team division details appear later in this brochure or can be found in the Running Zone Race Series section of our website at [RunningZone.com/Series](#)

**Our 2015-2016 Series offers:**

- 1 FIRECRACKER 5K,** Saturday, July 4th at the Liberty Bell Museum, 7:00am lacrosse from Holmes Regional on Holley St.)
- Start the race with the ringing of a replica of the Liberty Bell
- American Flags and red, white & blue popscicles to all finishers
- Most Patriotic Costume Contest!
- Special awards to top 3 Local Heroes (Military/Fire/Police)!
- Free LJ 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!

**1 RUN FOR THE GECKO 5K,** Saturday, May 7th

- at Wickham Park Main Pavilion (7:00 am)
- 13th Anniversary Celebration Party
- New Exciting Awards for 2016!
- Pancakes & Eggs for all Finishers after Race
- Breakfast sponsored by Pizza Gallery & Grill
- Strawberries & Champagne for finishers 21 & older
- Birthday Cake for all Finishers!
- Pancakes & Eggs for all Finishers after Race
- Breakfast sponsored by Pizza Gallery & Grill
- Strawberries & Champagne for finishers 21 & older
- Birthday Cake for all Finishers!
- Benefits Leukemia & Lymphoma Society's Team in Training!
- Random Giveaway of a Dell Laptop

**1 RACE FOR PIZZA FOOTBALL KICKOFF 5K,** Saturday, August 8th at the Avenue Viera (7:00am)

- Support your favorite Football Team on Race Day
- Awesome Football Awards
- Special award for the Most Supported Team!
- Zippy the Gecko Mascot to lead the Kids' Run
- Tailgate Party after race at Pizza Gallery & Grill patio in the courtyard
- Benefits Suntrust/Viera Youth Football & Cheerleading League and WE GO Ministries
- Random Giveaway of NFL Football Tickets (any Florida Team) plus 1 Hotel night stay for two!



**RUNNING ZONE FOUNDATION  
2015-2016 RACE SERIES EVENTS**

**REGISTER TODAY!**

**FIRECRACKER 5K • JULY 4, 2015**

**FIRECRACKER 5K • July 4th, 2015 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 8, 2015**

**I RUN FOR PIZZA FOOTBALL KICKOFF 5K • August 8th, 2015 at 7:00 am, The Avenue Viera** – This year's football themed race will kickoff at the Avenue Viera! Pizza Gallery & Grill post race party in the courtyard behind their deck at the Avenue Viera. Show your support of your favorite football team! Most supported team participants gets prizes!

**HOSTLY GECKO 5K • OCTOBER 24, 2015**

**HOSTLY GECKO 5K • October 24th, 2015 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!

**JINGLE BELL 2 MILER • DECEMBER 19, 2015**

**JINGLE BELL 2 MILER • December 19th, 2015 at 5:45 pm, Satellite Beach Library, Satellite Beach** – Santa & Zippy the Gecko invite you to the Jingle Bell 2 Miler! LED TV giveaway after the race! Best Holiday Costume contest, jingle bells for everyone's shoes & Santa hats for the first 500 registrants!

**BREVARD ZOO'S SLOTH SKEDADDLE 3K • FEBRUARY 13, 2016**

**BREVARD ZOO'S SLOTH SKEDADDLE 3K • February 13th, 2016, Brevard Zoo, Melbourne, 2 start times: 7:00 am Not Sloth Like = less than 20 minutes to finish or 7:35 am More Sloth Like = more than 20 minutes to finish.** 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! Join us for the 10th Anniversary!

**PIRATE PLUNDER 2 MILER • APRIL 9, 2016**

**PIRATE PLUNDER 2 MILER – April 9th, 2016 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! "I thought they said Rum!"

**RUN FOR THE GECKO 5K • MAY 7, 2016**

**RUN FOR THE GECKO 5K – May 7th, 2016 at 7:00 am, EFSC/Wickham Park Pavilion, Melbourne** – This is the race that started it all! Join us for this year's 13th Anniversary Celebration Party with new, exciting awards, pancakes & eggs and birthday cake for all finishers, strawberries & champagne for finishers 21 & older. Free kids' run with Zippy the Gecko!

**OTHER RUNNING ZONE FOUNDATION EVENTS INCLUDE THE EXCALIBUR 10 MILER ON MARCH 20, 2016, CORPORATE 5K ON MARCH 10, 2016, AND LONG DOGGERS KIDS' MARATHON (2.62) AND 1/2 MARATHON (1.31) ON OCTOBER 3, 2015.**



# GECKO CLUB

**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**



A Running & Walking Club  
"Not Just for Lizards!"

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)**