

# Starting Line

RUNNING ZONE'S QUARTERLY NEWSLETTER



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





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Join us for the next race in the 2015-2016 Running Zone Foundation Race Series:

**REGISTER TODAY!**

## SLOTH skedaddle 3k

**Saturday, February 13, 2016**  
**Brevard Zoo • 2 Start Times:**

- ▶ **7:00am:** Not Sloth like = less than 20 minutes to finish, OR
- ▶ **7:35am:** More Sloth like = more than 20 minutes to finish

**10th Anniversary Giveaway:**  
2 Family Membership Passes to Brevard Zoo!

#sloth3k   

BENEFICIARY: Brevard Zoo



**GIVEAWAY: 1 DAY DISNEY TICKETS & 1 HOTEL NIGHT STAY FOR TWO!**

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

**Packet Pick Up: Tuesday, 2/9- Friday, 2/12, 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 Countdown to Fitness program promotes kids' health & fitness

As in any endeavor our children are our future. That's the thinking behind and the reason for our newest initiative, the Space Coast Countdown to Fitness.

Under the program a teacher or volunteer will start a running program at their school. The school also can register if it already has a running program. Running Zone will provide a banner and T-shirts for the school.

Participants run for 10 weeks up to a total of 25.2



miles. The program culminates at 1 p.m.

April 23 at the City of Melbourne's Track and Field Day at Eau Gallie High where participants run the free final mile.

The run will be a timed event and there will be finisher medals for all.

Complete information is available at

[www.countdowntofitness.org](http://www.countdowntofitness.org)



We believe this program dovetails with the involvement of children at most major Running Zone events through free kids'

runs, school participation recognition and awards.

We hope to bring more community members to assist in reaching children throughout Brevard County. This program is the essence of Running Zone Foundation's mission. The Foundation's charter is to promote and encourage health and fitness in our community through running, jogging, walking and related educational programs and publications.

See page 10 for more information. **RZ**

*Don & Denise Percy*

Don & Denise Percy  
Running Zone Foundation, Inc.

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Our  
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**FUN  
RUN/WALKS**

**continue with:**

**MONDAY NIGHT:**

**6PM** **Pizza Gallery & Grill the Avenue Viera,**  
1st Monday of month free pizza

**TUESDAY NIGHT:**

**6PM** **Long Doggers, Post Road,**  
FREE draught beer or ½ OFF an appetizer,  
2nd Tuesday of month FREE APPETIZERS too!

**Wednesday night on hiatus until time change**

**THURSDAY NIGHT:**

**5:30PM** **until time change then 6pm at Running Zone,**  
Last Thursday of month FREE PIZZA, prizes & giveaways, & \$1 beers!





# Jingle Bell 2 Miler participants embrace holiday spirit

By Mark DeCotis



And they're off for the 2015 Jingle Bell 2 Miler in Satellite Beach.

Amidst gusting winds and holiday garb 1,689 runners and walkers gave themselves the gift of fitness in the Jingle Bell 2-Miler on Dec. 19 at the Satellite Beach Public Library.

The race was the fourth in the seven-event Running Zone Foundation Race Series and saw overall female leader and Satellite Beach native Kaitlin Donner win once again.

Donner, 26, of Melbourne, crossed in a personal record time of 10 minutes, 28.3 seconds good for seventh overall, the eighth overall finisher being husband Ed Donner who crossed in 10:29.2.

The overall race victory went to 19-year-old Christopher Shaffer of Satellite Beach who runs for George Washington University.

Shaffer, a Satellite High graduate, topped the field in 9:57.9, 10 seconds ahead of John Cacciatore, 16, of Indialantic who finished in 10:07.8.

Cocoa Beach's Aubree Piepmeier, 23, was the second woman and 11th overall in 10:39.1

"The second-place girl raced awesome, and it was so nice having another female up front to work with," said Donner who will race this spring for a berth on the 2016 U.S. Summer Olympics triathlon team. "Ed was pretty close to me the whole way and really helped me the last half mile. I was breathing heavy and he was talking to me.

"I think this is the third year I have won this race? This year was my fastest on this course by a few seconds, which is very exciting since it comes after a coaching change just a few months ago.

"I love running the streets where I ran so many workouts, long runs, recovery runs and played with friends. Ed and I actually ran the course again as cool down to really enjoy the

lights and candy cane lane since we didn't get to during the race."

Shaffer had similar sentiments.

"It is always nice to come back and run all the old routes I took in high school," he said. "They hold a lot of good memories and helped to push me throughout the race.

"I went into the race expecting to hang with the lead pack for the first mile and then see how I felt from there. A little after the mile mark I made my move and was to finish strong. It helped having all the other guys up there with me like Johnny Cacciatore and Kyle Butler to push me throughout the race.

"Coach (Doug) Butler has played a big role in my summer training the past few summers. His workouts and the group of runners there have helped to get me ready for cross country in the fall."

The Male Masters victory went to West Melbourne's Jonathan Howse, 42, who came home in 11:18.9. Melbourne Beach's Tasha Camps, 45, took the Female Masters title in 13:24.2.

The event's most senior finisher was Satellite Beach's John Cattaneo, 85, in 37:04.5.

Team Running Zone of Donner, John Cacciatore, Howse, Steve Hedgespeth and Ron Abel captured team laurels with a combined time of 54:08.

Long Doggers Club of Long Doggers Club consisting of Ian Reesh, Michael Fisher, Zeke Zauner, Alison Nolan and Todd Sukolsky was second in 55:18.

Set Goals Not Limits of Set Goals Not Limits of Shaffer, Kyle Butler, Trevor Vaughn, Ryan Shaffer and Kathy Bills was third in 58:28 and Canter Camps of Austin Camps, Garrett Camps, Christian Camps, Tasha Camps and Mario Camps was fourth in 59:15.



Jerri-Michelle Osborn's smile says it all as she crosses the finish line in the Jingle Bell 2-Miler.



Satellite Beach's Christopher Shaffer wins 2015 Jingle Bell 2 Miler.



Two legends – Santa and Doug Butler, second from left, mingle with the Gecko and runner Tom Weidenbauer at Jingle Bell.

**Click here to see the Jingle Bell 2 Miler Results!**

The next series event is the Brevard Zoo Sloth Skedaddle 3K on Feb. 13. Visit [www.runningzone.com/series](http://www.runningzone.com/series) for complete race information and registration.

The school participation category went to Westside Elementary with 34. Surfside Elementary with 20 was second and Indian Harbour Montessori with 15 was third. Nineteen schools and 123 participants took part.

"It was a fun event," said race director Denise Piercy. "The weather and the way participants dressed out certainly made it feel like Christmas.

"Also more people took part and finished this year which is always a good sign. We can't wait until the zoo race." **RZ**

**continues on the next page**



# Sloth Skedaddle 3k Preview

By Mark DeCotis

What better way to combine a morning of fitness and fun than participating in the next Running Zone Foundation Race Series event – the Brevard Zoo's Sloth Skedaddle 3K?

The race, actually two events in one, is set for Saturday, Feb. 13 at the Zoo at Wickham Road and I-95 in Viera.

**The Not Sloth Like** race – less than 20 minutes to finish the 1.8-mile course – goes green at 7 a.m. **The More Sloth Like** event – more than 20 minutes to finish – begins at 7:35.

The course offers plenty of animal viewing opportunities and the chance to spend a fun day at the Zoo for 50 percent of the entry fee by showing your race number.

The events, which benefit the zoo, feature:

- Fun Sloth Awards
- Free Li'l Sloth Kid's Run with Zippy the Gecko
- Breakfast catered by Pizza Gallery & Grill
- Random giveaway of one-day Disney tick-



Melbourne's Rob Lara shows the spirit of running and the 2015 Zebra Zoom as he crosses the Brevard Zoo finish line in full regalia.

ets and one hotel night stay for two.

- Two zoo Family Membership passes to be given away to celebrate the race's 10th anniversary.

Race packet pickup will be available for pickup the week before the race starting Tuesday morning at Running Zone at 3696 N.

Wickham Road in Melbourne between Parkway and Post roads. Visit Running Zone's website [www.runningzone.com](http://www.runningzone.com) or call (321) 751-8890 for complete information.

Beyond the zoo race two events remain on the 2015-2016 Series schedule, the April 9 Pirate Plunder 2-Miler in Downtown Melbourne and the traditional Run for the Gecko 5K on May 7 at the Wickham Park Pavilion at Eastern Florida State College across the street from Running Zone.

John Cacciatore and defending overall series champion Chris Cacciapaglia sit atop the male series standings with 240 and 200 points respectively.

Kaitlin Donner holds a 100-point lead over defending women's champion Kim Hunger, 300 to 200.

Shane Streufert leads Joseph Lento, 300 to 230, atop the Male Masters standings while Tracy Dutra leads Julie Hannah 290 to 250 atop the Female Masters standings. **RZ**

## Jingle Bell 2 Miler participants embrace holiday spirit *continued from the previous page*



Palm Bay's Bill Papin (288) and Robin Lindsay (289) mingle with Melbourne's Elizabeth Starling (1441) in a fashion show of sorts at the Jingle Bell 2 Miler which always doubles as a costume gala.



Jingle Bell 2 Miler overall women's winner Kaitlin Donner crosses the finish line just ahead of husband Ed Donner.



A sea of kids runners decked out in red awaits the Jingle Bell start.

# Local runners steal the show at 44th Space Coast Marathon & Half-Marathon

By Carl Kotala

The 44th annual Space Coast Marathon and Half-Marathon had a decidedly local flavor to it – and we haven't seen that in a long, long time.

Palm Bay's David Kilgore won the men's marathon in 2:38:16, becoming the first local runner to win the event since at least 2003.

Women's winner Lori Nedescu may live in Columbus, Ohio now, but she was an Indian Harbour Beach resident in 2008 when she made her marathon running debut at this very race.

Melbourne's Julie Hannah won the women's half-marathon, an inspirational victory considering she just beat breast cancer 18 months ago.

The men's half-marathon went to Orlando's John Davis, a former Brevard County resident who won in 1:18:05 and spent much of the morning running by himself.

More than 7,100 runners took part in the race, which featured unexpectedly warm weather to go with the spectacular views, cheering crowds and people dressed in costumes ranging from Pigs in Space to Darth Vader, Princess Leia and Captain America. A total of 520 volunteers helped with the race over a two-day period.

Kilgore, who ran for Doug Butler at Holy Trinity Episcopal Academy, signed up to run this year's marathon after graduating from the University of Florida and thinking his days of competing in college were over.

However, he is now a graduate student at Oklahoma State and just finished his cross country season, meaning he had been running races that were 8K and 10K, not marathon length. In fact, though he has run a 50-mile race and a 50K, this was his first marathon.

"I signed up for it in March because I thought I was going to be done with eligibility and I said I was probably going to focus more on trail and ultra (running) and some shorter races every now and then," Kilgore said.

"But I was like, 'This is will be great.' I always wanted to come and try to win this one. Some people were saying a hometown guy hasn't won it in a while, so I was pretty stoked up to try to do it."

Kilgore, 24, finished ahead of Marc Burget of Jacksonville (2:47:34) who was going for a Space Coast Marathon three-peat. Michael Macdonald of Tampa (2:47:57) finished third. Fernando Todeschini of Manaus was the master's champion in 2:56:35.

Kilgore said he came in with the goal of winning it all and was self-assured because of his running background, despite not having trained thoroughly to run a marathon.

"I was a tiny bit nervous because you never know who's going to come out, and like I said,



Former Holy Trinity runner and two-time state champion David Kilgore wins the Space Coast Marathon.

I haven't been training for it," he said. "I took a little time off right when cross country ended. It ended about a week ago. So I took a couple of days off then ran a couple of days and then ran this.

"I was pretty happy with it."

Nedescu ran her personal best of 2:56:10 last month in Columbus, but when asked if that made her confident going into Sunday's race, she had to laugh.

"Not really," she said. "I came in full of turkey and on vacation, visiting my family. It feels great. I'm exhausted."

The 31-year-old's winning time of 2:58:28 was a stark contrast to her first Space Coast Marathon in 2008, when she finished in 4:00:29. She has run a number of marathons since then, but now her home base is in Ohio.

"I've been used to running in 30-degree weather, so this was really hot for me," she said. "But it was a great crowd. Really fun."

Orlando's Michelle Nunez (3:08:22) was second. Desiree Barger of Palmetto Bay was third in (3:10:51). Sarah Wittman of Lovell was the master's champion in 3:12:02.

Though she had been away for a little while, Nedescu said the course, the sights and the atmosphere were just as she remembered.

"It's nice to be able to come back," she said.

Like Kilgore and Nedescu, the men's half-marathon featured a dominating performance as Davis outran Selvin Reyes of Orlando (1:20:06) and Steve Hedgespeth of West Melbourne (1:20:36). Viera's Shane Streufert was the master's champion in 1:22:15.

"It was a good race," Davis said. "I was alone the whole way. Kyle Cook ran with me

for about the first mile-and-a-half and then I was alone the rest of the way.

"I'm happy with it."

As for running by himself, Davis said he wasn't worried about being able to keep a fast pace.

"I've done it a few times, so it's not a completely new feeling," he said. "But it is harder when you're running all by yourself. It's tough to push yourself. I ended up just trying to go for a time."

"I knew the course was going to be long for me because I took the wrong turn. I was still trying to get under 1:18 and I missed it by a second or two."

Hannah, who ran the Grandma's Marathon in Duluth, MN in June (where she set her personal best by three minutes) and the New York City Marathon on Nov. 1, wasn't sure where she would finish Sunday.

But she didn't think she would finish first.

However, as she and her running partner, Doug Nichols, were on the course, she began hearing she was in second place. Then, at the five-mile mark, she saw the first-place runner.

Rather than try to chase her down, Hannah stuck with her plan and took the lead around the eight or nine-mile mark.

"The person I was running with (Doug Nichols) just reminded me to run our own race – don't stress about it. And I didn't," Hannah said. "Thank goodness he was reminding me about it. That's what helped."

Hannah finished in 1:32:54. Lisa Buhler of Lehigh Acres was second in 1:34:01 and Jenny Sparks of Wellington was third in 1:35:39. JJ Salisbury of Winter Park won the master's division in 1:36:25.

Given all she has been through, it was an emotional day for the 41-year-old Melbourne resident.

"I had some choice words in my head for cancer the last couple of miles," Hannah said. "Doug was like, 'What? You don't talk like that.' That was kind of my mantra for the last couple of miles."

"The marathon I ran in Duluth was just amazing. It was a huge PR, and I thought that was great. This really just topped (it). I never broke the tape before. I was so excited." **RZ**

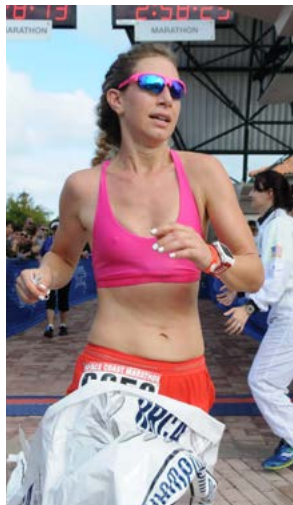
**Click here to see the Space Coast Marathon & Half-Marathon Results!**

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# Local runners steal the show at 44th Space Coast Marathon & Half-Marathon

*continued from the previous page*



Lori Nedescu captures the overall female victory in the Space Coast Marathon.



Sarah Wittman crosses the finish line to win the Space Coast Marathon Female Masters title.



Viera's Shane Streufert wins the Male Masters title in the Space Coast Half-Marathon.



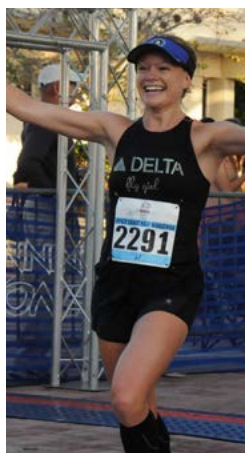
Fernando Todeschini captures the Space Coast Marathon Male Masters crown.



Melbourne's Julie Hannah breaks the tape to win the Space Coast Half-Marathon overall female title.



John Davis captures the Space Coast Half-Marathon.



JJ Salisbury of Winter Park nabs female Masters for the half marathon.



The bling has sprung. Space Coast Marathon and Half-Marathon volunteers display the medals they soon will distribute.



Sarah Hamilton (6594) crosses to win the Female 70-74 age group in the Space Coast Marathon.



Errol Daniels Jr. is all concentration en route to his marathon finish.



Joseph Burgasser wins the Male 75-79 age group in the Space Coast Marathon.



Stacks of towels await hundreds and hundreds of runners at the Space Coast Marathon and Half-Marathon.



Preparing for hungry runners can be a tough job.



Lisa Farrell sings the National Anthem before the Space Coast Marathon and Half-Marathon while co-race director Denise Piercy stands at attention.



Space Coast Half-Marathon runner and former space shuttle astronaut Mike McCulley addresses runners before the Space Coast Marathon and Half-Marathon.

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# Excalibur 10 Miler, 2 Miler & Relay offer options for everyone

By Mark DeCotis

Runners looking for a top-notch event to cap their season or scintillate their spring should circle March 20 on their calendar.

That's the date of the third annual Excalibur 10-Miler and Relay which this year add the Dragon Slayer 2-miler just for fun.

The 10-miler and relay race go green at 7 a.m. at Viera High School on Stadium Parkway and have a three-hour time limit for finishers.

The 2-miler begins at 7:15 a.m. All finishers receive the eye-catching Dragon Slayer medal.

Registration and packet pick up begin at 5:30 a.m.

As for the weather, it's anyone's guess.

Although temperatures have averaged 40s for the low and 70s for the high, be prepared for cool as well as warm weather. Florida weather is somewhat unpredictable in the winter months of the year.

"In two short years Excalibur has become one of the Space Coast's most unique events and adding the 2-miler only broadens the opportunity for more runners and walkers to share in the excitement..." - DENISE PIERCY

The defending 10-mile champions are hometown runner Shane Streufert of Viera who broke the 2015 tape in 1:00:29 and Melbourne's Tracy Dutra who topped the women's field in 1:10:36 good for seventh overall.

Inaugural winners were West



Last year's Excalibur 10-Mile overall winner Shane Streufert and women's champion Tracy Dutra sit atop their thrones. With Tracy is daughter Waverly.

Melbourne's Steve Hedgespeth in 58:33 and Vero Beach's Meredith Van Veen who was the first woman and 11th overall in 1:07:14.

This year kicks off The Game of Stones Series, Quest for the Holy Grail medals. This year's is Emerald followed by Sapphire

Denise Piercy.

"In two short years Excalibur has become one of the Space Coast's most unique events and adding the 2-miler only broadens the opportunity for more runners and walkers to share in the excitement of the day and perhaps to be inspired enough to try either the 10-miler or the relay in 2017.

"It will be a great day."

Once again the USATF certified 10-mile course will take runners through the burgeoning Viera community where they will run on solid surfaces and on dirt along Power Line Road courtesy of the Duda Ranch and the Viera Company.

For complete race information on the 10-miler, the relay and the 2-miler, please visit [www.excaliburrun.com](http://www.excaliburrun.com) **RZ**



## Local runners steal the show at 44th Space Coast Marathon & Half-Marathon

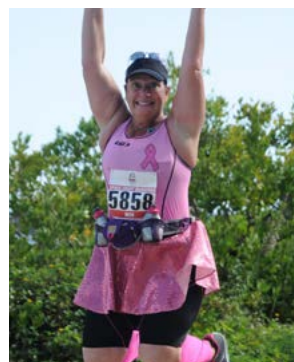
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Runners bolt from the starting line at the Space Coast Half-Marathon.



Marathon finisher Renee Smith flashes victory sign out on the course.



Above all running is supposed to be enjoyed and Beth Kavanagh is doing just that en route to her marathon finish.



The smile by Yolanda Murphy-Johnson (399) says it all. She finished the Space Coast Half-Marathon.



# Save the dates

**1 • 1/13/16**

**2 • 2/10/16**

**3 • 3/9/16**

**4 • 3/10/16**

FLORIDA TECH TEAM 2015

1	2	3	4
<b>Informational Meeting</b>	<b>Team Captains' Meeting</b>	<b>Packet Pick-up Party</b>	<b>Race Day!</b>
Wednesday, 1/13/16 6:00 pm @ Running Zone	Wednesday, 2/10/16 6:00pm @ Running Zone	Wednesday, 3/9/16 6:00 pm @ Running Zone	Thursday, 3/10/16 6:45pm @ FIT Aviation

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# JANUARY

## Special

### For Gecko Club Members

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### A REGULARLY PRICED PAIR OF SHOES

## NEW PRODUCTS AT RUNNING ZONE

### HOKA ONE ONE BONDI 4

Most cushioned shoe in the Hoka One One lineup. 4mm offset (33mm heel height, 29mm forefoot height.) \$150

### HOKA ONE ONE CONSTANT 2

Most stable shoe & widest toe box in the Hoka One One lineup. 4mm offset (30mm heel height, 25mm forefoot height.) RMAT outsole for extended durability. \$160



New Balance Fresh Foam 1080

### NEW BALANCE FRESH FOAM 1080

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upper in the forefoot adds to the luxury and premium appeal, designed to cater to toe splay and the need for room as runners log long miles. 8mm offset. \$150

Men's Nike Free RN Distance



### NIKE FREE RN DISTANCE

"Natural motion that goes the distance." Single Layer engineered single knit upper. Enclosed flywire cabling system to secure midfoot lockdown. 4mm offset. \$120

### SWEAT X SPORT DETERGENT & ODOR SPRAY

Sweat X Sport is a specially formulated high performance sports laundry detergent designed to treat and protect technical



Sweat X Sport Detergent & Odor Spray

fabrics as well as remove 99% of all bacteria embedded in sports undergarments. 100% biodegradable and 100% non-toxic with no adverse dermal impacts. 45 oz. bottle, \$19.99

### SWEAT X EXTREME ODOR ELIMINATOR

Wipes out baked in sweat stench and odor to thoroughly clean pads, shoes, helmets, gym bags, gloves, shin guards and more, leaving equipment smelling like new! 8 oz. spray bottle, \$12.99





## Launch Your School Into the



**Cash prize for  
largest school  
participation!**

**Prizes & incentives  
along the way**

## Space Coast Countdown to Fitness & Final Mile

All elementary & middle school students in Brevard County  
are invited to participate in this **FREE** marathon!

**Start Your Engines at the Kick-Off on  
February 13, 2016**

*Students will run 25.2 miles, 1 mile at a time – at home, after school,  
or anywhere they want - and keep track of their miles.*

### Students Receive:

- T-shirts with school name
- Coloring sheets to keep track of miles
- Great finisher medals



### Schools Receive:

- Banner with school name
- Flight plan for the Mission Commander that includes everything your school needs to run the program

**Everyone runs the Final Mile of the Marathon together at the  
Space Coast Final Mile • April 23, 2016 at Eau Gallie High School**

## JANUARY SPECIAL

**STARTER KIT**  
BUY A REGULARLY PRICED  
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OFF AN OUTFIT**

(1 top & 1 bottom)



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support promoting health, fitness and  
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192655514112985?ref=ts](http://www.facebook.com/pages/Running-Zone-Foundation/192655514112985?ref=ts)



# Kaitlin Donner nears Olympic Team qualifier, lifelong dream

By Mark DeCotis

Melbourne's Kaitlin Donner is but months away from the opportunity to fulfill the dream of a lifetime, a berth on the U.S. Olympic Triathlon Team for the 2016 Summer Games in Brazil.



Mark DeCotis

In between training and racing and working and enjoying life with her husband Ed Donner and her family, Donner, who has a Doctorate in Physical Therapy, took time to look back and look ahead.

**QUESTION:** *When/where is/are Trial(s) and what finish do you have to have to make the team?*

**ANSWER:** The final selection event is likely to be in Yokohama, Japan on April 15. USA Triathlon hasn't official announced it. A top three finish plus being the top U.S. female is what will secure a spot.

**Q:** *Can you discuss the mental aspect of all this? How you prepare mentally for both success and coming up short? Percentage wise how much of the training is mental?*

**A:** The mental aspect of racing is huge and I think severely overlooked by most athletes at every level of racing. I do visualization exercises multiple times a week as well as during tough sessions. I have been working with Bobby McGee on how to improve my mental game — this includes visualization as well as self-talk and learning how to positively interpret the uncomfortable nature of racing and training. I think every time an athlete goes out to train or race there is a mental component to it.

**Q:** *In that vein have you done visualization? Do you ever stop yourself and think: "I have the opportunity to be an Olympian?" I assume you have spent time speaking with triathletes you have been Olympians. What's the best advice they have given you?*

**A:** Every day it is in the back of my mind that I have this incredible opportunity in front of me, but it is not my primary focus during training. I try to focus on the process and all the details that go into a successful race day. It can become very overwhelming thinking too much about the big picture and the vastness of it. All I can do is train and race my best and let everything else fall into place. One thing I've had to learn is to not stress about things I can't control. Most of the athletes on the ITU circuit are Olympians and I have learned two major themes from them. One: They are normal people who have an incredible opportunity to call sport their job and travel the world, but still enjoy the simplicities of family, home, relaxing. And two:



Kaitlin Donner breaks the tape in her triathlon victory in New Zealand. She hopes to parlay her success into a U.S. Olympic Triathlon Team berth. Image courtesy of Kaitlin Donner.

Consistent, hard work over time with attention to detail makes great athletes.

**Q:** *Physically which one of the three legs of triathlon do you need to really conquer to get the finish you need? Which of the three is your strength? At peak training this winter/spring how many hours will you be putting in and what would be a typical day at peak training?*

**A:** I think I need to improve in all three aspects of triathlon but probably most importantly my swim since it sets up the entire race. What I perceive as my strength seems to vary depending on what point in the season and after what recent race I had. It is constantly changing which is one of the aspects of triathlon I love. During offseason this winter I will likely train 20-25 hours a week. This will be my first offseason with my new coach, Cliff English so it will be a bit different than past years. A typical day lately can vary from just a swim and some strength work to a 1+ hour hilly run, 3-4K swim and an evening 90-minute bike. So far this offseason Ed and I have really been enjoying getting off the road and onto our mountain bikes.

**Q:** *How do you balance work, training and having a life?*

**A:** Once training picks up soon I won't work in the clinic as a physical therapist much at all because it's just too much and my body isn't able to recover the way it needs to between workouts. It's very easy to balance training - which returns to become my full time job - and life compared to when I was in school trying to

train, study, have a life.

**Q:** *Can you discuss how important it is to have the home front support you do from Ed, your family, your employer, your community?*

**A:** I think it's absolutely huge to have the support system I have and I am very blessed to have found them all. Ed helps to take away a lot of everyday stress, as well as being my most consistent/best training partner. Having my parents so close helps keep me grounded and remember what is truly important in life. My coworkers, and particularly my boss Mike - who also is my strength coach - and the community are incredible in their continued support as I pursue my dreams and try to become the best athlete/person I can be. It truly takes a village. I could never do it alone.

**Q:** *When did you first set the goal to be an Olympian? How many years ago and what initially spurred you on?*

**A:** Since I grew up swimming I actually wanted to qualify for the swimming Olympic trials at a young age. During college I had in the back of my mind that maybe I could get a trials cut running since I had decided to run at Florida - I wasn't nearly good enough to swim there - but the times were pretty far off what I was running. It wasn't until I was contacted by USAT and a few years into this triathlon journey when I was able to race at selection events that I realized I have an opportunity to race the best female triathletes in the world and why not set the incredibly high goal of the Olympics? I don't want to have any regrets in a few years that I didn't set my goals high enough and become the best athlete I can be before starting a family.

**Q:** *Do you remember the first time you swam competitively, ran, biked? How did you do?*

**A:** I remember the first day my dad took me to "try out" for club swimming in Melbourne at Fee Avenue pool and I cried the entire 25 yards. Somehow that sparked my love for the sport. I first starting running by doing the kids runs at local 5Ks and my fondest memory is jumping into a pile of stuffed animals at the Melbourne Art Festival kids run at Manatee Park. My first triathlon was in Clermont when I was 11 years old with my mom. It was just something fun we decided to do together and I didn't do another one for years. I don't remember being spectacular at any of them but always had fun.

**Q:** *What would be the best advice you would give the athletes coming up behind you?*

**A:** The same advice I have been given and think about everyday: Consistent, hard work overtime makes great athletes. **RZ**



# Elastic Therapeutic Tape (Kinesiology Tape)

By Richard C. Wilson, DPM Melbourne Podiatry Associates

Remember the beach volleyball player Kerri Walsh, wearing her brightly colored tape during the 2008 Olympics? More recently, the tape has been worn by athletes of all sports, including David Beckham and Serena Williams. This interesting-looking, brightly-colored tape is called elastic therapeutic tape (ETT) or kinesiology (from the term kinesiology, the study of motion) tape.

ETT is nothing new. It was invented in 1973 by the Japanese chiropractor Kenzo Kase, but it never really caught on until recently. The tape differs from other tapes in that it is water resistant, has skin adhesion that lasts up to five days, and, of course, it comes in bright colors.

Proponents of the tape claim that it has physiological benefits of improved muscle function, pain control, and improvement of circulation. Many recent studies, however, have disputed these claims. What are the real benefits of ETT?

First of all, other than its water resistance and good adhesive properties, ETT is no different than other tape. Its benefits need to be assessed in comparison to other taping techniques. Athletic taping of various body parts is nothing new. As the Smashmouth song says, "It's all been done before!" Various types of wrappings have been used over the centuries for many injuries.

Tape as we know it was developed in the late 1800s. It was a rubber-backed gauze called rubber adhesive plaster, but was not used in medicine. In 1888, Dr. Virgil Gibney read an article about a British physician who used tape to treat injury. Gibney created a taping technique in 1893 for sprained ankle, calling it the Gibney basket weave. This excellent technique is still used today. The use of taping for athletic injuries became popular, but the tape at that time was rubber-based, and skin reactions were common. To address this, Johnson & Johnson developed tapes using other materials, including zinc oxide, used in their ZO and Zonas products introduced in 1899.

In the 1940s, Dr. Joseph Doller, who later founded my practice (Melbourne Podiatry Associates), developed many athletic taping techniques. He initially worked as an athletic

trainer for the Chicago Cubs and Chicago Stags (predecessors of the Chicago Bulls). After he obtained his medical license, he became the team podiatrist for the Chicago (now St. Louis) Cardinals football team. He was the first to describe the condition that he named turf toe. Many of Dr. Doller's taping techniques are commonly used today.

There are many taping techniques that are utilized with ETT. Some of these are similar or identical to traditional taping techniques. In these cases, the benefits of ETT in providing compression and immobilization would be similar to other tape. Proponents of ETT, however, claim many more benefits. They say that there are six corrections provided by ETT. These are referred to as fascia, ligament/tendon, space, circulation/lymphatic, function, and mechanical.

The ligament/tendon correction basically refers to partial immobilization of the structures typically provided by taping. This also explains the mechanical correction. The

Proponents of ETT... say that there are six corrections provided by ETT. These are referred to as fascia, ligament/tendon, space, circulation/lymphatic, function, and mechanical.

space and fascia corrections are interesting. It is claimed that the taping applied over spaces partially limits and stimulates the fascia layer under the skin. This stimulation supposedly mobilizes the local circulation, particularly the lymphatic circulation. This results in decreased pain and swelling. These benefits are not proven.

The final correction is that of function, and this is the most interesting. The presence of the tape on the skin may cause the brain to be aware of it, affecting what is known as proprioception. Proprioception is the body's sense of the relative positions of its parts to each other. Proprioception is very important in virtually all types of coordinated movement. If the brain notices the presence of tape and alters its proprioception, protection of the taped part may be achieved. Additionally, the taping may provide enough



Dr. Virgil Gibney created a taping technique in 1893 for sprained ankle, calling it the Gibney basket weave. This technique is still used today.

feedback for the brain not to think about the pain. This is not a true placebo effect, rather, a variation of the gate theory of pain. Proprioception benefits of taping in general, and of ETT in particular, are difficult to study.

However, limited results of some studies were favorable.

In summary, athletic taping as a time-honored treatment modality is here to stay. Which type of tape that you use is probably not a major issue. Regarding ETT, I quote Cary Grover from his recent article in *Lower Extremity Magazine*: "As long as athletes perceive that the tape offers them an advantage, they'll be wearing those brightly colored stripes like a herd of neon zebras."

*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***



# Why I Run: Jeni Ritter

By Mark DeCotis

Jeni Ritter is Running Zone's Race Management Coordinator whose primary responsibility is to work with the race directors to help coordinate their events. Running Zone Race Management works with about 50 other events in addition to the 12 Running Zone Foundation events throughout the year.

Ritter is originally from Columbus, Ohio. She graduated from Ashland University with a degree in Recreation/Sports Administration, where she was a member of the swim team and a five-time All American. She then went on to get a master's degree from Ohio State in Sport and Exercise Studies and was a volunteer coach with the Men's Swim Team. She later worked at Florida International University as the Assistant Swim Coach and received a Master's in Higher Education Administration. After a brief stint in central Pennsylvania, she moved to Melbourne to become the Swim Coach and Aquatics Director at Florida Tech, where she spent three years.

**Why I Run:** Great question, I asked myself that a lot. It is a new challenge after spending years swimming. I can apply some of the same principles I used in swimming such as pacing and sprint work. It also really convenient, because all I need to do is put on my running shoes and go outside to run. No trips to the gym needed.

**When I Run and Why:** Typically in the morning, but if I happen to miss my alarm, I will go at night. It is nice to get it over with for the day, and know that when I get home from work I can relax.

**Where I Run and Why:** I run in and around my neighborhood. If I have to put effort into going somewhere, I am afraid I will talk myself out of it.

**With Whom I Run and Why:** I like to run by myself, I am not the fastest runner out there and I prefer not to put pressure on myself about holding people up. Again, it's just a convenience thing.

**Worst running experience you learned the most from:** Well, I have only run in one race, which was Race Smith's Cottonmouth Quarter Marathon (around 6.6 miles) a few weeks ago. I completely ran out of gas around mile 5, which made my slow pace



Jeni is an avid OSU Buckeyes fan and tries to make it to a game every few seasons

even slower. It felt like I was running through desert sand and the finish line kept getting further and further away, with sun beating down on me. Perhaps I am a little dramatic, but it was not the way I wanted to finish the race. **RZ**

## Join Running Zone on

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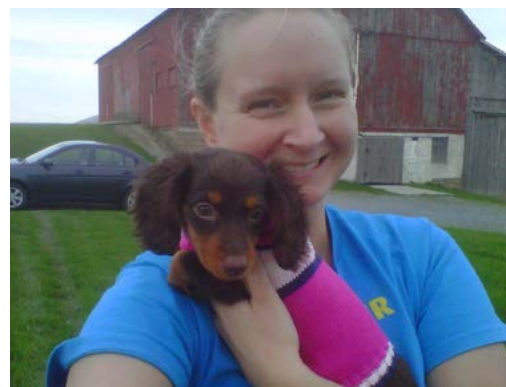
- Stay current on upcoming events
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- Learn about training programs
- Network with other runners

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Jeni loves cruisin' the high seas, her last cruise was to Alaska with her parents and sister.



Jeni has two long haired dachshunds, Edith Louise (picture above) and Dexter Maximillian.

## Join Space Coast Marathon on

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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 & half!

[facebook.com/SpaceCoastMarathon](https://www.facebook.com/SpaceCoastMarathon)





# For Julie Hannah, The Sky is The Limit

By Mark DeCotis

Julie Hannah is accustomed to winning. So when she realized she had the women's victory in the 2015 Space Coast Half-Marathon secured she took time to think about an even bigger triumph: Beating breast cancer.

"I had some choice words in my head for cancer the last couple of miles," Hannah said.

The 42-year-old Melbourne woman broke the tape in 1 hour, 32 minutes and 51 seconds on Nov. 29 in Cocoa Village continuing a streak of remarkable achievements on the road and as an inspiration to countless others who are struggling with meeting goals or defeating an insidious disease.

"Julie is by far one of the most dedicated runners I have coached," said Doug Butler, the legendary and Hall of Fame distance running guru who is the winningest high school cross country coach in Florida history.

"Of my adult runners, Julie is at the very top when it comes to dedication to following the training plan and overcoming adversity. She never misses a workout and always gives it 100 percent. She is her own worst critic and carries herself with total humility. She is at the top of the game so I would like to see her race with a little more confidence which will

"She is an inspiration to everyone to see that positive thinking, hard work, dedication, and discipline will help you achieve your goals and overcome obstacles no matter how big." – DOUG BUTLER

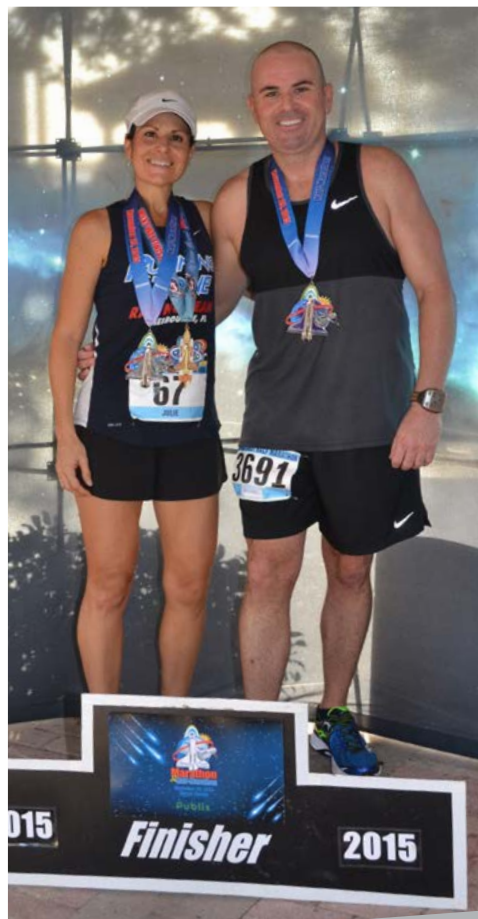
drop her times even more.

"She ran a great personal record marathon this summer at Grandma's in Duluth (Minnesota) in 3:15 and then turned around and ran a great time in New York (3:21:03) in November as well. She is an inspiration to everyone to see that positive thinking, hard work, dedication, and discipline will help you achieve your goals and overcome obstacles no matter how big."

Next on Hannah's hit list is April's Boston Marathon.

"What's the next big race?" she asked slyly, already knowing the answer. "Boston, 2016.

"I ran it in 2012 the year it was named the 'The Boston Boiler' because of the heat wave. Ran it in 3:40:48. I plan to crush that



Julie Hannah celebrates her Space Coast Half-Marathon women's victory with fellow runner Michael Kisner of Melbourne.

time with at least a 3:15 or better."

Don't bet against her.

"I was very happy with my time," Hannah said of Space Coast. "I simply felt truly triumphant. I felt a great sense of pride being a local. I would first thank my husband John for being so supportive from the very start eight years ago when I decided to give running a try.

"Then of course Coach Doug Butler. Trusting his plan and sticking with it all these years. My training partners in his Set Goals Not Limits camp really push me to work harder. I typically run about 40 miles a week. Two days of speed work, three days easy run, one long distance run and one day off. When training for a marathon, my mileage usually peaks at 70-75 miles."

Hannah also had kind words for training partner Doug Nichols.

"I was lucky enough to be running Space Coast with one of my training partners Doug Nichols," she said. "During those last few miles, especially after passing the lead female, he just kept reminding me to run my own race. That really kept my head straight and a lot more relaxed."

That's saying a lot for a woman who learned of her diagnosis in January of 2014 and underwent six rounds of chemotherapy, a double mastectomy, and 33 treatments of radiation.

With the support of her family – which also includes twin daughters Kayla and Madison – friends and the running community Hannah resumed running in July of 2014 and with her body healed and her mind steeled she has been unstoppable.

"I look at my life completely different now," Hannah told "Runner's World." "Every single day, I'm so grateful for every little experience that I have. I feel like I'm more awake now than before. I just have so much more gratitude in every single day.

"I feel like (if) I can PR after going through chemo and cancer treatments, how much faster can I get? It's like the sky is the limit to me right now, whereas before, it was like, 'Oh gosh, I don't think I can run faster than that.' **RZ**



Julie Hannah records a second-place age group finish in the 2015 Ghostly Gecko 5K.









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 mile races. We offer these shorter distances to provide 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](http://RunningZone.com/Series)

## Our 2015-2016 Series offers:

- **FIRECRACKER 5K**, Saturday, July 4th at the Liberty Bell Museum, 7:00am (across from Holmes Regional on Hickory St.)
- Start the race with the ringing of a replica of the Liberty Bell
- American flags and red, white & blue popovers to all finishers
- Most Patriotic Costume Contest
- Special awards to top 3 Local Heroes (Military/Fire/Police)!
- Free U1 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!

## O RUN 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 Sunrise/Viera Youth Football & Cheerleading League and WEGO Ministries
- Random giveaway of NFL Football Tickets (any Florida Team) plus 1 Hotel night stay for two!

## O GHOSTLY GECKO 5K, Saturday, October 24th

- at the Eau Gallie Civic Center (6:30 pm)
- Best Halloween Costume Contest for adults
- Separate Costume Contest for Kids!
- Halloween Trick or Treat Bags to all finishers
- Fun Ghostly Gecko Awards
- Free U1 Ghostly Kids' Run with Zippy the Gecko
- Food & Beer provided after the race at Squid Lugs!
- New this year! Awards ceremony will be at Eau Gallie Civic Center at 7:45pm
- Benefits Eau Gallie High School Health & Wellness Academy
- Random giveaway of Halloween Horror Night Tickets and 1 Hotel night stay for two!

## O JINGLE BELL 2 MILE, Saturday, December 19th

- 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 Stocking Awards
- Free Santa's Little Helper Kids' Run with Zippy the Gecko
- Santa Arrival on fire truck
- Cookies provided by Long Doggers!
- Benefits Satellite High School running programs
- Random giveaway of an LED TV!

## O BREVARD ZOO'S SLOTH SKEDADDLE 3K, Saturday, February 13th at the Zoo (7:00am - Not Sloth Like = less than 20 minutes OR 7:35am - A Little More Sloth Like = more than 20 minutes)

- Check out Zoo animals during the Run/Walk
- Fun South Awards
- 50% Off Admission for all participants on Race Day\*
- U1 Sloth Kids' Run
- Breakfast catered by Pizza Gallery & Grill!
- Benefits Brevard Zoo
- Random giveaway of one day Disney Tickets & 1 Hotel night stay for two!
- Also to celebrate the 10th Anniversary, we are also giving away 2 Family Membership Passes to the zoo!
- \*Must show participants race number for discounts to Zoo
- **PIRATE PLUNDER 2 MILE, Saturday, April 9th at Meg O'Malley's (6:30 pm)**
- Best Pirate Costume Awards
- Fun Pirate Awards
- Free U1 Pirate Plunder Kids' Run with Zippy the Gecko
- Great Pirate Party at Meg O'Malley's after the race!
- Benefits Girls on the Run Space Coast Chapter
- Random giveaway of a 3 day cruise for 2 to the Bahamas out of Port Canaveral!

## O 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!
- Free Kids' Run with Zippy the Gecko!
- Benefits Leukemia & Lymphoma Society's Team in Training!
- Random Giveaway of a Dell Laptop

## 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.

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 [RunningZone.com/Series](http://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**

## 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, 10 points in the open competition.

The first 10 Masters (40 years and older) runners/walkers overall 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 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 2016.

## Standings

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







## 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!

### GHOSTLY GECKO 5K • OCTOBER 24, 2015



**GHOSTLY 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.





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**"Not Just for Lizards"**

**Promoting fitness & healthy, active lifestyles.**



### **Membership includes:**

- \$25.00 Off Coupon\* on any purchase of \$75.00 or more to Running Zone
- Brooks Technical (not cotton) Gecko Club Tee-Shirt
- Gu or Powergel
- Laminated Gecko Club Membership Card
- Monthly Newsletter and periodic email bulletins
- Weekly Fun Runs / Walks – FREE
- 10% Off All Running Zone Merchandise (all year long)
- Discounts from other area businesses partnering with Gecko Club
- \$3.00 Off All Running Zone Foundation Race Series Races
- 10% Off All Training Programs offered

### **Membership Options & Pricing**

Annual Membership Plan – \$40.00

Kid's Plan\* (12 & Under) – \$15.00

\*\$25.00 Off Coupon excludes Kid's Plan

**For more information contact: Running Zone Gecko Club, 3696 N. Wickham Road, Melbourne, FL 32935**  
**Call 321-751-8890 or visit [www.RunningZone.com](http://www.RunningZone.com)**



The purpose of the Gecko Club is to promote fitness and exercise in our community. Offering training clinics, weekly fun runs and walks, numerous road races and our race series are just some of the activities that the Gecko Club provides to help promote a healthy, active lifestyle.

Running Zone's Gecko Club is an investment that more than pays for itself! Whether you're someone looking for comfortable shoes for everyday or an elite marathoner, a membership to Running Zone's Gecko Club offers you exclusive merchandise, awesome discounts to local businesses and incredible privileges offered ONLY to our Members. Select a Membership below and start the experience (and the savings) today!

#### Membership in the Gecko Club includes:

- \$25.00 Off Coupon on any purchase of \$75.00 or more to Running Zone
- Brooks Technical (not cotton) Gecko Club Tee-Shirt
- Gu or Powergel
- Laminated Gecko Club Membership Card
- Monthly Newsletter and periodic email bulletins
- Weekly Fun Runs / Walks – FREE
- 10% Off All Running Zone Merchandise (all year long)
- Discounts from other area businesses partnering with Gecko Club
- \$3.00 Off All Running Zone Foundation Race Series Races
- 10% Off All Training Programs offered



*Promoting fitness & healthy, active lifestyles.*

## Membership Application



Please complete the following membership application. All applicants (parents or guardians for minors) must sign and date, where indicated, to acknowledge understanding of the Membership Waiver below. Please make copies of this application for more than one family member.

**Mail Application to:** Running Zone Gecko Club, 3696 N. Wickham Road, Melbourne, FL 32935

**Make checks payable to:** Running Zone Foundation, Inc.

**Membership:** ☐ New ☐ Renewing Member **Primary Interest:** ☐ Running ☐ Walking

**Type:** ☐ Individual – Annual Membership (\$40.00) ☐ Kid's (12 & Under) – Annual Membership (\$15.00)

Last Name (please print clearly) \_\_\_\_\_ First Name \_\_\_\_\_

☐ Male ☐ Female Date of Birth \_\_\_\_\_

Email Address \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

### Membership Waiver

In consideration of the acceptance of my membership application fee being accepted, I intend to be legally bound, and hereby for myself, my heirs, and executors, waive all rights and claims for damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of the Gecko Club and its representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association or participation in any Gecko Club event. If I should suffer injury or illness, I authorize the officials of the Gecko Club to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in any of the Gecko Club events. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, or any other record of this event for any purpose for the Gecko Club whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am joining the Gecko Club and participate in the various events at my own risk.

SIGNATURE \_\_\_\_\_

SIGNATURE OF PARENT FOR THOSE UNDER 18 \_\_\_\_\_

DATE \_\_\_\_\_

**For more information contact: Running Zone Gecko Club, 3696 N. Wickham Road, Melbourne, FL 32935**  
**Call 321-751-8890 or visit [www.RunningZone.com](http://www.RunningZone.com)**