

Starting Line

RUNNING ZONE'S QUARTERLY NEWSLETTER



FIRECRACKER 5K
JULY 4, 2016



MONDAY, JULY 4TH, 2016 AT 7:00 AM • LIBERTY BELL MUSEUM



VOLUME 7, ISSUE 3 • JULY 2016

RUNNINGZONE.COM

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RUNNING ZONE FOUNDATION RACE SERIES PRESENTS SEASON'S OVERALL AWARDS

Join us for the next race in the 2016-17 Running Zone Foundation Race Series:



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#IRunForPizza5k



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This football themed race will kick off at the Avenue Viera!

- 12th Year Anniversary!
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- Awesome Pizza & Football Awards
- Special Awards for Most Supported Team Participants!
- Zippy the Gecko Mascot to Lead the Kids' Run
- Tailgate Party After Race Catered by Pizza Gallery & Grill in the Courtyard Behind the Patio!
- Random Giveaway of NFL Football Tickets (any Florida team) Plus One Hotel Night Stay for Two!



Benefits Suntree/Viera Youth Football & Cheerleading League and WEGO Ministries

www.runningzone.com/series

Stop by Running Zone • 3696 North Wickham Road • Melbourne, Florida 32935 • 321-751-8890

Saturday, August 13, 2016 • 7:00am • The Avenue Viera, Melbourne

Packet Pick Up: The week before the race starting on Tuesday, at Running Zone from 10:00am-6.30pm

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



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PERSPECTIVE KEY FOR KAITLIN DONNER



SEE PAGE 20 OR REGISTER ONLINE WWW.EXCALIBURRUN.COM

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DON & DENISE'S DEN

Gecko Club Membership Offers Runners & Walkers Benefits All Year Round

We are pleased to announce and make available the Running Zone Gecko Club, an exclusive savings program that promotes fitness and exercise in our community.

Members will receive benefits that include discounts on training clinics and races, weekly fun runs and walks, as well as fun and educational social events.

Upon joining members will receive an exclusive Gecko Club Hat, gift certificate and welcome bag. Also, they will receive discounts at Running Zone and participating local businesses and advance notice of sales.

Running Zone's Gecko Club is an investment that more than pays for itself for every day runners and/or walkers to elite marathoners.

Membership in the Gecko Club includes:

- \$25 off coupon on any purchase of \$75 or more to Running Zone.
- Exclusive Gecko Club hat.
- Gu or Powergel.
- Gecko Club membership card.
- Quarterly e-newsletter and periodic email bulletins.
- Coupons for club sponsors.
- Quarterly socials.
- Ten percent off all Running Zone merchandise all-year long.



Gecko Club Social

- Free weekly fun runs/walks
- All-year long sock sale. Buy three pairs get one free.
- Monthly in-store specials for members only.
- Advance notice of sales with in-store previews for members.
- Discounts from other area businesses partnering with Gecko Club.
- Discount off all Running Zone Foundation Race Series races when registering as the Gecko Club Team.
- Very Important Gecko (VIG) tent at Running Zone Foundation Series Races with bag check and portalet.

- Ten percent off all training programs offered.

Among participating merchants are Chilly Spoons, Pizza Gallery & Grill, Long Doggers, and Infinity Bike Shop.

Registration is \$40. For complete details visit www.runningzone.com/gecko-club

Don & Denise Piercy

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Pirate Plunder 2 Miler Top Spots Swept by Florida Tech Graduates

By Mark DeCotis

It was a Florida Tech sweep in the Pirate Plunder 2-Miler on Saturday in Downtown Melbourne.

Defending Running Zone Foundation Race Series overall champion Chris Cacciapaglia, a FIT graduate student, won the sixth race in the seven-event 2016 series in 10 minutes and seven seconds.

FIT graduate and Panther Hall of Famer Sara Trane, 30, of Satellite Beach, topped the women's field in 11:32, finishing 11th overall. Cacciapaglia, 23, of Melbourne, beat second-place Shane Streufert, 44 of Viera, to the tape by 23 seconds.

Melissa Taylor, 38, of Indian Harbour Beach, was second among women in 11:50. Jaymes Cole, 19, of Vero Beach, was the third male in 10:32. Kim Hunger, 35, of Palm Bay was third in her gender in 12:11. Jonathan Howse, 40, of West Melbourne took the Male Masters title in 11:36. The Female Masters victory went to Julie Hannah, 42, of Melbourne, in 12:25.

Cacciapaglia has run only three series races this season but has won them all. Trane's victory was her first in three series races this season improving on finishes of second and third.

Cacciapaglia and Trane both are assistant coaches for FIT head track and field and cross country coach Pete Mazzone. Pirate Plunder was the kickoff to a busy stretch for Cacciapaglia.

"This race was pretty rushed, so it seemed like I just put on my shoes and ran," he said. "I'm running the Boston Marathon next week and Triathlon nationals the week after, then a 5K the week after that, so I was hoping (Pirate Plunder) wouldn't be too hard of a race."



Chris Cacciapaglia scores another Running Zone Foundation Race Series win, capturing the Pirates Plunder.



Sara Trane, sword and all, takes the overall women's title at Pirates Plunder.



The plunder awaits the plunderers before the Pirates Plunder.

Things went well for Trane as well.

"I did an 8K race in the morning so I had no idea how my legs would feel during the race," Trane said. "This race always starts out very fast so my strategy was to go out controlled and finish as strong as possible."

"The series races are a lot of fun, especially to run for a team (Long Doggers). I usually try to do as many of the series races as I can. Running is definitely a passion of mine and today I am able to run more than ever. I am not able to do as much speed and intervals as during college, but can instead enjoy more miles together with good friends."

Long Doggers Club took the team title with a time of 55:29. Wearing the colors were Cacciapaglia, Trane, Michael Fisher and Art Anderson. Team Running Zone was second in

57:08 and The Has Beens third in 1:04:56.

Westside Elementary, with 29 participants, took the School Participation award. Team Covenant was second with 23 and Indian Harbour Montessori third with 21. Twenty-one schools competed.

A total of 1167 registered, with 1024 taking times.

The 2015-16 season concluded with the May 7 Run for the Gecko 5K.

Visit www.runningzone.com/series for complete information. **RZ**

Click here to see the Pirate Plunder 2 Miler Results!



What a fun evening: A race and a chance to dress for the occasion. That's just what these Pirates Plunder participants did.



As is tradition after Running Zone races smiling participants hold their numbers high to celebrate their successful efforts.

Run for the Gecko 5K Wraps Up Season with 1005 Registered, 863 Participants Taking Times

By Mark DeCotis



Poetry – or in this case participants – in motion during Gecko.

Coming off an 11th-place finish in Friday's 3,200-meter Florida High School Athletic Association state championship race, Melbourne Beach's Austin Camps had a plan for Saturday's Run for the Gecko 5K.

"I planned to run in the front pack for two miles and speed up the last mile," said Camps, a junior at West Shore Jr./Sr. High. "However that seemed to be everyone in the front pack's plan so I had to run faster than I thought I would for the last mile."

The effort paid off as Camps, 17, scored his first Running Zone Foundation Race Series victory, claiming the season-finale Gecko 5K in 16 minutes and 45 seconds.

West Melbourne's Steve Hedgespeth, 38, was second in 16:57 and West Melbourne's Michael Fisher, 23, third in 17:25.

Camps' previous best Gecko finish was third in 2014 when he ran with a cast on his arm.

Saturday was a banner day for the Camps family as Austin's younger brother Christian, 15, was seventh overall in 18:21; mom Tasha Camps, 45, was 49th overall and second in her age group in 21:41 and dad Mario Camps, 46, was 68th overall and sixth in his age group in 28:29.

"I love running with the boys, even if they leave me in their dust," said Tasha Camps, an accomplished triathlete and distance runner. "So it was an early Mother's Day gift."

Austin Camps responded in kind.

"My parents have been very influential in my running career," he said. "The best advice they ever gave me is to have a positive

mindset no matter how I run."

Alison Nolan, 26, of Indialantic, was the female winner in 18:36, good for 10th overall. She was followed by Beth Mihlebach, 30, of Melbourne Beach, in 18:49, good for 12th overall, and Melissa Taylor, 38, of Indian Harbour Beach in 19:11, good for 15th overall.

Nolan was the top Brevard County female finisher in April's Boston Marathon in 3:03:55, her fourth straight finish in the venerable event.

She decided to do Gecko with little time to spare.

"It wasn't until earlier last week I decided to run the Gecko race," Nolan said. "My plan was to run conservatively at the start, and then try to keep picking people off and get faster. I thought something around sub-20 would be good enough for the team (Long Doggers) to secure a first-place finish in the series."

"This was the first race I did not wear a watch, so I was happy for the well-marked splits and mats each mile. My teammate Keith Snodgrass was running with Beth Mihlebach ahead of me. I was working to chase them the whole second mile but didn't catch them until a little over two miles. Beth and I had a good race to the finish."

"I thought Kim (Hunger), or one of the other fast Running Zone girls was still ahead of her, so I was pleasantly surprised to learn that I had finished first overall female. I was very excited knowing the winner got a pair of shoes, too. The after party with

cake, champagne and strawberries, and a full breakfast was an added bonus."

The Male Masters title went to Viera's Shane Streufert, 44, who crossed in 17:27. Melbourne's Julie Hannah took the Female Masters title in 19:48.

Team Running Zone of Hedgespeth, Ron Abel, Joe Lento, Mihlebach and Taylor took the team title in 1:31:24. Long Dogger's Club of Fisher, Streufert, Nolan, Keith Snodgrass and Art Anderson was second in 1:31:52 and The Has Beens of Rob Longstreet, Aidan Montague, Kenny Brodrick, Dean Worm and Dina Viselli were third in 1:41:42. Seventeen teams competed.

The school participation title went to Indian Harbour Montessori with 25, Westside Discovery was second with 20 and Meadowlane third with six.

A total of 1005 registered, with 863 participants taking times.

As a bonus for the first time, participants who did all seven events in the Running Zone Race Series this year received a special finisher medal. Also, the series overall and age group champions were honored at the annual awards ceremony on June 21.

Contact the store at 321-751-8890 or email info@runningzone.com for complete information. **RZ**

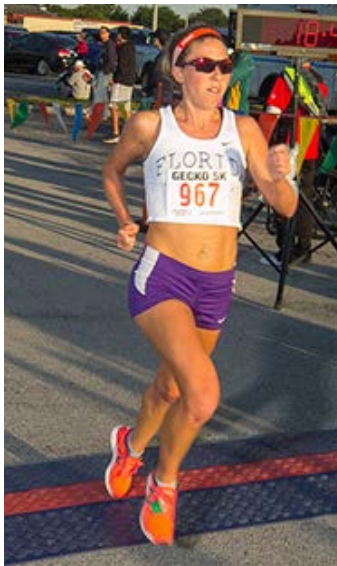
 **Click here to see the Run For the Gecko 5K Results!**



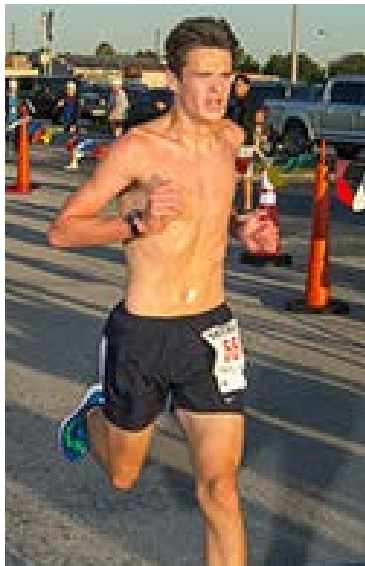
Debra Stevens (755) and Denise Stevens (756) of Melbourne give it their all during Gecko.

continues on the next page

Run for the Gecko 5K Wraps Up Season *continued from previous page*



Alison Nolan strides across the finish line to score Overall Female victory in Gecko.



Austin Camps captures the championship in the 13th annual Gecko.



The kids run hard in this unique view captured by photographer Barry Jones at Gecko.



Female Masters champion Julie Hannah is rewarded with a hug from the Gecko.



Palm Bay's Vincent Avitabile runs to a runner-up finish in the Male 55-59 age group.



Carmilla Solomon and Chet Solomon of Patrick Air Force Base used the great weather for Gecko for a morning stroll.



Overall winner Austin Camps celebrates with the Gecko.



Female 35-39 winner Kim Hunger strikes a pensive pose after Gecko.



Tracy and Andy Dutra escort daughter Waverly Summer Dutra across the finish line at Gecko.



Melbourne's Gary Castner celebrates with the Gecko.



Team Running Zone gathers with the Gekco after winning the team title.

2016-17 Running Zone Foundation Series Season Kicks Off July 4th with Firecracker 5K

By Mark DeCotis

In just a matter of days runners and walkers will inaugurate the 2016-2017 Running Zone Foundation Race Series by participating in the July 4 Firecracker 5K.



Mark DeCotis

The theme for the new season: Dress Up; Cheer on Friends; Encourage New Runners.

Plus, for the greyhounds and thoroughbreds running up front for all seven events the series presents the opportunity to measure themselves against Brevard County's very best.

Things get going with the 7 a.m. ringing of a replica of America's cherished Liberty Bell. They conclude with the very popular patriotic popsicles with some cool, soothing drinks and towels for extra measure to combat the heat and humidity, which for the first-timers are not to be taken lightly.

The I Run for Pizza Football Kickoff 5K follows at 7 a.m. Aug. 13 at the Avenue at Viera. The Ghostly Gecko 5K is set for 6:30 p.m. Oct. 29 at the Eau Gallie Civic Center; the Jingle Bell 2 Miler at 5:45 p.m. Dec. 17 at the Satellite Beach Public Library; the Brevard Zoo Komodo Krawl 3K at 7 a.m. Feb. 11 in Suntree; the Pirate Plunder 2 Miler at 6:30 p.m. April 8 at Meg O'Malley's in Downtown Melbourne; and the Run for the Gecko 5K at its new location, the Melbourne Community Center at Wickham Park at 7 a.m. May 13.

"We say this every year but it's true: we



Keith Moon takes the Top Local Hero Award!

can't wait to kickoff the new season," said Running Zone co-owner and race director Denise Piercy. "We continue to see growth in participation and support throughout the series."

"It truly is exciting to get the field pumped up for that first race and that enthusiasm is maintained throughout all seven events. The county's runners and walkers truly enjoy participating in this series and we truly enjoying putting it on."

Each race rewards participants with many amenities, including:

- Awesome shirts
- Chronotrack Disposable D-tag timing
- A festive post-race party
- Free child care during the event



Many Patriotic Runners participate in the Firecracker 5k!

"We continue to see growth in participation and support throughout the series."

— DENISE PIERCY

- Instant printouts of results including pace per mile times
- A special guest appearance by Zippy, the Gecko mascot, to start each of the free kids' runs and to help with the awards presentation
- Standard overall and age group awards
- Great door prizes and new random giveaways

Also, there is a \$10,000 purse of prizes and gift certificates for the top series finishers.

And, primary school participation by school is encouraged, recognized and rewarded.

For a complete breakdown of prizes visit <http://www.runningzone.com/series/prizes/>

For complete series information visit www.runningzone.com/series/ **RZ**

UPCOMING EVENTS

7/14 SAUCONY DEMO RUN! @ 6PM
HOT ROD POPSICLES, GAMES
AND FREE BEER AFTER RUN/
WALK! RUNNING ZONE

7/28 NEW BALANCE DEMO RUN @ 6PM,
RUNNING ZONE

WEDNESDAYS – ONGOING
NEW IN JUNE & CONTINUING,
6AM @ AT EAU GALLIE LIBRARY'S
PINEAPPLE PARK & RUN OVER THE
CAUSEWAY & BACK

30 From Brevard Take Times at the 120th Boston Marathon

By Mark DeCotis

Melbourne’s Chris Cacciapaglia set the pace for Brevard County runners in Monday’s Boston Marathon, finishing 190th overall in 2 hours, 42 minutes and 40 seconds.

Cacciapaglia, 26, a Florida Tech graduate student and defending champion of the Running Zone Foundation Race Series, was 176th among male finishers and 153rd in his division.

“Boston proved again to be a very tough race both mentally and physically,” Cacciapaglia said. “By the end of the race I had given everything I had.”

"Boston proved again to be a very tough race both mentally and physically, by the end of the race I had given everything I had."

– CHRIS CACCIAPAGLIA

“I went into it a bit smarter and my legs came out feeling a bit better than last year, even though my time didn’t show it. With that said, the crowds in Boston are amazing which made it a great experience. There are so many people who are very encouraging, and they never cease cheering for you. Just all around a fantastic atmosphere.

“I also was so happy that so many people in the local running community made their way up to Boston to both race and cheer everyone on, it made the whole experience before during and after the race that much better.”

Alison Nolan, 26, of Indialantic was the fastest Brevard County woman in 3:03:55, good for 1,965th overall, 132nd among women and 109th in her division.

Other Brevard finishers included:

John Davis, 38, Viera	2:53:54
Tory Johansen, 25, Melbourne	2:58:57
Steve Chin, 47, Satellite Beach	3:01:23
Scott Larson, 44, Melbourne	3:03:16
John Wall, 45, Viera	3:07:26
Julie Hannah, 42, Melbourne	3:15:17
Doug Nichols, 53, Melbourne	3:17:57
Ron Ritter, 41, Viera	3:21:32
Shane Streufert, 44, Viera	3:23
Joe Hultgren, 56, Melbourne	3:49:19



Chris Cacciapaglia, Shane Streufert and John Davis at the 2016 Boston Marathon.



Joe Hultgren, Julie Hannah and Doug Nichols at the 2016 Boston Marathon.



Midori Wiles at the 2016 Boston Marathon.

James Stofel, 23, Merritt Island	3:27:28
Kristen Tinker, 46, Merritt Island	3:27:30
Sal Farino, 60, Cape Canaveral	3:32:14
Lindsay Carl, 37, Melbourne	3:39:09
Tony Bils, 55, Indialantic	3:41:18
Micah Vanatta, 48, Titusville	3:41:28
Cheng Ten, 44, Viera	3:42:18
Danny Barrett, 51, Cocoa	3:49
Dina Viselli, 31, Melbourne	3:49:01
Abe Oros, 63, Palm Bay	3:51:08
Steve Oliver, 44, Satellite Beach,	4:04:22
Ilse Berube, 51, Merritt Island	4:07:43
Cheryl Ritter, 47, Viera	4:13:46
Howard Kanner, 46, Rockledge	4:13:46
Midori Wiles, 55, Melbourne	4:16:04
Jonathan Campbell, 21, Viera	4:17:33
Anne O’Connor-Smith 50, Satellite Beach	5:05:30
Jacquelyn Kellner, 57, Melbourne,	5:15:30

RZ

JULY

Special

For Gecko Club Members

FREE MISSION COOLING TOWEL

with a purchase of a pair of shoes!

Why I Run – Bob Pecor

By Mark DeCotis

Melbourne Beach's Bob Pecor is a retired high school biology teacher and running and basketball coach at the high school and college level. He and his wife Nancy have been married 58 years and parented four children.

At age 81 his enthusiasm for running remains strong, with him winning the Running Zone Foundation Race Series 75-79 age group for the 2014-2015 season.

Why I run: I have always run but not competitively until age 66. The main reason I run is to stay healthy; although my hips seem to be shot; thus my times have recently tanked.

When I run and why: I start my run at 5:30 a.m. I run four to six miles on an A1A bike path. I find it usually cool with very low traffic volume.

With whom I run and why: I always run alone because it is convenient and serene. Running the Space Coast Runners and Running Zone series keep me motivated and challenged.

The worst running experience I learned the most from: I took a fall



Bob accepting an award from Erin for a RZF series win!

in a race a couple of years ago. I got pretty cut up and I learned to be more observant of my footing on uneven pavement. Another experience was when I came close to getting run over during my morning run. I now wear fluorescent gear and haven't since had that scary problem. **RZ**



Above: Bob has been an RZ racing team member since 2011. Bottom: Bob and his wife Nancy.

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Marathon on
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Follow the fun

of the Space Coast Marathon & Half-Marathon on Facebook. Share your stories, photos, questions and tips about Florida's oldest – and the nation's only – space-themed marathon and half!

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- Learn about training programs
- Network with other runners

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1100 children participated in Running Zone Foundation's Inaugural Space Coast Countdown to Fitness program culminating in the Space Coast Final Mile. The program had 33 schools registered for the completely FREE program.

NEW PRODUCTS AT RUNNING ZONE

Women's Ultra Boost



Men's Ultra Boost



ADIDAS ULTRA BOOST

Adidas Ultra Boost is features a 100% Boost midsole for the ultimate in energy return and cushioning and a seamless Primeknit upper.

Women's Saucony Omni 15



Women's Saucony Omni 15



SAUCONY OMNI 15

The Saucony Omni 15 delivers everything a moderate-to-severe over-pronator could need, featuring enhanced cushioning with EVERUN and exceptional support, flexibility and a smooth, fluid ride.

Women's Under Armour SpeedForm Gemini



Men's Under Armour SpeedForm Gemini



UNDER ARMOUR SPEEDFORM GEMINI

Innovative UA Speedform upper technology delivers zero distraction while running with the smooth next-to-skin support & comfort while dual-layer Charged cushioning delivers optimal energy return for performance.

UNDER ARMOUR APPAREL & ACCESSORIES FOR MEN & WOMEN

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The Heat is On

By Richard C. Wilson, DPM Melbourne Podiatry Associates

98 degrees at noon and it's only July! Summer is upon us already, and it is going to be a hot one! I considered writing this issue's column about several other topics, but the early intense heat and humidity convinced me to review material from earlier articles and to write about the dangers of summer running and how to avoid them. This information is very important and can help prevent potentially serious injuries.

Many runners decrease their mileage during the summer, and this is fine. It is inadvisable, however to stop running completely. Every runner knows, and the literature consistently confirms, that deconditioning from not running occurs very quickly. To avoid this, continue running throughout the summer, but consider reduced mileage and try to run in the "cooler" times of day such as early morning or early evening.

The main considerations in summer running are fluid and electrolyte replacement, protection of skin and eyes from ultraviolet radiation, and preventing over heating of the body. This last consideration is closely related to fluid replacement, as the body's primary way of cooling itself is by sweating.

Water replacement can be tricky, because the body's way of letting you know that you need water is an often unreliable process called the thirst mechanism. Dehydration can occur before one experiences thirst, and thirst can be satisfied without complete rehydration. Additionally, increase in thirst following dehydration decreases with aging, starting as early as age 50. This puts the older runner at much greater risk for dehydration. Older women are at greater risk than older men. Drinking water is important before, during, and after running. The American College of Sports Medicine recommends that a runner drink 16-20 ounces of water four hours before running, followed by 8-12 ounces fifteen minutes before running. If running less than one hour, drink 3-8 ounces of water every fifteen minutes. If running more than one hour, drink 3-8 ounces of a sports drink instead of water every fifteen minutes. The sports drink should contain 20-30 meq/L sodium, 2-5 meq/L potassium, and 5-8% carbohydrates. Total maximum fluid intake during running should never exceed one quart per hour.

It should be emphasized that these guidelines recommend water instead of sports



The main considerations in summer running are fluid and electrolyte replacement, protection of skin and eyes from ultraviolet radiation, and preventing over heating of the body.

drinks for runs less than one hour (more recent studies even say 90 minutes) in duration. Sports drinks for shorter runs are not harmful, they are just unnecessary. This is because electrolyte loss from sweating is not as much of a concern for shorter runs. The two most important electrolytes lost in prolonged exercise are sodium and potassium. The commercially available sports drinks contain adequate levels of these for replacement. Sports drinks also contain carbohydrates, which are the body's energy source. Carbohydrate replacement is also only a concern in running over one hour. Particularly in summer, carbohydrate replacement is best accomplished with sports drinks rather than bars, as bars should be consumed with copious additional fluids. Also, many bars contain protein and fat, neither of which need to be replaced during running.

It is also important to drink water after running, and this should be done in the first two hours after running. There are two methods for determining how much water to drink after exercise: the weight loss method and the urine color method. The weight loss method involves weighing yourself immediately after running. Any weight loss is fluid loss. Loss of over 1% of normal body weight is considered dehydration. Drink 20 ounces of water for every pound of water lost. The urine color method involves looking at your urine's color. A large amount of light-colored urine

indicates good hydration. Darker-colored urine indicates dehydration. Drink water until a large amount of light-colored urine is produced.

Skin protection prevents sunburn and the formation of skin cancers. Fortunately, today's sunscreens are very effective. Use one that is sweat or water resistant, and apply it often to exposed areas. Choose one with an SPF rating of at least 30, which will block 97% of ultraviolet rays. Protect the scalp and face, common areas of skin cancer development, by using a broad brimmed hat. Finally, protect the eyes from sun damage using quality sunglasses that block at least 99% of ultraviolet exposure.

Summer is not the most enjoyable season in which to run, especially in Florida. Nonetheless, following these simple recommendations can enable the runner to prevent the potentially serious problems that summer running can bring.

*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***

Running Zone Foundation Race Series Presents Season's Overall Awards

By Mark DeCotis

The Running Zone Foundation Race Series honored its overall, age group, team and school participation winners and top finishers on Tuesday at Pizza Gallery in Viera.

And as always it was a celebration of both effort and accomplishment over seven races in 11 months.

Recognized were overall male champion Shane Streufert, 43, of Viera who totaled 410 points to 340 for runner-up Michael Fisher, 22, of West Melbourne and 330 for John Cacciatore, 16, of Satellite Beach.

Defending champion Chris Cacciapaglia, 25, of Melbourne, remained undefeated over two seasons in the series winning the three races he entered.

Joseph Lento, 45, of Rockledge won the Male Masters title with 510 points.

Kaitlin Donner, 25, of Melbourne, won her fourth overall women's title, this time with 500 points, winning all five races she entered and continuing her long unbeaten streak in Space Coast road races.

Melissa Taylor, 37, of Indian Harbour Beach was second with 430 points and defending women's overall champion Kim Hunger, 34, of Palm Bay, third also at 430.

Melbourne's Julie Hannah, 41, captured the Female Masters title with 550 points.

Long Doggers Club won the team title with 660 points, breaking runner-up Running Zone's two-year title run. Running Zone scored 650 points. Health First was third at 480.

Indian Harbour Montessori won its fifth straight school participation title with 121 points. Westside Elementary was second at 103 and Palm Bay's Covenant Christian third with 55.

The youngest age group champions are Jack Girard of Rockledge and Reagan Cancro of Satellite Beach, both 8. The oldest is Del LaFrance, 81, of Satellite Beach.

The championship resonated with Donner.

"It's an honor and a great feeling to finish off the Running Zone strong, especially with such a strong female contention in this area," Donner said. "It's also very exciting to have a (Team) Running Zone sweep for the female overall podium."

As for staying fresh for the series: "I find triathlon training makes it easier for me to stay healthy since I am not doing as many



2nd Team Running Zone



Kaitlin Donner OA female



Annette Pallowick 2nd 60-64 Female



Top School Participation Indian Harbour Montessori



Gerry Fahey 2nd 70-74 Male

hard running miles on my legs as a true runner does," said Donner.

"I also do a lot of my running on trails and softer surface which really helps with recovery and injury prevention. Almost time to start the new season on the 4th of July."

Streufert's path to success was paved with consistency.

"I feel very blessed to have won the series this year," he said. "Honestly my goal going into the season was placing in the top 3 with no expectation of having a shot at winning."

continues on the next page

Running Zone Foundation Race Series Presents Season's Overall Awards

continued from the previous page

"I certainly wasn't the fastest guy out there this season in fact I only won one race. This year it was more about scoring in all the races since most of the faster guys missed a few races."

Hannah took the same approach.

"For me I think it's the consistent year-round training, proper nutrition and the commitment to show up at all the races," she said. "Not every race goes as planned and that's OK. I give it my best on that day so it's a great feeling to get rewarded for the hard work that I put in."

The seven-race 2016-2017 series kicks off with the July 4 Firecracker 5K in Melbourne. Visit www.runningzone.com/series for complete information.

Also visit www.runningzone.com/series/results-and-records for complete 2015-2016 series standings and age group winners and podium finishers. **RZ**



Kara Hedgespeth 8 & Under



Roberta Osterling Dodie and Morris Johnson



Joe Hultgren Doug Nichols Keith Kowalske



Jonathan Howse 2nd 35-39 male



Julie Hannah Women's Masters Champion



Lisa Jack and Michael Girard



Melissa Taylor and Kim Hunger, 2nd & 3rd female OA, separated by 53 seconds over 7 races!



Shane Streufert OA Male

Team Running Zone Blends Youth & Experience

By Mark DeCotis



Doug Butler



Felicity Cunningham



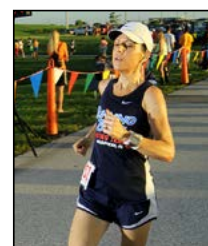
Kaitlin Donner



Andy Dutra



Tracy Dutra



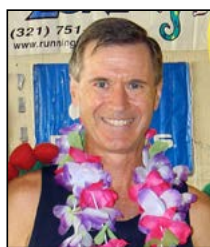
Julie Hannah



Steve Hedgespeth



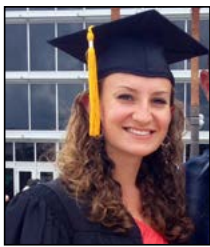
Jonathan Howse



Joe Hultgren



Kim Hunger



Katie Johnson



Joe Lento



Beth Mihlebach



Doug Nichols



Alison Nolan



Roberta Osterling



Bob Pecor



Jim Schaeffer



Melissa Taylor



Dina Viselli



Jessica Wiedenbauer

A blend of youth and experience and exuberance and accomplishment highlight the 2016-2017 Team Running Zone competitive race squad.

Captained by Jonathan Howse the team features past Running Zone Foundation Race Series champions along with winners of prestigious Space Coast races and two members of the Space Coast Sports Hall of Fame.

The male roster is Howse, Hall of Famer Doug Butler, Space Coast Half-Marathon and Excalibur 10-miler overall winner Steve Hedgespeth, Doug Nichols, Bob Pecor, Andy Dutra, Joe Hultgren, Jim Schaeffer, and Joe Lento.

Three-time series overall women's champion and Hall of Famer Kaitlin Shiver, 2014-2015 overall women's champion Kim Hunger, Space Coast Half-Marathon women's overall winner Julie Hannah, Excalibur 10-miler overall women's winner Tracy Dutra, Roberta Osterling, Felicity Cunningham, Beth Mihlebach, Jessica Wiedenbauer, Melissa Taylor, Katie Johnson, Alison Nolan and Dina Viselli comprise the women's team.

The team will compete in the seven-

This year, I want to focus on projecting a fun image of our team. If the participants see us having fun at the series races, they too will want to have fun. — TEAM CAPTAIN, JONATHAN HOWSE

event Running Zone Foundation Race Series, where it will attempt to wrest the season crown from 2015-2016 champion Long Dogger's Club after capturing the 2014-2015 and 2013-2014 titles, and in other local and state events.

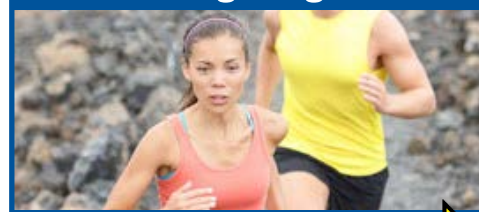
As captain, Howse knows what he wants to accomplish.

"It is my desire to lift up my team members by being their friend, cheerleader, confidant, and role model," he said. "I see myself as a fellow team member and look to make each team member feel like he or she really matters because, in my heart, they all do. I also listen to my team members as many are far more experienced in running than I am, and I hope to learn something from each one of them.

"This year, I want to focus on projecting

a fun image of our team. If the participants see us having fun at the series races, they too will want to have fun. There are plenty of fast runners on the team, so I'm not too worried about that aspect. It will take care of itself due to the experience and talent of the team members. Finally, I want us all to be approachable by the rest of the running community as we are a cross section of that community." **RZ**

Check Out Running Zone's Training Programs



www.runningzone.com/training-programs



Perspective Key for Kaitlin Donner

By Mark DeCotis

In addition to be a truly gifted multisport athlete Kaitlin Donner has been blessed with the true gift of perspective.

After putting in years pursuing her goal of securing a spot on the U.S. Olympic Triathlon Team for the 2016 Summer Games in Brazil, Donner's dream didn't materialize.

Such is life and she took it in stride.

"The shortest answer is I simply wasn't good enough," Donner said. "I knew it was going to be an uphill battle coming into this season since there was only one Olympic spot left, but of course it was a bit of a bummer when it became a reality that it wasn't going to happen this quad.

"Coach Cliff English and I had roughly developed a Plan B for the rest of the season prior to the final selection event so I could still be excited about racing no matter what happened. At the end of the day it's just sport. Sure, I put a lot into it and expect a lot out of myself but nobody died, I haven't been seriously hurt, I have the opportunity to travel the world doing what I love, I have an amazing family, I have great health and I have a wonderful PT (physical therapy) job. There are far too many people in the world that can't say any of that for me to sit around pouting."

Quite the contrary. Donner is stepping up to compete at the Half-Ironman distance (70.3 miles) this weekend in Raleigh, North Carolina.

"I really just wanted to do some non-drafting races that didn't require as much travel and were just something different compared to the ITU racing I have done the past several years," she said. "Unfortunately, over the last couple years non-drafting Olympic distance racing has almost completely vanished in the U.S., which has left me with trying the 70.3 distance."

Does that mean an Ironman might be in her future? No.

But she isn't abandoning her Olympic ambitions either.

"The U.S. women are currently very strong. Huge kudos to Gwen (Jorgensen), Sarah (True) and Katie (Zafares), who are the U.S. Olympic Team. They are the three best



Photo caption

women we have to represent us in Rio.

"I truly believe I can be competitive at that level and my training was starting to indicate I would be able to. But after making a coaching change near the end of last season, I just needed more time to adjust to the different training/coaching style.

"Tokyo 2020 is still on the table as the

"...over the last couple years non-drafting Olympic distance racing has almost completely vanished in the U.S., which has left me with trying the 70.3 distance."

— KAITLIN DONNER

goal, but beyond that I honestly am not sure.

If I like the longer distance race I will do a couple more of those this season and maybe try to qualify for 70.3 World Championships next year. I still plan to race some 'local' ITU races the rest of the season in Canada. Just a nice mix of different races to bring fun back into the sport, and develop a plan where I am in a great position to fight for an Olympic spot in four years."

Donner also achieved a local milestone this spring with her induction into the Space Coast Sports Hall of Fame as a member of the Class of 2016. **RZ**

GO WHERE
THE PROS GO!



A corporate partner
of Running Zone

Running Zone welcomes Top Tier Sports Medicine to the Brevard County health care community. Top Tier was founded in 2012 for the purpose of delivering on-site elite care to elite athletes. Top Tier Sports treats professional and high level athletes for injuries, improving performance and athletic longevity. They are exclusive care providers to:

- PGA Tour (Ladies Professional Golf Association)
- Washington Nationals
- Symetra Golf Tour

Look for the opening of their first free-standing sports medicine /physical therapy facility.

Top Tier will utilize their experienced sports medicine physical therapists to deliver hands-on, high quality outpatient care to high level athletes, weekend warriors, post-operative patients, overuse/chronic injury clients, and the person just wanting to move better with no pain.

WHAT: Sports Medicine/Physical Therapy Care

LOCATION: 6300 N. Wickham Road, Suite 133B (Suntree Healthplex)

WHEN: August 1, 2016

CONTACT: Available in Running Zone

The Top Tier team has over 75 years of combined sports medicine experience. This clinical team is committed to getting athletes (of ALL ages and skill levels) to the quality of life they desire in a state of the art, positive, professional and compassionate environment.

Brevard County-based. Locally owned.

Galvez, Donner kick off Running Zone Foundation Race Series with wins at Firecracker 5K

By Carl Kotala

David Galvez got off to a fast start ... and just kept on going.

Kaitlin Donner won again, but not without having to fight off a challenge from Holly Wooley that was so tough, they didn't even stop for water.

From festive Fourth of July costumes, to a field that had 1,237 registered runners/walkers despite the warm conditions, this year's Firecracker 5K had it all.

"A little bit hotter than I would have liked it, but all in all it was a good course," the 21-year-old Galvez said. "I had fun."

The California Polytechnic State University (Cal Poly) engineering student – who is interning at Northrup Grumman this summer – finished the first race in the 12th annual Running Zone Foundation Race Series in a time of 15:54.2.

Fifteen-year-old Troy Smith of Rockledge was second in 16:35.7 and Viera's John Davis was third in 16:59.8.

Viera's Shane Streufert won the men's masters division in 17:18 and was fifth overall.

Galvez, who could be seen going out fast early, said he followed the pace of another runner and found it to his liking.

"No, I didn't expect to do this," he said "I want to run my fastest in October and November. So right now (this was) as little tune-up before I start picking up my mileage."

Donner, the defending women's series champion, has now won four consecutive Firecracker 5K races. The 26-year-old finished in 17:39.5, just ahead of Wooley, who came in at 17:46.8.

"It was a great race," Donner said. "I'm glad Holly was here to pace off of. We really just worked together the whole time. ... It was great to have someone to do that with. It's the perfect way to run a race."

OK, maybe a little water would have been nice.

"There are two water stops and I was like, 'OK, if Holly gets water, I'll get water,' and she didn't get water at either one," Donner laughed.



David Galvez overall winner of the 2016 Firecracker 5k



Kaitlin Donner overall female winner.

From festive Fourth of July costumes, to a field that had 1,237 registered runners/walkers despite the warm conditions, this year's Firecracker 5K had it all.

Wooley, a 20-year-old UCF student – and former Brevard HEAT runner – seemed quite happy with her race and the opportunity to work with Donner throughout.

"She got me at the corner (just before the finish)," Wooley said. "She just took off and I just didn't have it. It just kind of sucked the wind out of my sails. It was great, though. That was awesome."

Tasha Camps of Melbourne Beach won the women's masters division in 21:51.4.

The team title went to Viera Pizza, which featured Galvez, Davis, Streufert, Wooley and Zeke Zauner.

The Running Zone team of Donner, Joe Lento, Jonathan Howse, Elizabeth Mihlebach and Melissa Taylor was second.

The next race in the series will be the I Run for Pizza Football Kickoff 5K, which will take place on Aug. 13 at The Avenue in Viera.

Donner said there is a lot to like about the series.

"I just (like) the camaraderie and the people and what Running Zone does, making each race an event," she said. "This is the Fourth of July. We have the Ghostly Gecko 5K where we're all dressed up in a Halloween costume. The December Jingle Bell 2 Miler. It's always an event."

"And it gets such a great crowd. I mean, the whole way, people were cheering for us. They're real supportive. Even though it was hot, you can't ask for more from a race." **RZ**

OFFICIAL ENTRY FORM

Send completed entry form with fee to:
Running Zone, 3696 N. Wickham Road, Melbourne, FL 32935
Make check payable to: Running Zone.

Firecracker 5K – July 4th, 7:00am \$
I Run For Pizza Football Kickoff 5K – August 13th, 7:00am \$
Ghostly Gecko 5K – October 29th, 6:30pm \$
Jingle Bell 2 Miler – December 17th, 5:45pm \$
Brevard Zoo's Komodo Krawl 3K – February 11th \$
Choose race:
7:00am – Less Krawl Like (<20 min. finishing time) \$
7:35am – More Krawl Like (>20 min. finishing time) \$
Pirate Plunder 2 Miler – April 8th, 6:30pm \$
Run for the Gecko 5K – May 13th, 7:00am \$
Entire Series (all 7 races): \$

Name _____
Address _____
City _____ State _____ Zip _____
Phone (daytime) _____
Email (required) _____
Date of Birth ____/____/____ Age on Race Day ____

Sex: ☐ Male ☐ Female
Firecracker 5K Hero Awards: ☐ Firefighter ☐ Police ☐ Military
Team Name: _____
(Minimum of 5 participants and at least one of opposite sex)
Elementary/Middle School Name: (if entering School Team Challenge)
(Students only) _____

Shirt Size: (Select One) Shirts have limited availability.
Gender Specific shirts.
Men's: ☐ S ☐ M ☐ L ☐ XL ☐ XXL
Women's: ☐ S ☐ M ☐ L ☐ XL ☐ XXL
☐ NO SHIRT OPTION – SAVE \$
Youth: ☐ Youth Medium ☐ Adult Small
Available for 12 years old and under only.

Jingle Bell ONLY UNISEX SIZING (Long Sleeve):
☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL
INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED
In consideration of my entry being accepted, I intend to be legally bound, and hereby to myself, my heirs, and executors, waive all rights and claims to damages which may hereafter accrue to me against the sponsors, officials, volunteers, and supporters of this race (series) and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in association of my participation in a Running Zone Race Series event (s). If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I hereby grant full permission to any and all of the foregoing to use any photographs, email, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this, I am entering this event at my own risk.

SIGNATURE _____ DATE _____
SIGNATURE OF PARENT FOR THOSE UNDER 18 _____ DATE _____

Visit us online!
RUNNINGZONE.COM

Fees (Entry fees are non-refundable and non-transferable.)

REGISTRATION TYPE	INDIVIDUAL EARLY REG. (WITH SHIRT)	INDIVIDUAL REG. (NO SHIRT)	RACE DAY REG. (WITH SHIRT)	RACE DAY REG. (NO SHIRT)
Series**	\$165.00	\$135.00	N/A	N/A
Individual Reg.	\$30.00	\$25.00	\$35.00	\$30.00
Team Reg.	\$25.00	\$20.00	N/A	N/A
Gecko Club Reg.	\$25.00	\$20.00	\$30.00	\$25.00
Kids Reg. (12 & Under)	\$15.00	\$10.00	\$20.00	\$15.00

** Receive a \$45.00 discount for signing up for all seven races in the series with a shirt. **MUST BE received by July 3rd**, one day prior to the start of the 2016-2017 series.

Kids Reg. (12 & Under): Your child may upgrade to an adult shirt by electing an individual or team registration. (Youth Medium & Adult Small Sizing ONLY for children's registration.)

Directions

FIRECRACKER 5K: Liberty Bell Museum, 1601 Oak St., Melbourne, FL 32901. US1 to Hibiscus Street. Plenty of parking at the Melbourne Auditorium on the left approx. 1/2 mile after turning off of US1 on Hibiscus Street.

I RUN FOR PIZZA FOOTBALL KICKOFF 5K: The Avenue Viera, 2261 Town Center Ave., Viera, FL 32940. Wickham Road to Lake Andrew Drive. The Avenue is on the right heading north.

GHOSTLY GECKO 5K: Eau Gallie Civic Center, 1551 Highland Ave., Melbourne, FL 32935. From Interstate 95, take the Eau Gallie Exit East. Cross US1. Turn left on Highland Ave. Plenty of parking at the Civic Center and downtown Eau Gallie.

JINGLE BELL 2 MILER: Satellite Beach Library, 751 Jamaica Blvd., Satellite Beach, FL 32937. Satellite Beach Library. From A1A, heading North, turn left on Desoto Road. Approx. 1/2 mile turn left on Jamaica Blvd. Approx. 1/2 mile, library will be at end of Jamaica Blvd.

BREVARD ZOO'S KOMODO KRAWL 3K: Brevard Zoo 8225 North Wickham Rd., Melbourne, FL 32940. Heading south on I-95 to Exit 191. Turn left off ramp on Wickham Rd. heading east. The Zoo is 1/2 mile on the right.

PIRATE PLUNDER 2 MILER: Meg O'Malley's Restaurant & Irish Pub, 812 E New Haven Ave., Melbourne, FL 32901. Heading south on US1 turn right onto New Haven Avenue, approximately 1/4 mile on right hand side is Meg O'Malley's.

RUN FOR THE GECKO 5K: Wickham Park Community Center, 2815 Leisure Way, Melbourne, FL 32935. The community center is located next to the Senior Center in Wickham Park off of Wickham Rd.

Pickup

Race Packets will be available for pickup the week before each race starting Tuesday morning at Running Zone from 10:00 am to 6:30 pm. Running Zone is located at 3696 N. Wickham Road in Melbourne between Parkway and Post Road. Visit Running Zone's website for directions at RunningZone.com or call (321) 751-8890. If registering online, please allow 24 hours for packet pick up.

Gecko Club Members

Very Important Geckos (VIG's) will have a special member meeting area to include a tent, bag drop, drinks and when the venue allows, a VIG Potty! For more information on how to become a Gecko Club Member, visit RunningZone.com/Gecko_Club

Don't forget about Running Zone Foundation's other events:

- LONG DOGGERS KIDS' MARATHON & HALF MARATHON: Saturday, October 1st, 2016
- SPACE COAST MARATHON & HALF MARATHON: Sunday, November 27th, 2016
- CORPORATE 5K: Thursday, March 9th, 2017
- EXCALIBUR 10 MILER & RELAY & DRAGON SLAYER 2 MILER: Sunday, March 19th, 2017

FREE Child Care

KinderCare provides FREE childcare at each Running Zone Foundation Series' event. The kid's zone is available from 30 minutes before race time to an hour after the start of each series race. Please register your child at least 2 days before race day. You may pre-register online or at Running Zone. The form is available on RunningZone.com/Series/Childcare.

KinderCare is conveniently located in Melbourne at 2220 N. Wickham Road 321-254-4029 and in Indian Harbour Beach at 200 Riverside Park Drive 321-777-8181. Kindercare.com

More Info

For further information, please visit us on the web at RunningZone.com or contact Race Director, Denise Piercy at Running Zone by phone at (321) 751-8890 or by email at events@runningzone.com.



Promoting health & fitness
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DRIVEN BY
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STAR
FIRECRACKER 5K
RUN FOR PIZZA
FOOTBALL KICKOFF 5K
JULY 4, 2016
AUGUST 13, 2016

Ghostly Gecko 5k
OCTOBER 29, 2016

Jingle Bell 2 Miler
DECEMBER 17, 2016

KOMODO KRAWL 3K
FEBRUARY 11, 2017

Pirate Plunder
2 MILER
APRIL 8, 2017

Run for the Gecko 5K
Celebrating 14 Years!
MAY 13, 2017

RUNNINGZONE.COM



Welcome Athletes!

Health First Health Plans and Running Zone Foundation welcome you to the 12th Annual Running Zone Foundation Race Series driven by Coastal & Cocoa Hyundai and Mitsubishi. This year's Series offers seven fun and family-friendly events including four 5ks: one 3k and two 2 milers. We offer these shorter distances to promote participation among both walkers and runners of all ages and abilities.

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

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

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 2016-2017 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 popples to all finishers
 - Most Patriotic Costume Contest
 - Special awards to top 3 Local Heroes (Military/Fire/Police)!
 - Free L'il 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!

- 🔴 I RUN FOR PIZZA FOOTBALL KICKOFF 5K, Saturday, August 13th at the Avenue Viera (7:00am)**
 - Support your favorite Football Team on Race Day
 - Awsome Football Awards
 - Special award for the Most Supported Team!
 - Zippy the Gecko Mascot to lead the Kids' Run
 - Tailgate Party after race at Pizza Gallery & Grill patio in the courtyard
 - Benefits Sunfree/Viera Youth Football & Cheerleading League and WEGO Ministries
 - Random giveaway of NFL Football Tickets (any Florida Team) plus 1 Hotel night stay for two!

- 🔴 GHOSTLY GECKO 5K, Saturday, October 29th 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 L'il Goblins Kids' Run with Zippy the Gecko
 - Food & Beer provided after the race at Squid Lips!
 - Awards ceremony will be at Eau Gallie Civic Center at 7:45pm
 - Benefits Eau Gallie High School Health & Wellness Academy
 - Random giveaway of Universal Tickets and Hotel night stay for two!



- 🔴 JINGLE BELL 2 MILER, Saturday, December 17th at the Satellite Beach Library (5:45 pm)**
 - Santa Hats to the 1st 500 Entrants
 - Jingle Bells for everyone's shoes
 - Best Holiday Costume Contest 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!



- 🔴 BREVARD ZOO'S KOMODO KRAWL 3K, Saturday, February 11th at the Zoo (7:00am Start - Less Krawl Like = less than 20 minutes OR 7:35am Start - More Krawl Like = more than 20 minutes)**
 - Check out Zoo animals during the Run/Walk
 - Fun Komodo Dragon Awards
 - 50% Off Admission to the zoo for all participants on Race Day*
 - L'il Komodo Kids' Run
 - Breakfast catered by Pizza Gallery & Grill!
 - Benefits Brevard Zoo
 - Random giveaway of one day Disney Tickets & 1 Hotel night stay for two!



- 🔴 PIRATE PLUNDER 2 MILER, Saturday, April 8th at Meg O'Malley's (6:30 pm)**
 - Best Pirate Costume Awards
 - Fun Pirate Awards
 - Free L'il Pirate Plunder Kids' Run with Zippy the Gecko
 - Great Pirate Party at Meg O'Malley's after the race!
 - Benefits Harmony Farms
 - Random giveaway of a 3 day cruise for 2 to the Bahamas out of Port Canaveral!



- 🔴 RUN FOR THE GECKO 5K, Saturday, May 13th at Wickham Park Community Center (7:00 am)**
 - 14th Anniversary Celebration Party
 - 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 RFID 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 2017-2018 Race Series
2nd Place Overall Male & Female Winners	\$500 CASH & Free Entry to the 2017-2018 Race Series
3rd Place Overall Male & Female Winners	\$350 CASH & Free Entry to the 2017-2018 Race Series
Top Male & Female Masters Winners	\$250 CASH & Free Entry to the 2017-2018 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. Day of race registration opens 1 hour before all races. Late registration closes 10 minutes before each race begins. Award ceremony will begin immediately following each race.

Please mail all registration forms to:
Running Zone, 3696 N. Wickham Road, Melbourne, FL 32935
Please make checks or money orders payable to: **Running Zone**



Awesome Series Finisher Medals to be unveiled on July 4th at the Firecracker 5k!

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 EXACT registration information when registering for each race in the Series. (i.e. Robert vs. Rob or Bob vs. Bobby)

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.

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 100, 90, 80, 70, 60, 50, 40, 30, 20, 10 points in the open competition.

The first 10 runners/walkers within each age group will receive 10, 9, 8, 7, 6, 5, 4, 3, 2, 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 of the series, Firecracker 5k on July 4th.

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 2017.

Standings

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



DRIVEN BY





RUNNING ZONE FOUNDATION 2016-2017 RACE SERIES EVENTS

**REGISTER
TODAY!**

FIRECRACKER 5K • JULY 4, 2016



FIRECRACKER 5K • July 4th, 2016 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 and delicious patriotic popsicles!

I RUN FOR PIZZA FOOTBALL KICKOFF 5K • AUGUST 13, 2016



I RUN FOR PIZZA FOOTBALL KICKOFF 5K • August 13, 2016 at 7:00 am, The Avenue Viera - This year's football themed race will kick off 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 team! Most supported team participants get prizes!

GHOSTLY GECKO 5K • OCTOBER 29, 2016



GHOSTLY GECKO 5K • October 29, 2016 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! Post-race party with beer on the Squid Lips beach.

JINGLE BELL 2 MILER • DECEMBER 17, 2016



JINGLE BELL 2 MILER • December 17, 2016 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 KOMODO KRAWL 3K • FEBRUARY 11, 2017



BREVARD ZOO'S KOMODO KRAWL 3K • February 11, 2017, Brevard Zoo, Melbourne, 2 start times: 7:00 am **Not Krawl Like = less than 20 minutes to finish** or 7:35 am **More Krawl Like = more than 20 minutes to finish**. This 1.86 mile course offers plenty of animal viewing opportunities & the chance to spend a fun day at the Zoo for 50% off the entry fee!

PIRATE PLUNDER 2 MILER • APRIL 8, 2017



PIRATE PLUNDER 2 MILER – April 8, 2017 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 13, 2017



RUN FOR THE GECKO 5K – May 13, 2017 at 7:00 am, Wickham Park Community Center, Melbourne - This is the race that started it all! Join us for this year's 14th Anniversary Celebration Party with 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:

- **LONG DOGGERS KIDS' MARATHON (2.62 MILES) & 1/2 MARATHON (1.31 MILES)** ON OCTOBER 1, 2016
- **FLORIDA TODAY CORPORATE 5K** ON MARCH 9, 2017
- **EXCALIBUR 10 MILER & RELAY & DRAGON SLAYER 2 MILER** ON MARCH 19, 2017



presents the 4th
running of



REGISTRATION FORM

Register online at:
ExcaliburRun.com

Sunday, March 19, 2017
Viera, Florida

10 Miler & Relay: **7:30 am Start**
Dragon Slayer 2 Miler: **7:45 am Start**



Year 2 of the
Game of
Stones Series
2017: Sapphire Sword



REGISTRATION TYPE	EARLY BIRD	REGULAR	LATE
PAY BY DATE	JUL. 1 - SEPT. 30	OCT. 1 - MAR. 17	MAR. 18 - MAR. 19
EXCALIBUR 10 MILER	\$55	\$65	\$75
RELAY (PER TEAM MEMBER)	\$45	\$55	\$65
DRAGON SLAYER 2 MILER	\$30	\$30	\$35

SELECT RACE DISTANCE: ☐ 10 Miler ☐ Relay (5 miles each) ☐ 2 Miler

NAME: First _____ Last _____

☐ Male ☐ Female RACE DAY AGE _____ DATE OF BIRTH ____/____/____

EMAIL ADDRESS _____ PHONE _____

(Please print legibly as this email will be used to send important race communication and your virtual race bag.)

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

EXCALIBUR 10 MILER & RELAY GENDER SPECIFIC T-SHIRT SIZE: (will not shrink)

WOMEN'S: ☐ X-Small ☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-large

MEN'S: ☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-Large

CHOOSING A SIDE OF LOYALTY (Bib Color): *Only 10 Miler and Relay participants.* ☐ Maroon ☐ Blue

EXPECTED FINISHING TIME: (Combined Time for Relay Partners) _____

GAME OF STONES SERIES (GOSS) # _____

Look up your # here: <http://excaliburrun.com/game-stones-series-eligibility/>

*You will start on the corral side of
your chosen color.*

RELAY TEAMS: RELAY TEAM TYPE: ☐ Co-Ed ☐ Female ☐ Male

Team Name: _____ Team Member Name: _____

(Must match your partner's team name.)

DRAGON SLAYER 2 MILER UNISEX COTTON T-SHIRT SIZE:

☐ Youth Medium ☐ Youth Large ☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-large

NOTE: Entry fees are non-refundable and race numbers are non-transferable.

MAKE CHECKS PAYABLE: Running Zone Foundation MAIL TO: Running Zone Foundation, 3696 N. Wickham Rd., Melbourne, FL 32935

INCOMPLETE OR UNSIGNED FORMS WILL NOT BE ACCEPTED! In consideration of my entry into the 2017 Excalibur 10 Miler Weekend Event being accepted, I intend to be legally bound, and do 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 this race and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in the 2017 Excalibur 10 Miler Weekend Event. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility, and I take full financial and legal responsibility for this action. I attest and verify that I am physically fit and have my physician's permission to participate in this race. I hereby grant full permission to any and all of the foregoing to use any emails, photographs, videotapes, or any other record of this event for any purpose of the event whatsoever. I have read the above release and understand that it presents a risk of physical injury, knowing this I am entering this event at my own risk.

SIGNATURE _____ DATE: _____

SIGNATURE OF PARENT FOR THOSE UNDER 18 _____



Behold, thy quest begins...





GECKO CLUB



An Exclusive Savings Program!



Promoting fitness & healthy, active lifestyles!

RECEIVE THESE WHEN JOINING:

- **\$25 Gift Certificate** on any purchase of \$75.00 or more to Running Zone
- Moisture Wicking Gecko Club hat
- Gu or Powergel
- Coupons for Club Sponsors



ENJOY ALL YEAR:

- Quarterly e-newsletter with exciting Gecko Club Information
- **10% Off** purchases at Running Zone
- **Sock Sale** – Buy 3 get 1 Free
- Monthly In-Store Special for Gecko Club Members only
- Quarterly socials that feature activities, speakers and other social events

OTHER CLUB BENEFITS:

- **10% Off** Running Zone Training Programs
- Discounts at local businesses
- Advance notice of sales with a Preview Day for Club Members
- **\$5.00 Off Entry** in the Running Zone Foundation Race Series races (must list Gecko Club as the Team name)
- V.I.G. (Very Important Gecko) tent at all RZF series races, (some exclusions), with a bag check and portalet

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



An Exclusive Savings Program!

#geckoclub

FOLLOW GECKO CLUB
for event announcements
& details about our
monthly specials!



Official Club Registration

Promoting fitness & healthy, active lifestyles

Please complete the following membership application. All applicants (parents and guardians for minors) must sign and date where indicated, to acknowledge understanding of the Membership Waiver below. Families can use one form, please include data for each family/household member.

Membership Fees: \$40.00 per year for adults, \$15.00 per year for children under 12 (will not receive the \$25 gift certificate)

Drop off your completed entry form and check payable to:

Running Zone, 3696 N Wickham Road, Melbourne, Florida 32935

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____

Email address _____

Sex: ☐ Male ☐ Female Date of Birth ____/____/____

Membership Type: ☐ New ☐ Renewal

RZ ASSOCIATE ONLY:

Date _____

Payment Type/
Amount _____

☐ Hat Received ☐ Bag Received

Membership
Card # _____

Initials _____

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 this race. 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 of 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**