RUNNING ZONE
STARTING LINE
VOLUME 5, ISSUE 7 • JULY 2014 • RUNNINGZONE.COM

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DON & DENISE'S DEN

Planning necessary for summer training schedules

There are some benefits to living in the Sunshine State, being able to enjoy the outdoors 365 days a year, and having beautiful beaches close by, however, in the summer months, many runners dread the weather.

Runners training during the summer months have to alter their routine and plan for the high humidity, longer daylight and the heat factor. Running at lunch time is now be replaced with running at 5 am just so you do not melt on the road! Planning is necessary as you look at your training schedule, from the clothes you wear, drinks you consume and the route you take.

Attire: Wearing moisture wicking materials are important all the time, but especially in the summer because it will keep you cooler and drier and the materials are lighter weight than cotton blend items. Some of the apparel designed for running has built in UPF to protect your skin. Opt for lighter colors and wear a hat! ZOOT makes a hat that covers your neck, too!

Hydration: Properly hydrating 24/7 will benefit you on your runs and it is a good idea to carry a water bottle with you everywhere and avoid soda, coffee and teas. Brands like GU, Accelerate and NUUN are a great supplement to plain water, and are low in calories but provide substantial fuel. When running carry a hand held bottle, and map out the water fountains on your route.

Routes: Finding running routes that provide shade may take some searching, but with some planning, it can be done! The area by Ryckman Park, Tropical Trail, Wickham Park, Turkey Creek Trails and the Malabar Preserve are great places to run and have some tree cover.

Sun protection: As your Mom would say… WEAR YOUR SUNSCREEN! It is very important to protect your skin from head to toe. This will also help to avoid those funny-yet familiar-tan lines on your back and feet.

So as you embark on your training for a fall race or run/walk just for fitness, we recommend that you be prepared to exercise a little slower than usual, drink more water than usual every day and plan ahead to not get dehydrated, sunburnt or exhausted.

Don & Denise Piercy

Don & Denise Piercy
Running Zone

Properly hydrating 24/7 will benefit you on your runs and it is a good idea to carry a water bottle with you everywhere and avoid soda, coffee and teas.

The Running Zone Foundation Race Series Honors its 2013-14 Champions

By Mark DeCotis

The Running Zone Foundation Race Series honored its overall, age group, team and school participation champions on Thursday, June 19 at Melbourne's Holy Trinity Episcopal Academy.

After enjoying free pizza the overall and age group winners and top finishers reaped their rewards:

Overall male & female - $1,000 cash and free entry to the 2014-2015 Race Series.

• Second place overall male & female - $500 cash and free entry to the 2014-2015 Race Series.

• Third place overall male and female - $350 cash and free entry to the 2014-2015 Race Series.

• Top male and female masters winners - $250 cash and free entry to the 2014-2015 Race Series.

• group male and female first place $100 gift certificate to Running Zone.

• Age group male and female second place $50 gift certificate to Running Zone.

• Age group male and female third place $25 gift certificate to Running Zone.

• Team Awards – first, second & third place, plaques for the Open Team Competition.

• School participation awards – first, second and third place, plaques.

Series winners and second- and third-place finishers recognized were:

■ **Overall female:** Kaitlin Donner; Beth Mihlebach; Kim Hunger.

■ **Female masters:** Cathy Friedel, Tracy Dutra, Lori Kruger.

■ **Overall male:** Peter Clusener; Michael Fisher; Shane Streufert.

■ **Male masters:** Joe Hultgren, Art Anderson, Doug Nichols.

■ **Team competition:** Team Running Zone, Long Dogger's Club, Set Goals Not Limits.

■ **School participation:** Indian Harbour Beach Montessori, Holland Elementary, West Melbourne School for Science.

Gary Castner accepts his award for winning an award in all three series in Brevard County

Running Zone Racing Team accepts their first place award.

Age group winners:

FEMALE:

■ **8 and under:** Madison Deskins, Ember Michaels, Daphne Aravena.

■ **9-11:** Sydney Copeland, Kaylee Kraver, Ashley Deskins

■ **12-14:** Jordan Michaels, Tara Morgan, Janna Leo

■ **15-19:** Sarah Fisher, Katie Johnson, Sabrina Smith

■ **20-24:** Sharlea Robbins, Melissa Baldwin, Kirstie Allen.

■ **25-29:** Dina Viselli, Catherine Woodson, Angie Striegel.

■ **30-34:** Jessica Wiedenbauer, Rene Dunne, Patti Hatcher.

■ **35-39:** Melissa Taylor, Lisa Petrillo, Felicity Cunningham.

■ **40-44:** Tracy Dutra, Betsy Butler, Brittany Struefert

■ **45-49:** Kimberly Prosser, Lynn Jaime, Darlene Mowry

■ **50-54:** Lori Kruger, Medori Wiles, Mariangie Leiker.

■ **55-59:** Janet Erlacher, Melanie Delman, Melodie Esposito.

■ **60-64:** Nancy Wingo, Penny Naugle, Mary Ann Bowman.

■ **65-69:** Lorraine Petersen, Anne Dockery, Susan Then.

■ **70-74:** Willy Moolenaar

■ **75-79:** Katie Marsh, Dodie Johnson, Roberta Osterling.

MALE:

■ **8 and under:** Adrain Delia, Jackson Parks, Max Walker.

■ **9-11:** Joshua Kraver, Matthew Zuhlke, Cameron Shagena.

■ **12-14:** Cameron Michaels, Taran Taylor, Joseph Tierney.

■ **15-19:** Preston Skinner, Thomas O'Connor, James Oskam.

■ **20-24:** Wade Dauberman, Steven Baker, Mark Mihlebach.

■ **25-29:** Nathan Wick, Andy Dutra, John Astin.

■ **30-34:** Luis Lora, Ron Abel, Tom Widenbauer.

■ **35-39:** Steve Hedgespeth, Jonathan Howse, Richard Davis.

■ **40-44:** Harry Prosser, Ron Ritter, Joe Lento.

■ **45-49:** Dave Hernandez, Keith Snodgrass, Michael Walker

■ **50-54:** Art Anderson, Jeff Cook, Randy Dowdy

■ **55-59:** Matt Mahoney, Sal Farino, Ralph Miller.

■ **60-64:** Abe Oros, Wolgang Jensen, Bud Timmons.

■ **65-69:** David Grant, Ray Brown, Gary Castner.

■ **70-74:** George Then

■ **75-79:** Tom Ward, Bob Pecor, Morris Johnson.

■ **80+:** Jack Lightle

Special awards were presented to Castner, Hultgren, Lento and Timmons for placing in the end of series awards for all three running series in Brevard County: Running Zone Foundation Race Series, Titusville Racing Series and Space Coast Runners Runner of the Year Series.

The evening was capped with a presentation by Butler, the head cross country and track coach at Holy Trinity who has led the Tigers to 14 state cross country championships and six state track titles, making him the winningest cross country coach in Florida history.

Butler stressed developing and fostering confidence and a positive attitude in competition.

For complete final series standings visit www.running-zone.com/series/race_results

For complete information on the 2014-2015 Running Zone Foundation Race Series, the series 10th anniversary, visit www.runningzone.com/series RZ

Congratulations Runners!

Firecracker 5K Kicks Off 2014-2015 Running Zone Foundation Race Series

by Mark DeCotis

The 2014-2015 Running Zone Foundation Race Series kicks off at 7 a.m. Friday July 4 with the aptly named Firecracker 5K.

Aptly named because participants will be greeted by sizzling temperatures and strength-sapping humidity as they take the first steps toward goals of gaining valuable series points or a new life of fun and fitness.

Either way, a little caution and common sense can go a long way toward making Firecracker a positively memorable experience as opposed to one where the heat and humidity ruin the day.

Tips include dressing properly in light-colored technical gear that wicks sweat away from your body and doesn't get wet and heavy as does cotton; hydrating properly with water or a sports drink; taking walk breaks if you feel you need to and running by feel instead of by pace.

The Firecracker starts at ends at Melbourne's Liberty Bell Memorial Museum, 1601 Oak St. off Hibiscus Boulevard.

Runners and walkers can enter by visiting www.runningzone.com or calling the store at 321-751-8890.

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

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

The series will crown overall male and female and age group champions along with team winners and school participation through the first three places.

Participants compete for the best costume awards at Firecracker 5k in 2013.

The Statue of Liberty reads the race results.

Participants get started at Firecracker 5k.

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

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

Perks for participants to mark the anniversary include:

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

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

TRACK NIGHT

JULY 2ND @ 6:00PM

- 100, 800, 400, 1600, 200

JULY 9TH @ 6:00PM

- **NO TRACK NIGHT** (resurfacing track)

See page 9 for more information.

Galloway Space Coast Marathon & Half-Marathon Training Camp Kicks Off

by Mark DeCotis

Jeff Galloway and Running Zone kicked off the 2014 Jeff Galloway Space Coast Marathon and Half-Marathon training camp with a session for marathoners on June 14 at Running Zone.

The first group run for marathoners was June 12. The half-marathon camp begins on Aug. 16.

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

Participants in both the Jeff Galloway and Space Coast camps are guaranteed entry into their respective races. Registration for the half-marathon is closed. Registration for the marathon is nearing 90 percent capacity.

The kickoff for the Galloway half-marathon camp is Aug. 16, also at Running Zone. The first half-marathon run-walk is 6:30 a.m. Aug. 17, also at Oars and Paddles.

The kickoff for the Galloway half-marathon camp is Aug. 16, also at Running Zone. The first half-marathon run-walk is 6:30 am on Aug. 17, also at Oars and Paddles.

The cost for first-time half-marathoners is $95; for returnees it is $75.

The programs include: Galloway technical fabric training shirt; Galloway training programs book; four times a week group training runs; Runner's World subscription (marathon training only); Discounts on Jeff Galloway's running schools and retreats; direct email access to Galloway; 10 percent discount at Running Zone during training program.

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

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

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

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

The camp fee is $150 and the first workout is 6:30 a.m. Aug. 24. **RZ**

Jeff Galloway Space Coast Marathon and Half-Marathon camper Marry Catherine Bowers greets Jeff during the marathon training kickoff event on June 14 at Running Zone.

An attentive and appreciative group of Jeff Galloway Space Coast Marathon and Half-Marathon campers listens as Jeff Galloway talks running during the marathon training kickoff event on June 114at Running Zone.

Running legend Jeff Galloway (top row, middle) poses with Running Zone employees Katie Johnson, Traci Bourke, and Felicity Cunningham (left to right bottom row) and Luke Redito and Valerie Feldbauer at the kickoff for the Galloway training camps.

YouTube Jeff Galloway entertains campers with his tales of his early days of running at the Jeff Galloway Space Coast Marathon and Half-Marathon camp kickoff on June 14.

Join Running Zone on

facebook

Check out what so many fans have to say at

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

Space Coast Marathon & Half-Marathon Water Station Hosts / Beneficiaries Announced

By Mark DeCotis

The water station hosts for the Nov. 30 Space Coast Marathon and Half-Marathon in Cocoa Village have been announced.

The hosts and the stations they will be staffing are:

1. Space Coast Crew
2. Titusville High School NJROTC
3. TNT Team in Training
4. Coastal Boxer Rescue
5. Future Educators Assoc
6. Brevard Virtual School
7. Melbourne High Cross Country Team
8. Rockledge Presbyterian Church
9. The Morgan Project
10. The Scott Center For Autism Treatment
11. Holy Trinity Cross Country
12. Troop 338 Boy Scouts of America
13. Space Coast Parrot Heads

Following is a brief synopsis of each provided by the group itself:

Holy Trinity Track & Cross Country

will begin its 15th season in the August of 2014. In the past 14 seasons we have won 14 cross country state championships (seven boys, seven girls) and six track state championships (four girls, two boys). Each season we travel around Florida, Georgia, and North Carolina in an attempt to run against the best competition to make our athletes better and more visible for college coaches. There are 20 Holy Trinity track and cross country alumni competing at the collegiate level. This is from a school with 550 students and an average graduating class of about 95. The money we raise from volunteering at events such as Space Coast Marathon help offset the costs of those meets. We would like to thank everyone for the support of Space Coast Marathon and Holy Trinity track and cross country. - Coach Doug Butler

Boy Scouts of America Troop 338

is located in Cocoa Beach. Ours is a very active troop, and are consistently engaged in numerous and varied camping activities and outings. We have troop meetings weekly, go on high adventure trips, serve our community, and help Scouts advance to the rank of Eagle. Troop 338 is a boy-run troop. We emphasize leadership, citizenship, and community pride and awareness. Troop 338 is committed to providing the environment necessary to facilitate the attainment of the rank of Eagle, thereby providing the next set of leaders in our community, nation and the world. Our website is: http://bsatroop338.org
- Geoff Pletcher

Space Coast Parrott Heads

is a tax-exempt organization dedicated to preserving and improving the environment and the community. It is a volunteer social organization with community and environmental concerns. The club strives to be a source of enjoyment, relaxation and fellowship and to provide a variety of activities for people with the tropical spirit personified by Jimmy Buffett music. The goal of is to leave the world a little better than we found it and have a good time doing it. We support the National Kidney Foundation Surf Fest, the American Cancer Society Relay For Life, Keep Brevard Beautiful Adopt A Beach, Brevard Sharing Center, Women's Center, Joe's Club, Friends of Children of Brevard, and The Haven for Children. In addition, all proceeds of Space Coast Marathon water stop go to East Central Florida Honor Flight. Our website is http://spacecoastparrotheads.webs.com
- Roy Kellner

Brevard Virtual School

is a free, K-12 public school serving Brevard Cunty's diverse student population. Our local and certified instructors teach challenging online courses. Students access curriculum and receive personalized instruction and feedback using technology with opportunities for live sessions. Check us out online at http://virtual-instruction.brevardschools.org
Shiflett.Kristi@7023 Virtual Schools
Shiflett.Kristi@Brevardschools.org]

Coastal Boxer Rescue of Florida, Inc.

is a not for profit organization dedicated to rescuing abused, abandoned and neglected boxers and securing them forever homes. CBR covers the east coast of Florida, from Volusia County to Miami-Dade County, and is 100 percent operated by committed volunteers. We do not have a central shelter or location; all of our dogs are housed with the dedicated foster homes of CBR. We are fully dedicated to the successful re-homing of boxers.
- Melissa Mierzwa Volunteer- Coastal Boxer Rescue of Florida, Inc.

The Titusville NJROTC Program

supports the local area with community service, color guards, veterans and school activities. Two retired officers with a combined 50+ years of military service guide the program. NJROTC fundamentals place emphasis on accountability and responsibility. The program is ranked as one of the top programs in the nation designated as a Distinguished Unit and Academic Honor Unit. Each cadet during a school year has the opportunity to get involved with many extracurricular activities to include: Drill competitions, color guard, academic competitions, athletics, orienteering and air rifle. Each year the cadets earn ribbons, medals and scholarships that help them advance in society and support the concept that all graduates from high school should be an active member of society. Giving back is one of our top priorities.

The Scott Center for Autism Treatment

is a one of a kind facility in Melbourne on the campus of Florida Tech. It

continues on the next page

Space Coast Marathon & Half-Marathon Water Station Hosts / Beneficiaries *continued from the previous page*

is a practicum site for students in the College of Psychology to receive hands on experience providing a range of services to children and young adults with autism. The center provides autism diagnostics, early intensive intervention, social skills, treatment of feeding issues, treatment for severe behavior as well as counseling, occupational therapy and speech. The center's mission is service, research, and training (Parent training, teacher training, pediatrician training, and training of future therapists.)
- Colleen Middlebrooks Director of Community Relations The Scott Center for Autism Treatment 150 W. University Blvd. Melbourne, FL 32901 www.thescottcenter.org

The M.O.R.G.A.N. Project's Quality of Life

support programs for children with disabilities have been designed around one very simple value: to make the parents' job of caring for their own special-needs child in the family home just a little bit easier. In addition to providing guidance, resources and gently used disability equipment free of charge to these families, the organization has recently created a new therapeutic/recreational option for families in Brevard County and surrounding counties that focuses directly on the sensory functions of their child with special health care needs - designed just for children with physical disabilities and/or sensory processing disorders. Furnished with all the items necessary for inclusive therapeutic play and sensory stimulation. Morgan's Place is home to our unique, state-of-the-art Sensorium, Soft Play Vestibular Room, Technology Zone and iAccessibility Corner. Based on Snoezelen principals of multi-sensory environment protocols, it is completely wheelchair accessible and 100 percent wirelessly controlled.
www.themorganproject.org/

Space Coast Crew

is a non-profit organization established in 1996 to promote the sport of rowing in Brevard County. Our youth program draws students in grades seven to 12 from public, private, and home schools throughout the county. Our community rowing programs include rowing camps and clinics and an adult rowing program. Rowing is a wonderful way to improve your health and well being while enjoying the natural beauty of Florida's waterways. Visit www.spacecoastcrew.org to learn more about joining the Space Coast Crew team.

Melbourne High School

boys and girls cross country teams are honored to take part in this event. We appreciate all the support we have received from The Running Zone over the years. Events like this not only help us with our fundraising needs, they also give our athletes the opportunity to get involved with and support others who love the sport. We are very excited about this collaboration, and look forward to seeing you on the road.
- Coaches Bob Perry and Jeff Koeber

Rockledge Presbyterian Church

(http://www.rockledgepres.org), which is more than 100 years old, is located along Rockledge Drive, and is perfectly positioned to host a water station for the Space Coast Marathon. This will be the fourth year the church has hosted a water station. The church's congregation enjoys the excitement of the marathon, as well as, encouraging and helping all the runners. The church plans on continuing to use donated funds from the marathon to help send RPC children and youth to summer camp.

The Cocoa Future Educators Association

is a University of Central Florida student organization dedicated to supporting people interested in education-related careers. Since of 60 percent of teachers teach within 20 miles of where they went to high school, every community has an interest in proactively recruiting and supporting the next generation of local educators. The mission of this group of UCF students is to partner with the local high school and middle school FEA clubs throughout Brevard Public Schools in order to promote teaching as a profession and UCF as the best place to receive their training. Club members also contribute their talents by working with local students in all grades by helping in a wide variety of educational community service endeavors. Each year, the club sponsors a leadership seminar for high school FEA officers, and members attend local, state, and national conferences where they compete in academic competitions related to the teaching profession.
- Shloe Kerness, Instructor/Intern Coordinator, University of Central Florida, School of Teaching, Learning and Leadership
Work Cell: 407-399-9125

The Leukemia & Lymphoma Society

is the world's largest voluntary health organization dedicated to funding blood cancer research, education and patient services. Our mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Since its founding in 1949, LLS has invested more than $900 million in research specifically targeting blood cancers. In addition to ground-breaking research in Brevard County over the last 12 months we have provided co-pay assistance to patients in excess of $245,000. RZ

Join Space Coast Marathon on facebook

Follow the fun

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

http://www.facebook.com/SpaceCoastMarathon?ref=mf

RUNNING ZONE

THE SPOTLIGHT

Meet Betsy Bracewell

When you walk in the door of Running Zone we want you to feel welcome, and comfortable asking questions and being helped with your running, walking, triathlon footwear needs. If you are fortunate enough to be greeted by Betsy you will make a friend, and receive support and knowledge! She joined the RZ family last year after volunteering with us a few times, and quickly found her place on the sales floor helping customers of all abilities. She started running more frequently 4 years ago when she was diagnosed with osteopenia and knew she needed an activity to counteract the symptoms. She is FIRED up for the Firecracker 5K on July 4th, and ranks her favorite race the Brevard Zoo 3K! When asked about products at RZ, she is partial to the foam roller because of its benefits for IT band pain. Looking for a friendly face? Come in and chat with Betsy!

UPCOMING EVENTS

JULY 2, 16 & 23
Running Zone Foundation Summer Track Series Track night @ Holy Trinity Episcopal Academy, 6:00pm

JULY 4
Firecracker 5K @ 7am

JULY 4
RZ & NB closed

JULY 6
Gecko Club Social Trail Run & Potluck Breakfast, Malabar Scrub Preserve, Marie Street Trailhead @ 7:00am
Everyone invited!

JULY 7
Garmin "Ask the Expert" Night @ Running Zone, 5.30pm

JULY 9
NO TRACK NIGHT (resurfacing track)

JULY 10
Thursday Night Fun Run to Long Doggers, 6:00pm

JULY SPECIAL

Purchase over $100 & get $10 OFF!

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3680 N. Wickham Rd., Unit C
Melbourne, FL 32935 • 321-752-5660
www.newbalancemelbourne.com

JULY SPECIAL

EXTRA 20% OFF
CLEARANCE FOOTWEAR

RUNNING ZONE

JULY SPECIAL

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

FREE
RZ HAT OR VISOR
with shoe purchase

RUNNING ZONE

Join Running Zone Foundation on facebook

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

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

RUNNING ZONE FOUNDATION

HAPPY 4TH OF JULY

2014-2015 Roster for Team Running Zone Announced

By Mark DeCotis

Running Zone has announced the 2014-2015 roster for Team Running Zone that will compete in the seven-event Running Zone Foundation Race Series and other events.

The women's roster is: Tracy Dutra, Palm Bay; Michelle Smurl, Cocoa; Cathy Friedel, Satellite Beach; Anne Dockery, Melbourne Beach; Lorraine Petersen, West Melbourne; Julie Hannah, Melbourne; Rene Dunne, Palm Bay; Kim Hunger, Palm Bay; Roberta Osterling, Satellite Beach; Felicity Cunningham, Viera; Beth Mihlebach, Melbourne; Jessica Wiedenbauer, Melbourne; Midori Wiles, Melbourne; Melissa Taylor, Indian Harbour Beach

The men's roster is: Doug Butler, Melbourne; Dave Hernandez, Palm Bay; Jack Lightle, Cocoa; Steve Hedgespeth, West Melbourne; Doug Nichols, Melbourne; Les Dunne, Palm Bay; Andy Dutra, Palm Bay; Scott Larson, Melbourne; Bob Pecor, Melbourne Beach; Joe Hultgren, Melbourne; Ron Abel, Satellite Beach; Jim Schaeffer, Melbourne; Jonathan Howse, West Melbourne.

The team kicks off the season with the Running Zone Foundation Race Series season opener, the July 4 Firecracker 5K in downtown Melbourne.

Team captain is Rene Dunne.

"We are a strongly united group working together towards common goals in the athletic community," Dunne said. "Our goal is to be good Running Zone ambassadors enjoying each race no matter the outcome."

Team Running Zone has won the team title each year but one in the series' nine-year history, that coming in 2012-2013 when it was second to Long Doggers. RZ

How did you spend your summer vacation?

Gecko Club members,Mark and Julianne McCarl were hiking in Sedona, Arizona in the Coconino Mountains. They came upon Lizard Head Trail, coincidentally, Mark was wearing his Gecko Club shirt! They thought the shape of the rock on the mountain top is the reason for the name!

Do you have a photo of yourself wearing a Gecko Club or Running Zone Foundation Race Series race shirt on your summer vacation? If so, send it to us!

Summer Track Series Returns in July

By Mark DeCotis

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

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

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

Participants will be placed into heats depending on age.

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

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

THE NEXT STEPS

Friday, July 4th, 2014
7:00 am Start
Liberty Bell Museum, Melbourne

This is the 1st race of the Series that starts with the ringing of a replica of America's Liberty Bell. After the race, celebrate the 4th of July by watching the Honor America Parade.

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

Benefits Honor America

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

THURSDAY NIGHT FUN RUNS

7/10 FINISH AT LONG DOGGERS
TIME: 6:00PM

LONG DOGGERS
Radically Relaxed Grill & Brew

April Schick: Marathon Training Journal, First Installment

By Mark DeCotis

After a successful completion of the 2013 Space Coast Half-Marathon in 2 hours, 41 minutes and 25 seconds April Schick took the plunge and registered for this November's full marathon choosing once again to use the Jeff Galloway run-walk training camp offered by Running Zone.

Schick, 32, is a benefits specialist and lives in Melbourne. She agreed to share her story as she trains for and runs the full marathon. Here is the first installment of her journey.

My husband Ryan has been a strong and positive influence in my life. It was his passion for living a healthy lifestyle that ignited my interest in running.

We started doing 5K races together and I loved it, but I wanted to keep pushing myself. It was then that Valerie Feldbauer told me about the new Galloway Training program offered through Running Zone for the Space Coast Marathon and Half-Marathon. The half-marathon training was calling my name and I signed up for the 2013 camp and race. The group dynamic of this training program is what kept me motivated because it offered such a positive and encouraging environment in which to succeed.

This year I have decided to join the Galloway Marathon training group because completing the half-marathon gave me the confidence I needed to keep pushing forward. It also helps that I love the energized feeling I get from running too. If I could offer one piece of advice to someone about running, it would be to join a training program. It provided me with proper education, friendship, and motivation. RZ

The group dynamic of this [Galloway Run-Walk] training program is what kept me motivated because it offered such a positive and encouraging environment in which to succeed.

A smiling April Schick finishes the 2013 Space Coast Half-Marathon.

NEW PRODUCTS AT RUNNING ZONE

UPDATE

BROOKS DYAD 8 ($119.99)

Improvements to this tried and true shoe include Blended BioMoGo DNA midsole and a no-sew toe box. The Dyad 8 meets the needs of unique feet from orthotic-devotees to flat-footed folks. The linear platform provides flat feet with a nice transition, and includes an ultimate Sockliner to provide a super soft feel.

HEADSWEATS SUPERVISOR & SUPER DUTY HAT ($23.99)

Headsweats makes ultra-light, supremely wicking performance headwear that dominates the triathlon, cycling, running and endurance markets. The 2 inch terry band keeps you cooler and drier than most other visors and hats. We had these custom screen-printed with the Running Zone logo! The SuperVisor is $21.99 and the Super Duty Hat is $23.99

ADIDAS SEQUENCE 7 WITH BOOST ($129.99)

Keep your pace up, laced into the men's Supernova Sequence 7. The most recent shoe in a legendary series, this Supernova features an energy-returning boost™ midsole for a powerful stride that doesn't feel overly cushioned. Built in breathable air mesh with supportive synthetic overlays, the Sequence 7 is one of the most stable men's running shoes on the market. It all rides on a Continental™ Rubber outsole for excellent grip on wet, slippery roads.

Why I Run: Tracy Dutra

By Mark DeCotis

A 6 ½-year employee of Running Zone, Melbourne resident Tracy Dutra, 41, won runner-up for the Female Masters championship, so she won first place in her age group for the 2013-2014 Running Zone Foundation Race Series.

A Connecticut native and Navy veteran Dutra is married to Andy Dutra. They have a daughter Waverly born on Nov. 29, 2013 and Dutra has two teen-age children, Sabrina, 16 and Riley, 14.

Why I Run: I started running when I was in the military and had to. I have always been active but never much of a runner. In 2003 I trained for my first marathon with Team in Training. I was hooked after that. I run for so many reasons. It is one of the only things I feel I am good at and comes naturally. I also continue to run because I love to eat and I love to challenge myself. Mostly I run for the community. I love that after having days during the week of not feeling like getting up and getting out the door to know it was all worth it when we can come together with our friends and running family on the weekends and be part of the love of running together. Even when we are away on vacation we always look for a race where we are traveling to and have that same sense of belonging even though it is an entirely new bunch of sweaty faces.

Where I Run and Why: I run mostly around our neighborhood for convenience although we love to run anywhere.

When I Run and Why: I love running in the morning first thing after my cup of coffee. It is more peaceful and a great way to energize and start the day. Plus honestly if I wait until the evening I would never have the energy left to do it.

With Whom I Run and Why: I almost always run with Andy and Waverly.

Worst Running Experience You Learned the Most From: I don't really have a worst running experience, but there have been times when I didn't listen to my body early on and paid for it later in the race. One of my other tough running experiences came this year the Gate River Run 15K in Jacksonville because I had been sick all night and woke up feeling very ill that morning. I was there with Waverly to cheer on Andy and the other Brevard County runners, but it was tough being on the sidelines when I had originally planned to be running. RZ

Tracy Dutra doing what she loves: running, competing, finishing.

> ….we can come together with our friends and running family on the weekends and be part of the love of running together.
>
> – TRACY DUTRA

Running Zone staff members recently participated in the 2nd Annual Indialantic Boardwalk Triathlon on June 22, 2014.

Left to right: Katie Johnson, Valerie Feldbauer, Luke Redito, Tracy Dutra, Jim Schaeffer, Amy Minter, Felicity Cunningham, Erin Schuck

Pilates, Yoga & the Runner

By Richard C. Wilson, DPM, Melbourne Podiatry Associates

Part 2: Yoga

Pilates and yoga are two fitness systems that can help the runner achieve total fitness as well as enhancing running ability by improving flexibility, strength, and breathing control. Like the term Pilates, the term yoga is used rather generically to refer to a variety of stretching, breathing, and strengthening techniques.

True yoga is a psychophysical system of mind/body/spirit awareness and development rooted in ancient Hindu spirituality. It dates to at least the third millennium BCE, as sculpture and art from that period in Indian history depict figures in common yoga poses. Yoga, in its purest sense, is a technique involving meditation and attainment of physical poses to achieve permanent peace of mind and experience one's true self. It was an important part of Hindu spirituality for millennia, and was later part of Jainism and Buddhism as well. Historians cite two possible origins of the word yoga. It is either from the Sanskrit yugir yoga (to yoke), or from yuj samadhan (to concentrate). One who practices yoga is called a yogi, which can refer to either a male or female, although the term yogini is sometimes used for females.

Yoga, in its purest sense, is a technique involving meditation and attainment of physical poses to achieve permanent peace of mind and experience one's true self.

Over the centuries, different forms and styles of yoga developed. The form called Hatha yoga (from the Sanskrit ha-moon and tha-sun) emphasized the physical aspects of yoga, especially the poses or postures, called asanas. Hatha yoga reached Europe in the 1890's and became popular among philosophers. It reached the United States in the 1910s as an exercise form, but later faced resistance due to its affiliation with Hinduism. It became popular again in the 1960s with the growing interest in eastern philosophy and religions, and yet again in the 1980s, when Dean Ornish popularized it as a purely physical exercise form. Today, more than 20 million Americans practice some form of yoga.

Before discussing the yoga poses, the meditation aspect of yoga should be mentioned. Traditionally, meditation was done while attaining the poses, as was controlled breathing. Breathing control is an important part of any exercise, including running, and this is a benefit from yoga. Additionally, runners, who get into the zone while running, often practice meditation or freeing of the mind. This can consist of an almost mindlessness, or can consist of intense concentration on a subject. This meditation does not have to be spiritual or religious in nature.

There are hundreds of poses practiced in modern yoga. Some are classical, some are modifications of classical poses, and others are modern. They are categorized as standing poses, balancing poses, backbends, seated poses, and resting poses. The standing poses include many of the popular poses such as the mountain (basically a standing isometric pose), and the down dog (a pose done with the hands and feet on the floor with the hips bent). The balancing poses emphasize core strengthening and include such poses as the plank (basically the push-up position). Backbends strengthen the spinal area. Seated poses stretch the hips and hamstrings (which are usually tight in runners). The resting poses are done in a supine position and provide gentle, restful stretching.

The medical benefits of yoga have been extensively studied. The American College of Sports Medicine officially endorsed yoga as an exercise program, emphasizing its benefits of breathing control, stretching, and core strengthening. Yoga has been shown to be beneficial in patients with asthma, hypertension, heart disease, cancer, lower back pain, schizophrenia, and substance abuse, among many other conditions. Some studies have even shown that it improves cognitive (mental) function.

Unfortunately, there have been many injuries reported in yoga. Most of these are related to an instructor's lack of qualification or to beginners being overzealous in their workouts. An Australian study found that up to 20 percent of yoga practitioners were injured, with 5 percent requiring medical attention. Although most injuries are relatively minor conditions such as muscle strains, more serious conditions such as muscle tears, nerve damage, retinal tears, and even tears of neck arteries (vertebral artery dissection) have been reported. I recently treated a patient with a fracture of her heel bone sustained while doing the down dog pose.

To prevent injury and to learn to perform the poses correctly, it is recommended you take a class from a qualified instructor. Never try to overexert yourself or to continue a pose that is causing pain. Like Pilates, yoga should be a gentle exercise. If done properly, the benefits of yoga far outweigh the risks.

Dr. Wilson, a Melbourne native and Florida Ga tor, 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

Space Coast Half Marathon Training Camp

August 24 – November 30 (Race day)

Running Zone Foundation and Coaches Bernie Sher, Barry Birdwell and Rick Foresteire invite you to join the "**First or Fastest" 14 Week Half Marathon Training Camp**

The camp prepares both the beginner and experienced athletes to run or run/walk the Half Marathon in Cocoa Village on November 30, 2014

Read all about the beautiful Space Coast course and generous race amenities at www.spacecoastmarathon.com and the NEW BIG BANG SERIES!

First or fastest?

We still have spots available for the half marathon! (registration fee not included)

Whether your goal is to complete your first or fastest half marathon, this camp is for YOU and includes:

- Daily on line training schedules
- Mid- week and Sunday morning coached group sessions
- Fluids provided at all group workouts
- Fitness, fun and group camaraderie
- Various workshops with guest speakers discussing topics:
  - Running Zone shoe clinic
  - Injury prevention
  - Training paces
  - Heart rate training
  - Nutrition and more

Sunday morning camp workouts Most workouts will be at Oars and Paddles Park, Indian Harbour Beach (7:00 a.m.) or at Riverfront Park in Cocoa Village (6:30)

- *1st training session August 24 at Wickam Park 7:00 a.m.*

Thursday evening camp workouts will be held at 6:00 pm at Running Zone.

Entry Fees:
Half Marathon Camp: $150 Returning Campers: $125

Half marathon camp kickoff and info meeting:

Find out more at our informational kick off meeting. You will learn more about the program, meet your coaches, pick up camp materials and get answers to all your questions.

Kick off meeting and info meeting:

- **Monday, August 18**
- **6:30 pm**
- **Running Zone 3696 N. Wickham Rd., Melbourne, FL**

If you are ready for your first marathon or ready to kick it up for a Personal Record; Coaches Bernie, Barry and Rick are for you! They are certified coaches with years of experience training the first timers and others to their new personal records.

For more information visit: www.spacecoastcamp.com or email Coach Barry coach@spacecoastcamp.com , or Coach Bernie baboou@cfl.com, or Rick Foresteire lthrneck689@aol.com

- -

Half Marathon Training Program Official Entry Form

- On line registration available at www.spacecoastmarathon.com/training
  (Gecko Club members receive a 10% discount)
- Fill out the official entry form below and either mail to or drop off at Running Zone, 3696 N. Wickham Rd., Melbourne, FL 32935
- Checks should be made payable to Running Zone Foundation.

Name:____

Address:_________________________________City:__________________

State:_____Zip___________ Phone:______________Cell:________________

Email address:____

Sex:(circle one) Male Female Date of Birth ___/___/___ Age_____

Incomplete or unsigned entry forms will not be accepted

In consideration of my entry 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 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 Running Zone Foundation 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 photographs, videotapes, email 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 / Signature of Parent (if participant is under 18 yrs) ______________________ Date __________

Running Zone Foundation 2014-2015 Race Series Events

REGISTER TODAY!

FIRECRACKER 5K

July 4, 2014 at 7:00 am, Liberty Bell Museum, Melbourne

This is the first race of the series that starts with the ringing of a replica of America's Liberty Bell. After the race celebrate the 4th of July by watching the Honor America Parade. Best Patriotic costume contest!

I RUN FOR PIZZA FOOTBALL KICKOFF 5K

August 9, 2014 at 7:00 am, Viera High School, Viera

This year's 10th Anniversary Football themed race will kickoff at Viera High School! All finishers receive special 10th Anniversary finisher hand towels! Show your support of your favorite football team! Most supported team participants gets prizes!

GHOSTLY GECKO 5K

October 18, 2014 at 6:30 pm, Eau Gallie Civic Center, Melbourne

This is a Halloween themed evening race at the Eau Gallie Civic Center. Come join us for a Spooktacular good time! All finishers receive goodie bags! Best costume contest! New this year! Separate Children's Costume Contest!

JINGLE BELL 2 MILER

December 20, 2014 at 5:45 pm, Satellite Beach Library, Satellite Beach

Santa and Zippy the Gecko invite you to the 10th Anniversary of the Jingle Bell 2 Miler! Special "Santa's Sleigh Presents" giveaways after the race to commemorate 10 years! Best Holiday Costume contest, jingle bells for everyone's shoes and Santa hats for the first 500 registrants!

BREVARD ZOO'S ZEBRA ZOOM 3K

February 14th, 2015, Brevard Zoo, Melbourne, 2 start times:

7:00 am Zoom = less than 20 minutes or 7:35 am A little less Zoom = more than 20 minutes

This 1.8 mile course offers plenty of animal viewing opportunities & the chance to spend a fun day at the Zoo for 50% off the entry fee!

PIRATE PLUNDER 2 MILER

April 4th, 2015 at 6:30 pm, Meg O'Malley's, Melbourne

Join us for a fun Pirate themed run/walk in Downtown Melbourne! Best Pirate costume contest! Pirate Party at Meg O'Malley's!

RUN FOR THE GECKO HAWAIIAN LUAU 5K

May 9th, 2015 at 7:00 am, EFSC/Wickham Park Pavilion, Melbourne

This is the race that started it all! Come join us and Zippy for a Hawaiian Luau! Leis for all finishers! Luau dancers too!

Other Running Zone Foundation events include the Excalibur 10 Miler on March 1, 2015, Corporate 5K on March 12, 2015, and Long Doggers Kids' Marathon (2.62) and 1/2 Marathon (1.31) on April 11, 2015.

Fees:

Individual:	$30 ... Race Day: $35	Kid's:	$15 ... Race Day: $20
Team/School:	$25 ... No Race Day	Gecko Club:	$25 ... Race Day: $30

OFFICIAL ENTRY FORM

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

Firecracker 5K – July 4th, 7:00am $_____

I Run For Pizza Football Kickoff 5K – August 9th, 7:00am $_____

Ghostly Gecko 5K – October 18th, 6:30pm $_____

Jingle Bell 2 Miler – December 20th, 5:45pm $_____

Brevard Zoo's Zebra Zoom 3K- February 14th
Choose race:
- 7:00am (<20 min. finishing time) $_____
- 7:35am (>20 min. finishing time) $_____

Pirate Plunder 2 Miler – April 4th, 6:30pm $_____

Run for the Gecko Hawaiian Luau 5K – May 9th, 7:00am $_____

Entire Series (all 7 races): $165.00 $_____

Name _____

Address _____

City _____ State _____ Zip _____

Phone (daytime) _____

Email (required) _____

Date of Birth ____/____/____ Age on Race Day _____

Sex: ☐ Male ☐ Female

Firecracker 5K Hero Awards: ☐ Firefighter ☐ Police ☐ Military

Team Name: _____
(Minimum of 5 participants and at least one of opposite sex)

Elementary/Middle School Name: (If entering School Team Challenge)
(Students only) _____

Shirt Size: (Select One) *Shirts have limited availability.*
☐ XS ☐ SM ☐ MD ☐ LG ☐ XL ☐ XXL
Unisex sizing and technical shirts will not shrink.

Cotton: ☐ **Youth Medium** ☐ **Adult Small**
Available for 12 years old and under only.

Firecracker and Run for the Gecko ONLY:
Gender specific.
Men's: ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL
Women's: ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED

In consideration of my entry being accepted, I intend to be legally bound, and hereby 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 (series) and any representatives, successors, or assigns for any and all damages or injuries which may be sustained and suffered by me in consideration of my association with an entry or participation in a Running Zone Race Series event (s). 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 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 _____

CUT HERE

Directions

FIRECRACKER 5K: US1 to Hibiscus Street. Plenty of parking at the Melbourne Auditorium on the left approx. ½ mile after turning off of US1 on Hibiscus Street.

I RUN FOR PIZZA FOOTBALL KICKOFF 5K: Wickham Road to Lake Andrew Drive. Turn left onto Judge Fran Jamieson Way. Turn Right onto Stadium Parkway. Viera High School is on your right.

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

JINGLE BELL 2 MILER: Satellite Beach Library: From A1A, heading North, turn left on Desoto Road. Approx. ½ mile turn left on Jamaica Blvd. Approx. ½ mile, library will be at end of Jamaica Blvd.

BREVARD ZOO'S ZEBRA ZOOM 3K: Heading south on I-95 to Exit 191. Turn left off ramp on Wickham Rd. heading east. The Zoo is 1/2 mile on the right.

PIRATE PLUNDER 2 MILER: Heading south on US 1 turn right onto New Haven Avenue, approximately ¼ mile on right hand side is Meg O'Malley's.

RUN FOR THE GECKO HAWAIIAN LUAU 5K: Eastern Florida State College, Wickham Park Pavilion. Eastern Florida State College is on the left between Post Road and Parkway Road heading south on Wickham Road.

Pickup

Race Packets will be available for pickup the week before each race starting Tuesday morning at Running Zone from 10:00 am to 6:30 pm. Running Zone is located at 3696 N. Wickham Road in Melbourne between Parkway and Post Road. Visit Running Zone's website for directions at www.runningzone.com or call (321) 751-8890.

More Info

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

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!

Themed Side-Panel Technical Shirts

FIRECRACKER 5K | I RUN FOR PIZZA FOOTBALL KICKOFF 5K | 10th Anniversary commemorative race theme technical shirts!

GHOSTLY GECKO 5K | JINGLE BELL 2 MILER

BREVARD ZOO'S ZEBRA ZOOM 3K | PIRATE PLUNDER 2 MILER | RUN FOR THE GECKO HAWAIIAN LUAU 5K

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

- **SPACE COAST MARATHON & HALF MARATHON:** Sunday, November 30, 2014
- **EXCALIBUR 10 MILER:** Sunday, March 1, 2015
- **CORPORATE 5K:** Thursday, March 12, 2015
- **LONG DOGGERS KID'S MARATHON & HALF MARATHON:** Saturday, April 11, 2015

Free Child Care

Planet Kid provides FREE childcare at each Running Zone Foundation Series' event. The kid's zone is available from 30 minutes before race time to an hour after the start of each series race. To guarantee your child's spot, please pre register your child by 2 days prior to race day. You may pre-register online or at Running Zone or download the form on the website www.runningzone.com/series/childcare and bring in to Running Zone. If you have any questions, call 321-259-7529.

RUNNING ZONE FOUNDATION

Promoting health & fitness in our community.

ESTABLISHED 2008
BREVARD COUNTY, FLORIDA

For more information, visit us online at:
www.runningzone.com
or contact:
Denise Piercy, Race Director at Running Zone
321-751-8890
email: info@runningzone.com

RUNNING ZONE

3696 N. Wickham Road, Melbourne, FL 32935
321-751-8890 • www.RunningZone.com

THE 10TH ANNUAL

Health First Health Plans

RUNNING ZONE FOUNDATION'S RACE SERIES

2014-2015

Join us for all 7 races!

JULY 4, 2014

AUGUST 9, 2014

OCTOBER 18, 2014

DECEMBER 20, 2014

FEBRUARY 14, 2015

APRIL 4, 2015

MAY 9, 2015

WWW.RUNNINGZONE.COM

Welcome Athletes!

Health First Health Plans and Running Zone Foundation welcome you to the 10th annual Running Zone Foundation Race Series. This year's Series offers seven fun and family-friendly events including four 5ks; one 3k and two 2 milers. We offer these shorter distances to promote participation among both walkers and runners of all ages and abilities.

And, knowing that being part of a team can provide a sense of camaraderie and extra encouragement, we also offer awards in two team categories for each race as well as the overall Series.

Our **Team Challenge** lets any five friends, family members and/or co-workers enjoy the fun of competing together against other teams in the same category.

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

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

NEW!

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

Our 2014-2015 Series offers:

FIRECRACKER 5K, Friday, July 4th at the Liberty Bell Museum, 7:00am (across from Holmes Regional on Hickory St.)

- Start the race with the ringing of a replica of the Liberty Bell
- American Flags and popsicles to all finishers
- Most Patriotic Costume Contest
- Special awards to top 3 Local Heroes (Military/Fire/Police)!
- Free Li'l 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 9th at Viera High School (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
- Special anniversary finisher Hand Towels!
- Tailgate Party after race catered by Pizza Gallery & Grill!
- Benefits Suntree/Viera Youth Football & Cheerleading League and WEGO Ministries
- Random giveaway of NFL Football Tickets (any Florida Team) plus 1 Hotel night stay for two!

GHOSTLY GECKO 5K, Saturday, October 18th at the Eau Gallie Civic Center (6:30 pm)

- Best Halloween Costume Contest for adults
- NEW this year! Separate Costume Contest for KIDS!
- Halloween Trick or Treat Bags to all finishers
- Fun Ghostly Gecko Awards
- Free Li'l Goblins Kids' Run with Zippy the Gecko
- Food provided by Squid Lips!
- FREE BEER on the beach at Squid Lips!
- Awards Ceremony following all races on Squid Lips beach
- Benefits Eau Gallie High School Health & Wellness Academy
- Random giveaway of Halloween Horror Night Tickets and 1 Hotel night stay for two!

JINGLE BELL 2 MILER, Saturday, December 20th at the Satellite Beach Library (5:45 pm)

- Santa Hats to the 1st 500 Entrants
- Jingle Bells for everyone's shoes
- Best Holiday Costume and Fun Stocking Awards
- Free Santa's Little Helper Kids' Run with Zippy the Gecko
- Santa Arrival on fire truck
- Cookies provided by Long Doggers!
- Benefits Special Olympics Brevard County
- Random Christmas Present giveaways LCD TV, Go Pro Camera, iPad, Mini iPad and iPod Shuffle!

BREVARD ZOO'S ZEBRA ZOOM 3K, Saturday, February 14th at the Zoo (7:00am – Zoom = less than 20 minutes OR 7:35am – A Little Less Zoom = more than 20 minutes)

- Check out Zoo animals during the Run/Walk
- Fun Zebra Awards
- 50% Off Admission for all participants on Race Day*
- Free Li'l Zebra Kid's Run with Zippy the Gecko
- Breakfast catered by Pizza Gallery & Grill!
- Benefits Brevard Zoo
- Random giveaway of one day Disney Tickets and 1 Hotel night stay for two!

** Must show participants race number for discounts to Zoo*

PIRATE PLUNDER 2 MILER, Saturday, April 4th – at Meg O'Malley's (6:30 pm)

- Best Pirate Costume Awards
- Fun Pirate Awards
- Free Li'l Pirate Plunder Kid's Run with Zippy the Gecko
- Great Pirate Party at Meg O'Malley's after the race!
- Benefits Girls on the Run
- Random giveaway of a 3 day cruise for 2 to the Bahamas out of Port Canaveral!

RUN FOR THE GECKO HAWAIIAN LUAU 5K, Saturday, May 9th – at Eastern Florida State College, Wickham Park Pavilion (7:00 am)

- Hawaiian Luau with hula dancers!
- Festive Leis for all finishers
- Dress in your favorite Hawaiian attire
- Fun Gecko Awards
- Zippy the Gecko Mascot to lead the Kids' Run
- Hawaiian Breakfast catered by Pizza Gallery & Grill
- Benefits Leukemia & Lymphoma Society's Team in Training!
- Random giveaway of a Paddleboard from Paddleboard House!

Amenities

All races provide participants with awesome technical (moisture wicking/non-cotton) tee shirts, Chronotrack D-tag timing and a festive post-race party. In addition, there will be a guest appearance by Zippy, our Gecko mascot, to start each of the free kids' runs and to help with the awards presentation. Our standard overall and age group awards will be presented for each race along with door prizes and giveaways.

There is a **$10,000** purse in prizes and gift certificates for the top series finishers.

Series Awards

Overall Male & Female	$1000 CASH & Free Entry to the 2015-2016 Race Series
2nd Place Overall Male & Female Winners	$500 CASH & Free Entry to the 2015-2016 Race Series
3rd Place Overall Male & Female Winners	$350 CASH & Free Entry to the 2015-2016 Race Series
Top Male & Female Masters Winners	$250 CASH & Free Entry to the 2015-2016 Race Series
Age Group Male & Female First Place	$100 Gift Certificate to Running Zone
Age Group Male & Female Second Place	$50 Gift Certificate to Running Zone
Age Group Male & Female Third Place	$25 Gift Certificate to Running Zone
Team Awards: 1st, 2nd & 3rd Place Plaques	
School Participation Awards: 1st, 2nd & 3rd Place Plaques	

Registration

Please use the back page of this brochure to register for any of Running Zone Foundation Race Series races. Registration is also available online at www.runningzone.com/series. Day of race registration opens 1 hour before all races. Late registration closes 10 minutes before each race begins. Award ceremony will begin immediately following each race.

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

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

Series Registration:	$165.00*	($23.57 per race versus $30.00)
Individual Registration:	$30.00	(before Race Day)
Gecko Club Members:	$25.00	(before Race Day)
Individual Registration:	$35.00	(Race Day)
Gecko Club Members:	$30.00	(Race Day)
Team/School Registration:	$25.00	(No Race day registration)

Receive a $45.00 discount for signing up for all seven races in the series at once. **MUST BE received by July 3rd, one day prior to the start of the 2014-2015 series.*

Kid's Registration:	$15.00	(see restrictions below)**
	$20.00	(Race Day)

***Children 12 years old or under will receive a cotton shirt. You may upgrade to a technical shirt by electing an individual or team registration. (Youth Medium & Adult Small sizing only in cotton)*

Corporate/Organizational Group Rate:
Put together a group of 10 or more participants and receive a group rate. Call Running Zone for more details.

Start A Team

Being a part of a team can be very rewarding. All you need is a minimum of 5 people (1 person of the opposite sex) that want to be part of the team. Everyone on the team saves $5.00 on the entry fees and you may be able to start training together for one or all of the upcoming races.

Team Competition

Gather your family, friends and co-workers! Teams must participate in at least four series races to be eligible for the series award.

Awards will be given to the top three teams. Each team consists of at least five members with one of the members being the opposite sex. The top four of the same sex and the 1st member of the opposite sex will be scored.

School Team Challenge: (Elementary and Middle Schools Only) An award will be given to the top three elementary or middle schools that have the largest participation. The School Team Challenge applies to each race as well as the series. Schools must participate in at least four series races to be eligible for the series award. Students only count towards participation challenge. Parents and teachers can form an open team.

(No Team Race Day Registration)

Eligibility

Series races are scored for runners and walkers in all age categories. Participants in the series must run a minimum of FOUR series races to be eligible for the series awards.

Standard Race Series Age Divisions

8 & Under	9-11	12-14	15-19	20-24	25-29
30-34	35-39	40-44	45-49	50-54	55-59
60-64	65-69	70-74	75-79	80+	

Scoring & Points

The first 10 runners/walkers overall will receive 100, 90, 80, 70, 60, 50, 40, 30, 20, and 10 points in the open competition. The first 10 runners/walkers within each age group will receive 10, 9, 8, 7, 6, 5, 4, 3, 2, and 1 point in their age group competition.

Race Drop

Scoring will be based on 6 races. If you participate in all 7 events, your lowest score will be dropped.

Note: Your age group for the Series is determined by your age in the first series event in which you participate in during the season.

At the end of the series, individuals who accumulate the most points receive awesome cash, gift certificates and prizes and are recognized by Running Zone in June 2015.

Standings

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

Health First
Health Plans

GECKO CLUB

A Running & Walking Club "Not Just for Lizards"

Promoting fitness & healthy, active lifestyles.

Membership includes:

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

Membership Options & Pricing

Annual Membership Plan – $40.00
Kid's Plan* (12 & Under) – $15.00

*$25.00 Off Coupon excludes Kid's Plan

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

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)
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- $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