

The Only Space Themed Marathon & Half Marathon on the Planet

*Celebrating  
47 Years!*



*Space Coast*  
**Marathon**  
& **Half-Marathon**

PRESENTED BY

**Publix.**

LAUNCHED BY

**BROOKS**



# 3|2|1 BLASTOFF!

## PARTICIPANT GUIDE

### 11|25|18 • COCOA VILLAGE, FLORIDA

**6:00 AM START TIME: MARATHON &  
HALF MARATHON (NORTH & SOUTH)**

★ 2018-2021 ★

**THE BIG BANG SERIES**  
**THE NEXT GENERATION**

*Celebrating Human Space Exploration*



ANNOUNCES

Join the Ultimate  
Space Race!

★ 2018-2021 ★

# THE BIG BANG SERIES THE NEXT GENERATION

*Celebrating Human Space Exploration*

Featuring *astronomical*  
finisher medals!



2018  
PROJECT MERCURY



2019  
PROJECT GEMINI



2020  
PROJECT APOLLO



2021  
SPACE SHUTTLE  
PROGRAM



Moonwalk Challenge  
Finisher Medal  
Complete 3 races in 4 years



"Hall of Fame" Challenge  
Finisher Medal  
Complete all 4 races in 4 years

Follow us:



#spacecoastmarathon

*The Only Space Themed Marathon  
& Half Marathon on the Planet*

**4 Years = 4 Space Project Medals +2 MEGA Challenge Medals!**

# Space Coast Marathon & Half Marathons Site Map

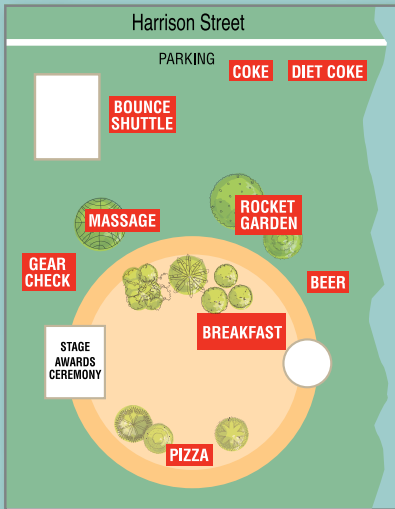
Race Site: 430 Delannoy Avenue, Cocoa, FL 32922



## RACE SITE



## RACE CENTRAL



## LEE WENNER PARK



## SCHEDULE OF EVENTS

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### **2018 Medals**



FULL MARATHON

HALF MARATHON



3 YEAR  
MOONWALK  
CHALLENGE MEDAL



4 YEAR  
HALL OF FAME  
CHALLENGE MEDAL

# Lots to love.



No antibiotics. No added hormones.\*  
Just chicken raised on a vegetarian diet and  
air-chilled to maintain the best flavor and texture.  
Taste it, and you'll get it.

\*Federal regulations prohibit the use of hormones in poultry.

PUBLIX  
**GreenWise®**

## BENEFICIARIES: WATER STATION HOST ORGANIZATIONS

*Running Zone Foundation and Space Coast Runners are proud to announce this year's beneficiaries. Listed in order of appearance on course (starting with full marathon) and ending with the 'southern most' station on the course of half marathon, as well as additional organizations helping in other areas.*

**1 Space Coast Crew** is a non-profit organization established in 1996 to promote the sport of rowing in Brevard County. This program draws students in grades 7 to 12 and hosts 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.



**2 Titusville High School NJROT** supports the local area with Community Service, Color Guards, Veterans and School Activities emphasizing 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. During a school year, cadets have opportunities such as: Drill Competitions, Color Guard, Academic Competitions, Athletics, Orienteering and Air Rifle.



**3 Team in Training - The Leukemia and Lymphoma Society** is the world's largest voluntary health organization dedicated to funding blood cancer research, education and patient services. The mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. In addition to ground breaking research in Brevard County, they have provided co-pay assistance to patients in excess of \$245,000 over the past year.



**4 Coastal Boxer Rescue of Florida, Inc.** is a not for profit organization dedi-

cated to rescuing abused, abandoned and neglected boxers and securing them forever homes. Covering the east coast of Florida, from Volusia County to Miami-Dade County that is 100% operated by committed volunteers dedicated to the successful re-homing of boxers. They do not have a central shelter or location; all of our dogs are housed with the dedicated foster homes of CBR.



**5 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 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.



**6 Brevard Virtual School** is a free, K-12 public school serving Brevard's diverse student population. Their local and certified instructors teach challenging online courses. Students access curriculum and receive personalized instruction and feedback using technology with opportunities for live sessions.



**7 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

## 8 | BENEFICIARIES: WATER STATION HOST ORGANIZATIONS

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. Get in those miles!

### 8 Rockledge Presbyterian Church

which is over 100 years old, is located along Rockledge Drive. The church's congregation enjoys the excitement of the marathon and encouraging and helping all the runners. The church plans on continuing to use donated funds from the marathon to help send children and youth to summer camp.



### 9 Boy Scouts of America Troop 488

is located in Titusville, FL. The troop is very active and rapidly growing, more than doubling in size over the last year. It focuses on building character in its members through personal faith, leadership and citizenship. The troop accomplishes this through numerous campouts, community service efforts, normal weekly meetings and special events like Eagle projects. Each scout personally grows through his efforts to achieve rank advancement on the path to Eagle scout and in the completion of requirements for merit badges. Troop 488 is building the men of tomorrow.



### 10 The Scott Center for Autism Treatment

is a one of a kind facility on the campus of Florida Tech in Melbourne, FL. The Center provides autism diagnostics, early intensive intervention, social skills, treatment of feeding issues, treatment for severe behavior as well as counseling, and occupational therapy and speech. The Center's mission is service, research, and training (Parent training, teacher training, pediatrician training, and training of future therapists.)



### 11 The Satellite High School Cross

Country and Track teams serve nearly 100

athletes a year and were the boys district track champions in 2015. With 17 events in track and field the program has a variety of needs from pole vault equipment, shots and discs, hurdles, uniforms, travel needs, and meet entry fees. This year the team will travel to meets in Miami, Jacksonville, Tallahassee, and Orlando.

### 12 Boy Scouts of America, Troop 338

are located in Cocoa Beach, FL. They are an active troop, and are consistently engaged in numerous and varied camping activities and outings, hold weekly troop meetings, attend high adventure trips, serve the community, and help Scouts advance to the rank of Eagle. Troop 338 is a boy-run troop emphasizing 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.



### 13 Space Coast Parrot Heads, SCPHC,

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 SCPHC is to leave the world a little better than we found it and have a good time doing it!



### 14 Boy Scouts of America Troop 348

of Cocoa Beach, FL meeting at St. David's by the Sea Church located at 600 Fourth Street, Tuesdays at 6:30-8:00 pm. Since Troop 348's inception in late 2011 with 6 scouts and now currently with 16 scouts and 4 scouts making the Coveted rank of Eagle Scout within the past year Troop 348 has always been a "Boy led Troop" within BSA standards. The Scouts decide what, where and when they





camp which includes summer camp. Troop 348 consistently uses the EDGE method which is scouts teaching scouts where they Explain, Demonstrate, Guide and Enable in the learning process. Troop 348 builds boys into young men.

**15 Rockledge High School Wrestling** is a varsity and Junior Varsity sports team that young men and women participate in. We believe that to be a good athlete you must first be a good student.

**16** We are the **Merritt Island High School Band Booster Org. for the Merritt Island High School Band Program.** The band program provides music instruction, leadership training, and team building in Concert Band, Symphonic Band, Jazz Ensembles, Percussion, and of course the Superior rated Marching Mustangs! There are approximately 110 students in our programs. We are a 501-3c and our website is [merrittislandband.org](http://merrittislandband.org).

**17 Rockledge High School Key Club** is a community service club that serves local elementary and middle schools, with mentoring and assists their teachers. We volunteer in connection with the Rockledge police department with their community outreach programs such as National Night Out. We also collaborate with the Kiwanis Club of Rockledge. ■



## Earn Mega Medals with the Big Bang Series 4 Year Challenge!

★ 2018-2021 ★

### THE BIG BANG SERIES THE NEXT GENERATION Celebrating Human Space Exploration

Join the Ultimate  
Space Race!

Space Coast  
Marathon  
Half-Marathon  
ANNOUNCES



2018  
PROJECT  
MERCURY



2019  
PROJECT GEMINI

Featuring  
astronomical  
finisher medals!



2020  
PROJECT APOLLO



2021  
SPACE SHUTTLE  
PROGRAM

Moonwalk Challenge  
Finisher Medal

Complete 3 races in 4 years



"Hall of Fame" Challenge  
Finisher Medal

Complete all 4 races in 4 years

Follow us:



#spacecoastmarathon

The Only Space Themed Marathon & Half Marathon on the Planet

4 Years = 4 Space Project Medals +2 MEGA Challenge Medals!



## SCHEDULE OF EVENTS: *Mission Control*

### FRIDAY ACTIVITIES - NOVEMBER 23RD

**5:00 pm** 5:00 pm - 8:00 pm: "Marathon Mingle" at the Hilton Cocoa Beach Oceanfront pool deck. Free pre-race party with live music. Drink and food specials are available.

### SATURDAY ACTIVITIES - NOVEMBER 24TH

**9:00 am** Publix Health & Fitness Expo Opens for Packet Pickup  
Radisson Resort at the Port

**5:00 pm** Publix Health & Fitness Expo Closes for Packet Pickup

**5:00 pm** Special Dinner being offered by the Hilton Cocoa Beach Oceanfront

### RACE DAY SCHEDULE - SUNDAY, NOVEMBER 25TH

**4:00 am** Bus pickup starts at host hotels (4:00 am and 4:45 am)

**4:15 am** Race Site and Bag Check Opens

**5:45 am** Bag Check Closes

**6:00 am** ALL EVENTS START: Marathon, North Half & South Half

**7:45 am** Shuttle buses begin returns to host hotels until 2:00 pm

**9:30 am** North Half Marathon Awards

**10:00 am** South Half Marathon Awards

**11:00 am** Marathon Awards

**2:00 pm** Last shuttle bus returns to hotels

## RACE LOCATION

The 47th running of the Space Coast Marathon will take place along the beautiful Indian River in Cocoa and Rockledge, Florida. Race Central is located at 430 Delannoy Avenue, Cocoa, FL 32922. See Race Central Area Map and Space Coast Marathon & Half Marathon Course Map enclosed.

## PARTICIPANT PACKET PICK-UP PROCEDURES

Packet pick-up is available at Race Headquarters Monday, November 19th - Friday, November 23rd (except Thanksgiving Day,) during business hours 10:00 am – 6:30 pm. Race Headquarters will be at Running Zone, Inc. located at 3696 N. Wickham Road in Melbourne, Florida.



Packet Pick up will also be available at the Health & Fitness Expo on Saturday, November 24th from 9:00 am – 5:00 pm at the Radisson Resort at the Port.

**\*\*PHOTO ID REQUIRED\*\*** Please have your race number and your Drivers License or Photo ID when picking up your race packet **Each participant will be required to pick up your own packet.**

Please be sure to verify the information on your packet label is accurate. If not, please see race staff to have the information corrected.

Running Zone is located on Wickham Road, just south of the King Center and Eastern Florida State College (formerly Brevard Community College,) between Post and Parkway Road. For further information about Running Zone, visit us on the web at [runningzone.com](http://runningzone.com). You can also contact Running Zone by phone at (321) 751-8890 or online at [info@spacecoastmarathon.com](mailto:info@spacecoastmarathon.com). Packet pickup on Saturday will only be available at the Publix Health & Fitness Expo.

## **PARTICIPANT PACKET CONTENT**

During Packet Pickup, you will receive the following items:

- |  |   |
|--|---|
| <ol style="list-style-type: none"><li>1. Bag Check Label Sticker with your Race number on it</li><li>2. Safety Pins</li><li>3. B-Tag (stays on back of bib)</li><li>4. Official Technical Race Shirt</li></ol> | <ol style="list-style-type: none"><li>5. Official Bib Number – Bibs will be customized with your first name on the front of your official race number.</li><li>6. You will be given the option to pick up a bag for bag check. This is a CLEAR drawstring bag for security.</li></ol> |
|--|---|

## **RUNNERS GOODY BAG**

Don't forget to claim offers in the Virtual Event Bag sent through the email provided on your race registration. Virtual Event Bags will be emailed on Monday, November 12th.



### **SATURDAY, NOVEMBER 24TH** **2018 HEALTH & FITNESS EXPO**

PRESENTED BY  
**Publix.**

**Radisson**  
RADISSON RESORT  
AT THE PORT

The 2018 Health & Fitness Expo presented by Publix will be held at the Radisson Resort at the Port Conference Center. Exhibitors will feature the newest designs in running gear, as well as the latest developments in sports, fitness and nutrition. Race packet pickup is also available during the expo. This one day expo is open to the public, so bring your friends and family. (Refer to map on the following page.)

**\*\*PHOTO ID REQUIRED\*\*** Please have your race number and your Drivers License or Photo ID when picking up your race packet. Each participant is required to pick up his or her own race packet.

**Location & Hours:** Radisson Resort at the Port, Saturday, November 24th,  
9:00 am-5:00 pm

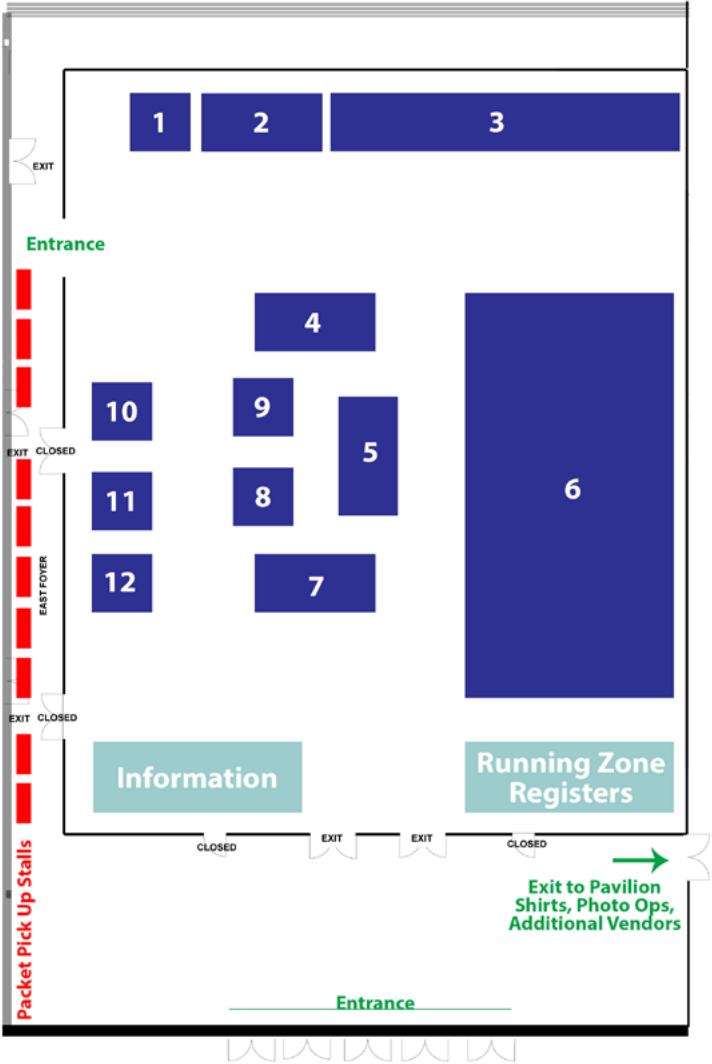
## **NEW PARKING INFORMATION**

We have expanded this year's Space Coast Marathon & Half Marathon to include the Radisson Resort's main convention hall as well as the large pavilion (next to the convention hall). As a result, we have secured some great new off-site parking directly across from the Radisson Resort.

**THE 2018 HEALTH & FITNESS EXPO EXHIBITORS,  
RADISSON RESORT AT THE PORT CONFERENCE CENTER**

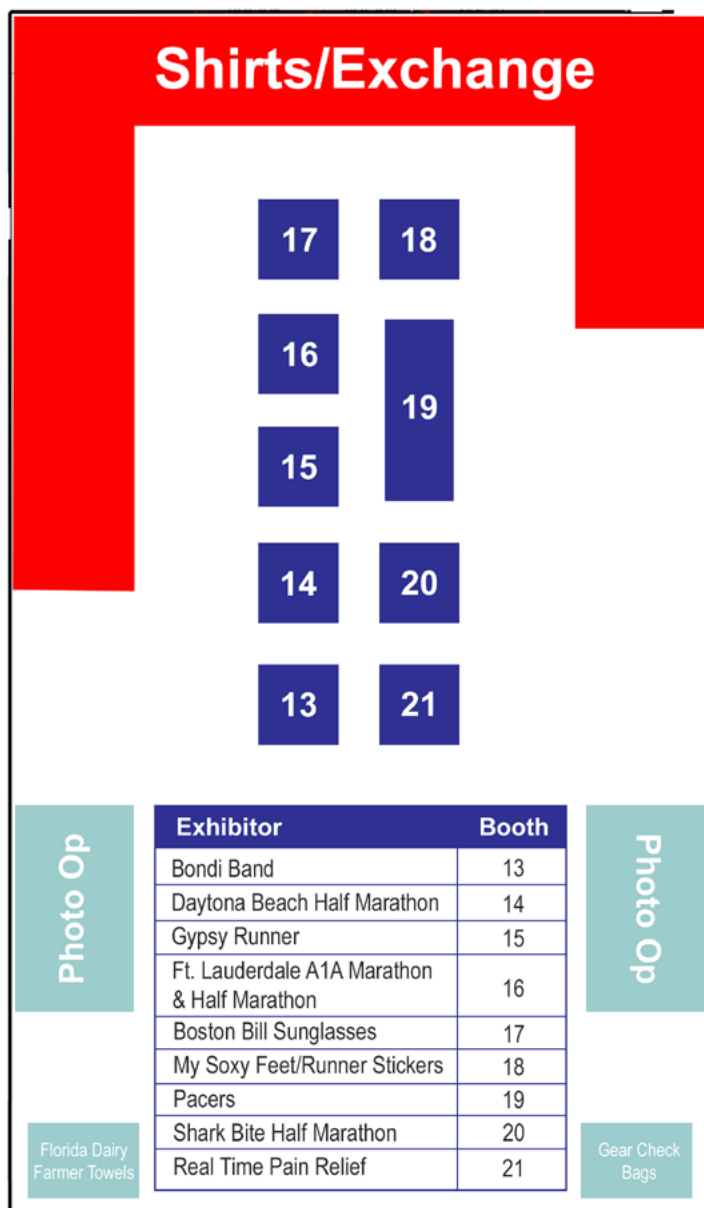
SATURDAY, NOVEMBER 24TH – 9:00 AM TO 5:00 PM

Exhibitor	Booth
Sport Hooks	1
Running Zone Foundation Events	2
Brooks	3
Milestone Sports Jewelry	4
Space Coast Runners	5
Running Zone	6
SparkleSkirts	7
Turtle Towels	8
Ragnar Events	9
The Stick	10
Miami Marathon	11
Laura Shepard Churchley	12



**THE 2018 HEALTH & FITNESS EXPO EXHIBITORS,  
RADISSON RESORT AT THE PORT PAVILION**

SATURDAY, NOVEMBER 24TH - 9:00 AM TO 5:00 PM



Parking is extremely limited at the Radisson Resort this weekend. We highly recommend using the off-site parking (directly across the street from the Radisson Resort) as it will be much easier than trying to park at the Radisson Resort.

There will be two officers assisting with crossing to/from the off-site parking area at this year's Health & Fitness Expo. Please see the Expo Area Map below for further details.



*SCM Expo Off-site Parking*

## **PRE-RACE: T-Minus-1 Day to Launch**

### **NEW HEALTH & FITNESS EXPO & DINNER PLANS**

We have made some changes with the new Big Bang Series, the Next Generation. We have expanded the expo to include the Pavilion at the Radisson Resort at the Port.

This means we will not have the inclusive pre-race pasta dinner.

The Hilton Cocoa Beach is offering a specially priced pasta dinner at their hotel on Saturday evening, from 5-8 for all participants. Please call the Food and Beverage office 321-613-9055 to make reservations (1550 N Atlantic Ave, Cocoa Beach). The buffet offers a wide variety of food at \$23 for adults and \$15 for children 12 & under. See our website for the menu: [SpaceCoastMarathon.com/Marathon-Mingle](http://SpaceCoastMarathon.com/Marathon-Mingle).

### **SPECIAL GUEST: LAURA SHEPARD CHURCHLEY**

We are very excited to announce that Laura Shepard Churchley, will be doing meet and greet at the Health & Fitness Expo on Saturday, Nov. 24th from noon to 2:00 pm. She will also be part of the Sunday morning Space Coast Marathon & Half Marathon activities, including the awards presentation.



*Laura Shepard Churchley*

#### ***Eldest daughter of Alan B. Shepard, the first American in space.***

Laura Shepard Churchley is currently the Chair of the Astronauts Scholarship Foundation Board of Trustees at Kennedy Space Center and sits on the boards of the Cosmosphere and Space Center in Hutchinson, Kansas. She is involved with Astro Kids Club with Ed White III, whose father and two fellow astronauts perished in 1965 when their launch vehicle caught on fire during a training exercise. Mrs. Churchley is an honorary consultant to the Christa McAuliffe Planetarium and is a lifetime member of the Society of Sponsors for the U.S. Navy. She is a retail business owner, serves on several local committees in her hometown of Evergreen, CO.

Laura Churchley makes presentations and speaking engagements donning her father's flight suit and showing artifacts that have traveled to the moon and back.

But while the rest of the country reveres her father as a fearless Navy test pilot, the first American to travel in space and the capable mission commander of America's third manned moon shot, to Laura he remains just plain "Daddy."



On May 5, 1961, less than a month after Soviet astronaut Yuri Gagarin became the first human to orbit Earth, Shepard put the U.S. on the scoreboard with a perilous suborbital space flight aboard Friendship 7.

"I'm grateful my parents introduced the whole thing to us without fear," explained Churchley, who, as a Navy brat with a talented father, attended six schools before ninth grade. "In 1961 there wasn't a word for what Daddy did – 'astronaut' wasn't in the dictionary yet. We weren't afraid for him because, to us, Daddy was just doing what he was supposed to do. He was just doing his job.

Churchley has her father's leather flight jacket ("The Smithsonian would love to get their hands on this"), dark and supple with age, and thickly sewn with the accumulated patches that tell a pilot's story more surely than words

## **CHRONOTRACK B-TAG TIMING (BIB TAG)**

Do NOT remove the B-Tag from your race number. Please leave the B-Tag on the back of your race number and pin your race number on the front of your shirt or shorts. The marathon course and both half marathon courses are USATF certified courses. You can use this beautiful flat marathon course as a **BOSTON QUALIFIER**.



## **MAPPING DIRECTIONS**

[Driving directions to the Host Hotel Radisson Resort at the Port](#)

(location of Health & Fitness Expo)

**Host Hotel Address:** Radisson Resort at the Port,  
8701 Astronaut Blvd., Cape Canaveral, FL 32920



**From Orlando on State Road 528:** Follow 528 east which makes a slight right turn and becomes A1A. The hotel will be on your right.

**From Daytona Beach on Interstate 95:** Take I -95 South to Exit #205 SR 528 East. Follow 528 east which makes a slight right turn and becomes A1A. The hotel will be on your right.

**From Miami on Interstate 95:** Take I -95 North to Exit #205 SR 528 East. Follow 528 east which makes a slight right turn and becomes A1A. The hotel will be on your right.

[Driving Directions to the Race Site](#)

**Race Site Address:** 430 Delannoy Ave., Cocoa, FL 32922

**From Orlando:** Travel FL-528 East towards Cocoa to Rt. 520 East. Cross US 1 and continue on Rt. 520 East. Turn right on Florida Ave. Reference the Parking Locations Guide enclosed for further details about parking areas in Cocoa Village.

**From Daytona Beach on Interstate 95 S:** Follow I 95 South to Rt. 520 East. Cross US 1 and continue on Rt. 520 East. Turn right on Florida Ave. Reference the Parking Locations Guide enclosed for further details about parking areas in Cocoa Village.

**From Miami on Interstate 95 N:** Follow I 95 North to Rt. 520 East. Cross US 1 and continue on Rt. 520 East. Turn right on Florida Ave. Reference the Parking Locations Guide enclosed for further details about parking areas in Cocoa Village.

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**Please note:** All participants staying at Partner Hotels will have transportation via bus to/from the race site. The last time of bus ride back to the hotels is at 2:00 pm leaving from the race site. If your race is planned to finish after check out, please talk to the hotel regarding their policies.

## RACE START AREA: *Launch Pad*

### START CORRALS

The corral system at the start facing the large Jumbotron, is organized according to expected finishing time. There will be pace signs displayed along the Start Corral area.

### VERY IMPORTANT:

All races start at 6:00 am sharp! The full marathon and north half marathon should be lined up on the right side of the corral (if facing the jumbotron) and the south half marathoners should be on the left side of the corral. The course splits immediately after the start of the race so if you are on the wrong side, you will most likely be doing the wrong course! Please see the attached diagram for further details!

Also, please line up according to your expected race pace per mile at the start area on Brevard Ave. before 5:45 am. using the pace signs along the start corral.

### BAG CHECK

During packet pickup clear draw string bags are available to store your belongings during the race. Please use the custom label provided to you when you picked up your packet and attach it to your draw string bag. The Bag Check area is on the north end (right of the stage if you are facing the stage) of the Pavilion in Riverfront Park. (Refer to map on page 3)

Bag Check opens at 4:15 am and will close at 5:45 am. ABSOLUTELY NO BACKPACKS OR COOLERS WILL BE ACCEPTED.

### INFORMATION SERVICES / LOST & FOUND CENTERS

Any questions on race morning can be answered at the Bag Check/Information Center located on the north end of the Pavilion in Riverfront Park. (Refer to map on page 3)

### PAGE TEAMS: *Constellations*

As a benefit to the Marathon and Half Marathon participants, Pace Teams will be there for you. We will be offering pace groups led by experienced pacers for a wide variety of times including many of the Boston qualifying standards. We hope you will find this support useful as you strive to achieve your marathon and half marathon goals. A pace team is a group of runners, led by an experienced leader, who run together in the marathon/half marathon.

The pace leader runs a steady pace and keeps track of that pace so that the group can achieve their goal of finishing the marathon/half marathon at a particular time. There



Corral Area Layout

are wonderful benefits of running with a pace group. You'll be supported by a cheerful leader and will be side by side with other runners sharing the same goal as you.

**What Pace Groups are offered?** We will have Pacers for both the full marathon and south half marathon. The north half marathoners can join the marathon pacers as the course is the same for both until the last half mile or so before the north half marathoners finish.

The lineup for Pace Groups follow as goal time/minute per mile pace. Additional groups may be added, so be sure to check at the Pace Team booth at the Expo.

**What pace group should I be in?** The best way to select the proper pace group is to know your average pace per mile. You can utilize a recent race during the past year. If you have never participated in an organized race, you can determine your pace by using your times from your training sessions.

**What does it cost to run with the Pace Team?** The Pace Team is FREE!

**How do I sign up to run with the Pace Team?** The Pacers will be inside the Publix Health & Fitness Expo on Saturday from 9:00 am until 5:00 pm.

**How will the Pacers be running the race?** Every pace leader will be holding a steady pace throughout the marathon/half marathon. These "even splits" are the best way to achieve your peak performance in the race.

**Where will my Pace Leader be on race morning?** About 30 minutes before the start, we'll be assembling in the starting area. About 15 minutes before the start, the Pacer will give you some last minute instructions about running with the group. They will talk about the course, what to do if you need a break, and how to make it through the water stops. This is the time to ask any last minute questions you may have. All pacers will be easily identifiable by wearing brightly colored shirts. For more information about specific pace groups, please visit [MarathonPacing.com](http://MarathonPacing.com).

## **GALLOWAY PACERS**

Jeff Galloway's Training Programs allow thousands of runners each year to make it to the starting line of a marathon or half-marathon. The Space Coast Marathon and Half Marathon is proud to continue that support all the way to the finish line. Galloway Program Directors, Pace Group Leaders and members from around the country have volunteered as official Galloway Pacers for this year's marathon and half-marathon.



## Space Coast Marathon & Half Marathons

6:00 am Full & Half Marathons Start

Race Site: 430 Delannoy Avenue, Cocoa, FL 32922



■ **COURSE START** ■ **COURSE FINISH**





### COURSE INFORMATION

#### CONTINGENCY PLAN, EVENT ALERT SYSTEM & CANCELLATION POLICY:

##### *Houston: We have a problem:*

In the case of lightning, severe rain, wind or any other condition that affects the potential safety of the participants, spectators and volunteers, the event may be delayed and all participants will be asked to proceed to safety. The event will start if the weather clears (in the case of severe weather). In the case of light rain, the event will continue until safety becomes an issue. In the event unusual conditions necessitate the curtailment or cancellation of the event for the safety of participants, the Race Director shall have absolute authority to make changes in order to best serve the interests and safety of the participants of the event. In case of extreme weather, the race director shall determine if and when the event shall cease, resume or be cancelled.



#### SECURITY PLAN: *To Ensure a Safe Event...*

Here are some additional measures that we should all take to have a fun and safe event:

- Travel light to the event
- Don't bring anything you don't need
- Don't leave your bags unattended around the race site
- Please use the clear plastic check bags provided to you at packet pick up if you plan to check a bag
- Please return your bags to your vehicle or the designated bag check area
- And most importantly, if you see something, say something!

Thank you in advance for your cooperation and patience.

#### AID STATIONS: *Mission Support*

There are 13 aid stations on the course with sports drink (lemon lime Gatorade) and water. GU brand gels will be available at mile 8, and every aid station after mile 13 for the full marathoners.



#### COURSE TIME LIMITS: *Shorter than a Light Year*

Course officially closes at 1:00 pm on Sunday afternoon. (7-hour time limit)

#### Pacing Requirements:

**Marathon** - An 18 minute per mile pace must be maintained for all athletes in the full marathon.

**Half Marathon** - A 16:01 minute per mile pace must be maintained for all athletes on the north half marathon course. A 30 minute per mile pace must be maintained for all athletes in the south half marathon course.

If you feel you can't maintain at 16:01 per mile pace and you are registered for the north half marathon course, please contact us and we can change you to the south half marathon course.

**Walkers:** Walkers are encouraged to participate in The "Space Coast Marathon & Half

Marathon. Please be advised of the following:

- 1) We ask walkers to please start at the back of the field according to your pace.
- 2) Walkers should try and complete the full marathon course in the 7-hour time limit.
- 3) As a courtesy to runner participants, we ask that walkers NOT BE MORE than two abreast so runners can easily pass. Please be mindful that some marathon participants are trying to qualify for the Boston Marathon. Thank you.

## **PROHIBITED DEVICES: *Not Suggested for Flight***

For your safety, we ask you not to wear music listening devices because the course is open to residential traffic. Strollers, bicycles, dogs and other unauthorized vehicles are not permitted on the course.

## **SPLITS, CLOCKS & MILE MARKERS: *Speed of Light***

Half Marathon splits will be at the 5K, 10K, 10 Mile and finish. Marathon splits will be at the 5K, 10K, 10 Mile, half marathon, 20 Mile and finish. Clocks will be displayed at each timing split site. Each mile will be marked along the course. North half and marathon mile markers will be RED. The south half marathon mile markers will be WHITE.

## **COURSE SAFETY: *Intergalactic Safety***

The race course will be open to local residential traffic. Please run on the RIGHT side of the road (with traffic). Traffic at major intersections will be controlled by police officers but you MUST be vigilant.

Full marathoners and north half marathoners: If you are between miles 1 and 13 at 8:30 am (2 1/2 hours after the start) you MUST move to the NORTHBOUND lane – the lane closest to the river. Local traffic will then utilize the SOUTHBOUND lane.

For the south half marathoners and the 2nd half for the full marathoners, at 10:00 am, (4 hours after the start), you MUST move to the NORTHBOUND lane – the lane closest to the river). Local traffic will then utilize the SOUTHBOUND lane.

There will be police support and volunteers all along the course. PLEASE be aware of vehicular traffic. This course is used frequently by runners and cyclists. Be SAFE and please be COURTEOUS to our local residents.

## **GATHER AROUND YOUR STAR AT SPECTATOR FANS & CHEERING AREAS: *Clusters***

No need for telescopes! This course offers wonderful opportunities for fans to cheer on participants along the course. There are many side streets along the race course to watch. Get a group together and bring your spirit. Check the Race Course Map for ideal spots to see which streets the runners pass.

## **RACEJOY:**

FREE Advanced Runner Tracking & Cheer Sending! Download the RaceJoy mobile app to get live performance updates and share your Space Coast



Marathon & Half Marathon experience with your friends and family! This is a free experience brought to you as another great amenity of the event.

- Convenient BIB lookup
- Race-timed Progress Alerts (no need to carry your phone)
- Progress Posted to Facebook and Twitter (optional)
- Immediate Results
- Live GPS Phone Tracking (real-time tracking on the course)
- Cheer Sending!

Plus, you can quickly access all the important race weekend information such as the schedule, FAQ's, local places of interest, parking and award information.

### MEDICAL INFORMATION

#### MEDICAL SERVICES & SUPPORT: *Sick Bay*

If anyone is in need of medical assistance, please notify any volunteer and they will help you in obtaining medical assistance. A first aid station will be available at two locations along the course, sponsored by Doctor of Women's Health. Coastal Health Systems ambulances will be on site during the event at the finish line, as well as City of Cocoa EMT's. The main medical tent at the finish line is sponsored by Suntree Orthopedics.



Dr. Bryan Parry

#### A NOTE FROM OUR MEDICAL DIRECTOR

*Our Medical Director, Dr. Bryan Parry is a Board Certified Orthopedic Surgeon and is a fellow of American Academy of Orthopedic Surgeons. He practices at Suntree Orthopedics. He has served as medical director for the Space Coast Marathon for the past 6 years and is looking forward to helping at the upcoming race this November. He is an avid runner, having completed many marathons, ultramarathons and ultramarathon relays. He enjoys working with athletes because they often share his same passion for competition, health and wellness.*

Even with proper training for the half and full marathons, you still may suffer from heat stress or become dehydrated. Here are a few tips to remember during the race:

- Make sure you are hydrated before the race with both water and electrolyte replacement fluid.
- Try to intake 4-6 ounces every 20 minutes during the race. You should drink electrolyte replacement fluid at least every other water station.
- Medical research has shown that non-steroidal anti-inflammatory drugs (NSAIDs) like Advil, Motrin (ibuprofen) and Aleve may be harmful to runners' kidney function if taken within 24 hours of running. Also, they may increase the risk of hyponatremia by interfering with the body's ability to retain salt. Tylenol has been shown to be safe.
- Know the symptoms of heat stress, dehydration or other symptoms in which to seek medical assistance: nausea and/or vomiting; dizziness, confusion, loss of peripheral vision; dry skin, your body is no longer able to perspire; chest pain.

If anything like this occurs, seek medical assistance. Our medical team will be there to help on race day to ensure you have a safe and enjoyable race.

## **RACE DAY: *Launch***

### **TRANSPORTATION: *Getting to the Launch Pad – The Crawler***

**SUNDAY:** We will be providing free bus service on Sunday from the host hotels to/from the race site on Sunday morning. If you are staying at any of our host hotels or live near any of our host hotels, you can utilize the “shuttle” service in lieu of driving to the race site. Family members and friends are welcome to utilize the buses as well!

**THE TIME ONLY GUARANTEES TWO TRIPS, ONE AT 4:00 AM AND THE SECOND WHEN THE BUS RETURNS TO THE HOTEL, APPROXIMATELY, 4:45 AM. IF YOU DON'T WANT TO BE RUSHED, BE ON THE 4:00 AM BUS!**

WITH THE NUMBER OF BUSES RUNNING THIS YEAR, WE HAVE SEPARATED THE BUS SCHEDULE INTO ZONES. PLEASE REMEMBER YOUR ZONE LETTER FOR YOUR RETURN TRIP. BREAKING OUT THE BUSES INTO ZONES WILL EXPEDITE YOUR TRIP BACK TO YOUR HOTEL. EACH ZONE WILL BE INDICATED IN THE FRONT OR SIDE WINDOW OF EACH BUS. PLEASE MAKE SURE YOU ARE BOARDING THE CORRECT ZONE!

PLEASE REVIEW THE RACE SITE MAP ON PAGE 3 FOR THE BUS DROP-OFF SITES. ZONE C DROP-OFF LOCATION IS ON THE CORNER OF FLORIDA AVE. AND ORANGE AVE. ALL OTHER BUS ZONE DROP-OFF LOCATIONS ARE ON THE CORNER OF RT. 520 AND RIVERS EDGE BLVD.

**SUNDAY, NOVEMBER 25TH:** Buses will be available from the following host hotels, listed below, to Cocoa Riverfront Park (race site):

#### **ZONE A: (HOTELS NORTH OF RT. 520 on A1A)**

- Radisson Resort at the Port, 8701 Astronaut Blvd., Cape Canaveral, FL 32920
- Best Western & Days Inn Cocoa Beach, 5600 N. Atlantic Ave. (A1A), Cocoa Beach, FL 32931

#### **ZONE B: (HOTELS SOUTH OF RT. 520 on A1A)**

- Four Points Sheraton, 4001 N. Atlantic Ave., Cocoa Beach, FL 32931
- Hampton Inn, 3425 N. Atlantic Ave., Cocoa Beach, FL 32931
- Courtyard Marriott, 3435 N. Atlantic Ave., Cocoa Beach, FL 32931
- Hilton Cocoa Beach Oceanfront, 1550 N. Atlantic Ave., Cocoa Beach, FL 32931
- International Palms Resort, 1300 N. Atlantic Ave., Cocoa Beach, FL 32931
- Quality Inn & Suites, 3901 N. Atlantic Ave., Cocoa Beach, FL 32931

#### **ZONE C: (HOTELS NOT ON THE BEACH)**

- Best Western Cocoa Inn, 4225 W. King St. (SR 520), Cocoa, FL 32926
- Holiday Inn Express & Suites, 301 Tucker Lane, Cocoa, FL 32926

#### **ZONE D: (OFF-SITE PARKING)**

- Merritt Square Mall, 777 East Merritt Island Causeway, Merritt Island, FL 32952



### RETURN TO HOTELS/OFF-SITE PARKING:

All buses will return participants to their hotel or parking area based on your applicable zone. Please remember your bus' zone when boarding. (Zone A, B, C, D)

**RETURN TRIPS: 7:45 AM UNTIL 2:00 PM (last time bus leaves race site)**

### PARKING

We are providing additional off-site parking at Merritt Square Mall and at various locations in Cocoa.

#### MERRITT SQUARE MALL

Merritt Square Mall is approximately 2.5 miles east of the race site on Rt. 520. Please follow the signs and volunteer directions as we have designated spots for our event.

We will be providing a bus "shuttle" service to and from Merritt Square Mall starting at 4:00 am until 5:30 am and then from 7:45 am until 2:00 pm.

Address: Merritt Square Mall, 777 East Merritt Island Causeway, Merritt Island, FL 32952

#### COCOA

Designated parking areas in Cocoa are:

- Cocoa Library, 308 Forrest Ave., Cocoa, FL 32922
- City of Cocoa City Hall, 65 Stone St., Cocoa, FL 32922
- Parking lot on corners of Factory St. & John Garren Lane, Cocoa, FL 32922
- Public parking lots on Oleander St., Stone St. & Florida Ave., Cocoa, FL 32922

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## RACE FINISH AREA

### FINISH LINE PROCEDURES

Be sure to receive your finisher medal and official finisher's "space" beach towel. Also, be sure to have your picture taken at the official Marathonphoto finisher's area in the finisher's chute. Please make sure your race number is visible throughout the race to help identify you for photographs.

### RUNNERS' REFRESHMENT & BREAKFAST

All finishers receive a complimentary pancake & egg breakfast and /or pizza, coke products and BEER (for enjoyment of those participants 21 years of age or older!) Bottled water and fruit will be provided by Publix and Chocolate milk provided by Florida Dairy Farmers to refuel after the race.

### RUNNERS REUNITE AREA: *Back into Orbit*

Participants can locate friends and family at the finish area after the race. Please designate an area to meet after the race in a specific area of the park.





## RACE DAY RUNNER RESULTS

Race results will be posted during the race at the race site as well as online at [SpaceCoastMarathon.com](http://SpaceCoastMarathon.com). As participants achieve specific splits along the course, their times will be updated accordingly. Final results will be posted at the race site and online at [SpaceCoastMarathon.com](http://SpaceCoastMarathon.com).

The Space Coast Marathon and Space Coast Half Marathon (North) are designated RRCA State Championship events for 2018! RRCA awards will be given to the top finishers.



Also, be sure to sign up for RaceJoy to have your family and friends receive updates on your progress during the race right to their phones. Download the RaceJoy phone app for FREE.

## POST RACE

### RACE RESULTS – AGE DIVISION & AWARDS:

#### *Shooting Stars*

The North Half Marathon Awards Ceremony will start at 9:30 am, the South Half Marathon Awards Ceremony will start at 10:00 am, and the Marathon Awards Ceremony will start at 11:00 am. Our special guest, Laura Shepard Churchley and astronaut, Mike McCulley, will be part of the Sunday morning ceremonies.

### THE RACE & BEYOND: “Go-Green” for our Future!

We have instituted plans to help reduce the environmental impact of the race by implementing Virtual Race Bags and utilizing Waste Management’s Recycling Program. There will be numerous recycle and trash receptacles at the race site. Please help us in our recycling efforts.



### MARATHONFOTO – Official Race Photographer

The official photographer for the Space Coast Marathon & Half Marathon is Marathonfoto.com. Visit [Marathonfoto.com](http://Marathonfoto.com) and drop in your last name and select Space Coast Marathon & Half Marathon as your event. CAPTURE THE MEMORIES!!!!



**PARTICIPANTS:** To be tagged in pictures and identified, please make sure your race number is visible on the front of your shirt or shorts.

## ONE DAY SPACE ADVENTURE PACKAGE

Kennedy Space Center Visitor Complex, one of our major sponsors, has donated a prize package to the “One Day Space Adventure Package” for a family of four. For more information on this program, please visit [kennedyspacecenter.com](http://kennedyspacecenter.com). All participants are eligible for this grand prize drawing. *No trip to the Space Coast is complete without visiting Kennedy Space Center!*



### PROJECT MERCURY

Initiated in 1958, completed in 1963, Project Mercury was the United States' first man-in-space program. The objectives of the program, which made six manned flights from 1961 to 1963, were to orbit a manned spacecraft around Earth, to investigate man's ability to function in space and to recover both man and spacecraft safely.

Prior to Project Mercury, there was no protocol for selecting astronauts, so NASA would set a far reaching precedent with both their selection process and initial choices for astronauts. By late 1958, NASA officials decided to move forward with test pilots being the heart of their selection pool. The seven astronauts chosen to make history were John Glenn, Alan Shepard, Gordon Cooper, Gus Grissom, Scott Carpenter, Wally Schirra and Deke Slayton.

The Big Bang Series: The Next Generation was created to honor the incredible people who made tremendous strides in human space exploration through their hard work, dedication and sacrifice. The 4 year series blasts off with the 2018 medal representing Project Mercury and is the 47th year of the Space Coast Marathon! As runners and walkers head out in 2018 to face the mission of a marathon or half marathon, we focus on what you can discover about yourself, nature and community and the amazing discoveries by a spacecraft that created history: Project Mercury.



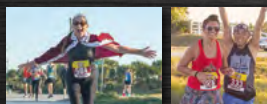
On April 9, 1959, NASA introduced its first astronaut class, the Mercury 7.



Liftoff of the Mercury-Atlas 6 mission on Feb. 20, 1962.

### A SPECIAL THANK YOU TO:





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**Dragon Slayer 2 Miler**  
7:45 am Start



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### PARTICIPANT PERKS

- Follow the Spotlight to the Race Site
- Movie Trivia Along the Course
- Run, Step, Repeat Photo Area

- Celebrity Statue Awards
- Hollywood Themed Finisher Medals
- Red Carpet Finish Line
- Celebrity Look-alike Costume Contest

**HALF • 5K • 10K**  
**SEPTEMBER 29, 2019**

LOCATION:  
**Titusville, FL**

START TIMES:  
**Half Marathon: 6:30 am**  
**5K & 10K: 7:00 am**

**RedCarpetRunHalf.com**

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**A special thank you to our partners for making this event such a blast!**





# Space Coast Marathon & Half-Marathon

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