

The Only Space Themed Marathon & Half Marathon on the Planet

*Celebrating
48 Years!*



PROJECT GEMINI
BRIDGE TO THE MOON

PRESENTED BY
Publix

Space Coast
Marathon
& Half-Marathon

LAUNCHED BY
BROOKS

3|2|1 BLASTOFF!
PARTICIPANT GUIDE

12|1|19 • 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

Registration opens February 15th, 2020 at 9:00am EST

Visit spacecoastmarathon.com to register

Space Coast
Marathon
Half-Marathon

★2018-2021★

THE BIG BANG SERIES THE NEXT GENERATION

Celebrating Human Space Exploration

*Join the Ultimate
Space Race!*

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

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

Follow us:



#spacecoastmarathon

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

Space Coast Marathon & Half Marathons Site Map

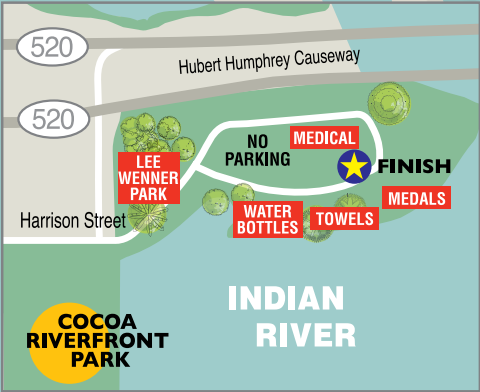
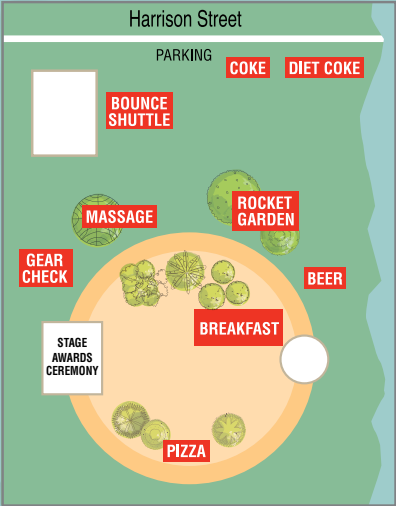
Race Site: 401 Riveredge Blvd., Cocoa, FL 32922



RACE SITE



RACE CENTRAL



SCHEDULE OF EVENTS

PRE-RACE

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2019 Medals



FULL MARATHON

HALF MARATHON



3 YEAR
MOONWALK
CHALLENGE MEDAL



4 YEAR
HALL OF FAME
CHALLENGE MEDAL



Seize the daylight.

Shop from anywhere.
Get Publix groceries delivered.

publix.com/shop



Item prices vary from in-store prices. Service fees may apply. Available in select zip codes.

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 **instacart**

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, clinics and an adult rowing program. Rowing is a wonderful way to improve your health 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 dedicated 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 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.



6 Melbourne High School Boys and Girls Cross Country Teams appreciate all the support we have received from 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 look forward to seeing you on the road. Get in those miles!

7 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. It focuses on building character through personal faith, leadership and citizenship by participat-

8 | BENEFICIARIES: WATER STATION HOST ORGANIZATIONS

ing 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 is located in Cocoa Beach, FL. They are consistently engaged in varied camping activities and outings, hold weekly meetings, attend high adventure trips, serve the community, and help Scouts advance to the rank of Eagle. This is a boy-run troop emphasizing leadership, citizenship, community pride and awareness, thereby providing the next set of leaders in our community, nation and the world.



13 West Shore Boys and Girls Cross Country teams provide an athletic experience for student athletes to become competitive long distance runners by developing the skills, knowledge, attitude and work

ethic necessary to reach individual and team goals. We emphasize a commitment to excellence in the classroom while developing teamwork and service to the community.

14 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!



15 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 Troops 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.



16 Brevard Humane Society is the oldest non-profit, no-kill animal shelter and sanctuary. Since 1952, we have been dedicated to speaking for those who cannot speak for themselves, by educating the community on responsible pet ownership and the humane treatment of animals. We advocate spaying and neutering, and providing quality care, by placing pets with responsible, caring owners in their new "forever" homes. ■

SCHEDULE OF EVENTS: *Mission Control*

FRIDAY ACTIVITIES - NOVEMBER 29TH

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 30TH

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, DECEMBER 1ST

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 48th running of the Space Coast Marathon will take place along the beautiful Indian River in Cocoa and Rockledge, Florida. Race Central is located at 401 Riveredge Blvd., 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 25 - Friday, November 29 (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 30th 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.**

10 | PARTICIPANT PACKET CONTENT – PARKING

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. You can also contact Running Zone by phone at (321) 751-8890 or online at 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:

1. Bag Check Label Sticker with your Race number on it
2. Safety Pins
3. B-Tag (stays on back of bib)
4. Official Technical Race Shirt
5. Official Bib Number – Bibs will be customized with your first name on the front of your official race number.
6. You will be given the option to pick up a bag for bag check. This is a CLEAR drawstring bag for security.

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 25th.



SATURDAY, NOVEMBER 30TH

2019 HEALTH & FITNESS EXPO

PRESENTED BY
Publix.

Radisson
RADISSON RESORT
AT THE PORT

The 2019 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.)

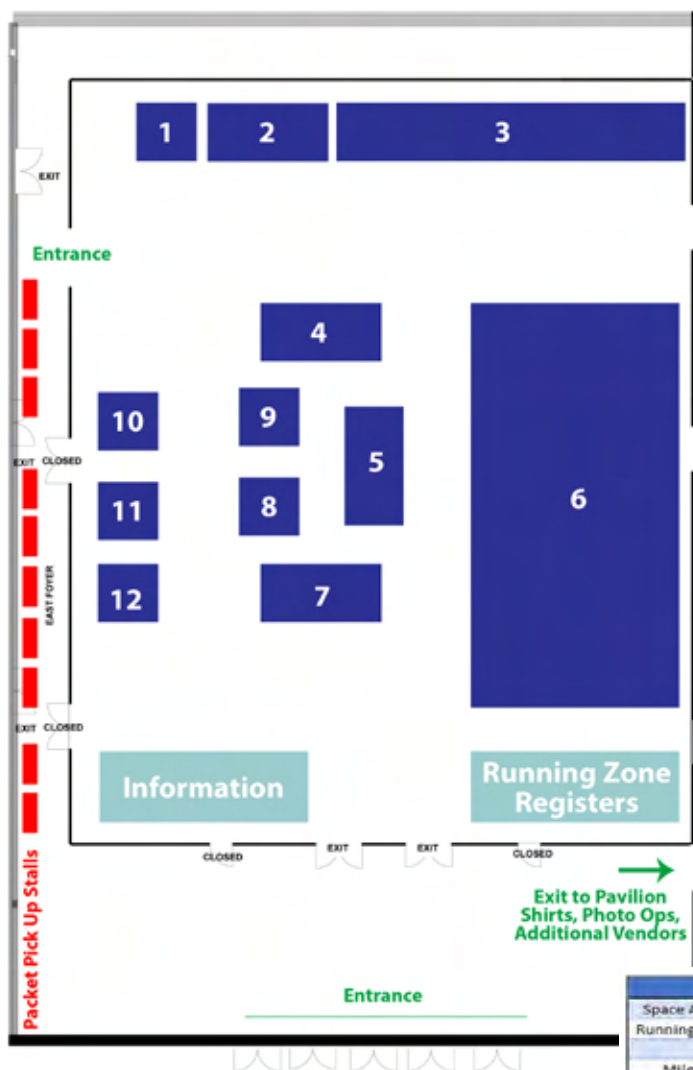
****PHOTO ID REQUIRED**** Please have your race number and your Drivers License or Photo ID when picking up your race packet. Each participant is required to pick up his or her own race packet.

Location & Hours: Radisson Resort at the Port, Saturday, November 30th, 9:00 am-5:00 pm



THE 2019 HEALTH & FITNESS EXPO EXHIBITORS, RADISSON RESORT AT THE PORT CONFERENCE CENTER

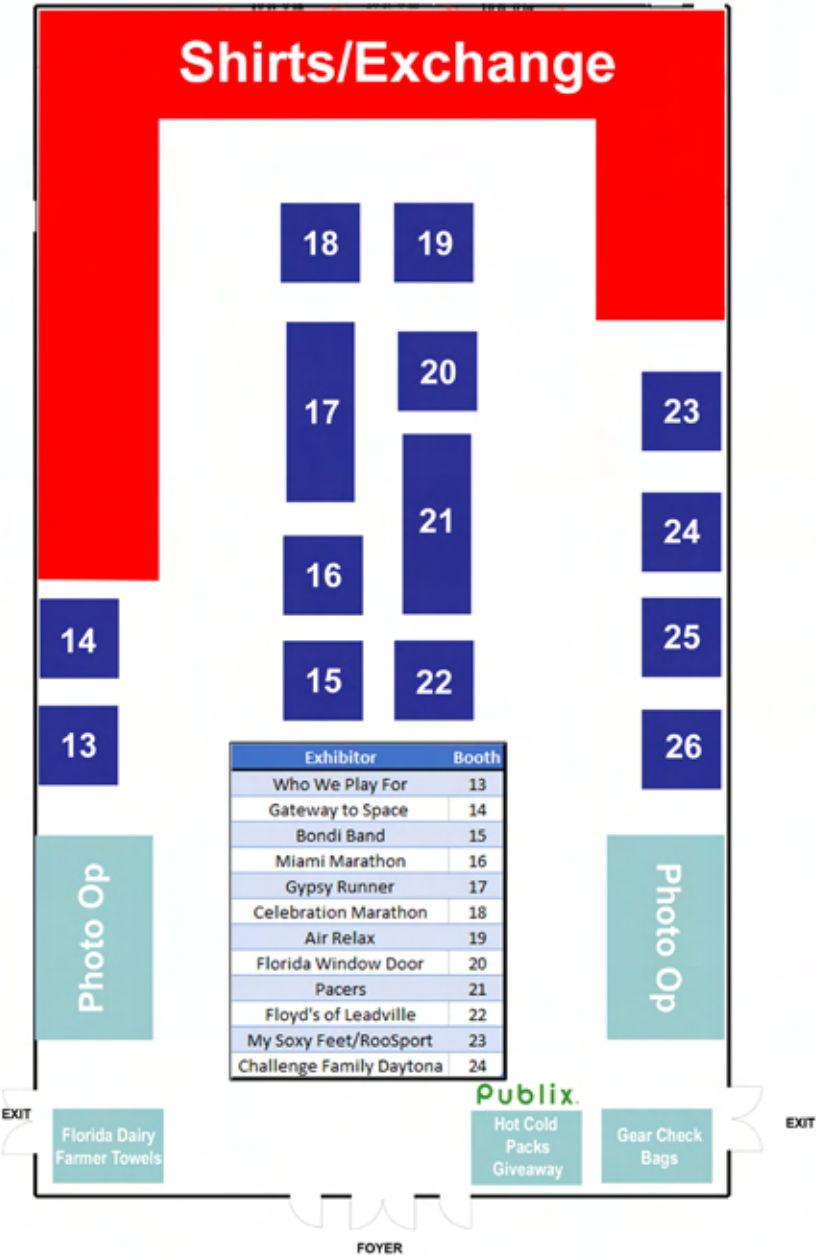
SATURDAY, NOVEMBER 30TH – 9:00 AM TO 5:00 PM



Exhibitor	Booth
Space Age Heating and Cooling	1
Running Zone Foundation Events	2
Brooks	3
Milestone Sports Jewelry	4
Space Coast Runners	5
Running Zone	6
Sparkle Skirts	7
Turtle Towels	8
Fort Lauderdale A1a Marathon	9
The Stick	10
Donna Marathon Weekend	11
Boston Bill Sunglasses	12

THE 2019 HEALTH & FITNESS EXPO EXHIBITORS,
RADISSON RESORT AT THE PORT PAVILION

SATURDAY, NOVEMBER 30TH - 9:00 AM TO 5:00 PM



PARKING INFORMATION

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.





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: 401 Riveredge Blvd., 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.

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.

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.



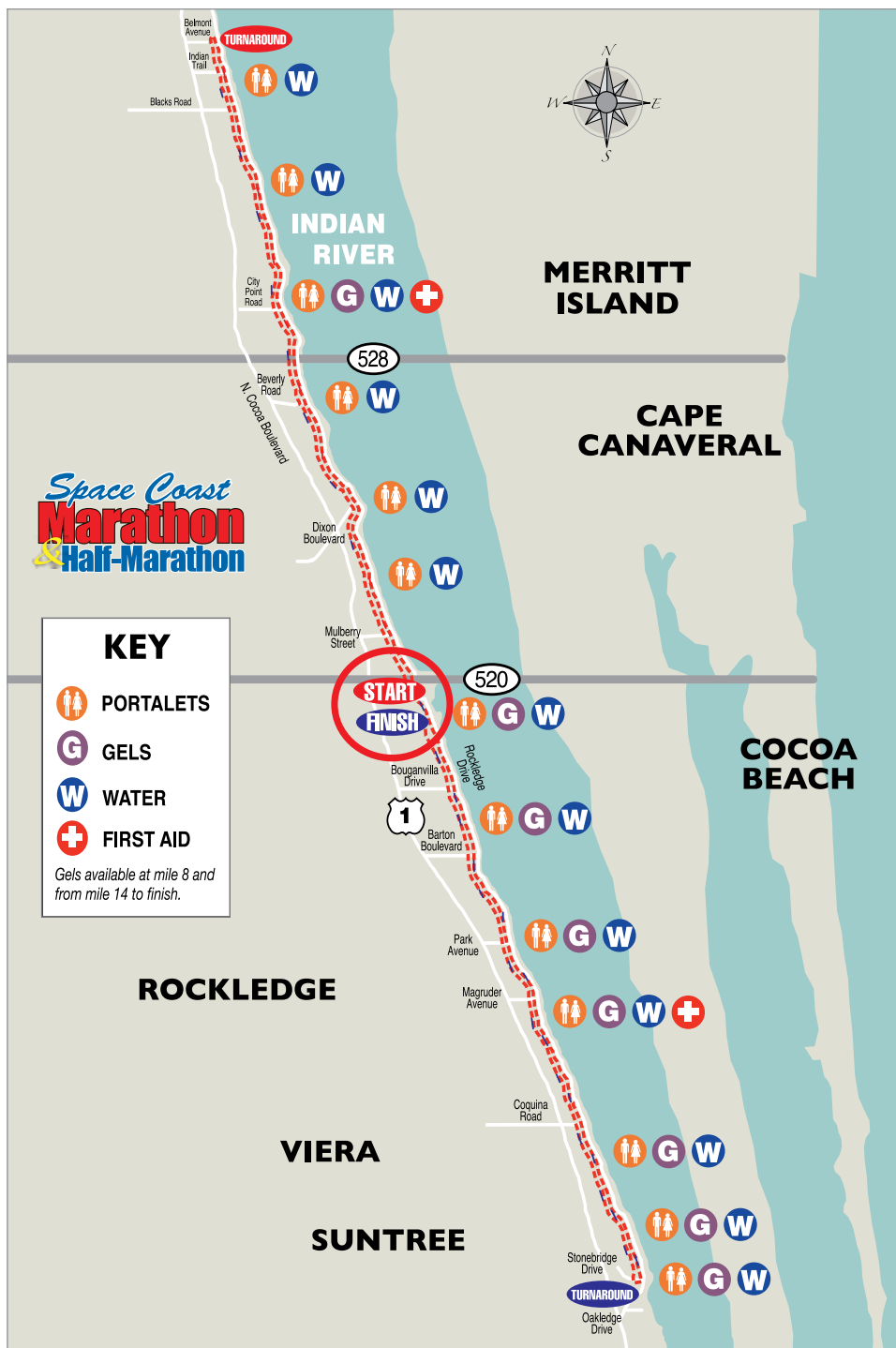
Space Coast Marathon & Half Marathons

6:00 am Full & Half Marathons Start

Race Site: 401 Riveredge Blvd., 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, DECEMBER 1ST: 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: (OFF-SITE PARKING)

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

ZONE D: (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

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

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 complimentary eggs, macaroni and cheese, 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. 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.

The Space Coast Marathon is a designated RRCA State Championship event for 2019! 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, 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.

MARATHONFOTO – Official Race Photographer

The official photographer for the Space Coast Marathon & Half Marathon is Marathonfoto.com. Visit 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.



PROJECT GEMINI



PHOTOS: NASA

March 23, 1965 - Launch of first crewed Gemini Flight

In a span of 20 months from March 1965 to November 1966, NASA developed, tested and flew transformative capabilities and cutting-edge technologies in the Gemini program that paved the way for not only Apollo, but the achievements of the space shuttle, building the International Space Station and setting the stage for human exploration of Mars.

The first crewed Gemini flight, Gemini III, lifted off Launch Pad 19 at 9:24 a.m. EST on March 23, 1965. The spacecraft "Molly Brown" carried astronauts Virgil I. "Gus" Grissom, command pilot, and John W. Young, pilot, on three orbits of Earth.


NASA's two-man Gemini spaceflights demonstrated that astronauts could change their capsule's orbit, remain in space for at least two weeks and work outside their spacecraft. They also pioneered rendezvous and docking with other spacecraft. All were essential skills to land on the moon and return safely to Earth.


Veteran Mercury astronaut Grissom was selected as command pilot of Gemini III, making him the first person traveling into space twice. Joining Grissom was Young, the first member of the second group of NASA pilots to fly in space. Young would go on to become the first person to make six spaceflights, including commanding Apollo 16 during which he walked on the moon. He also commanded STS-1, the first shuttle mission.

Gemini III's primary goal was to test the new, maneuverable spacecraft. In space, the crew members fired thrusters to change the shape of their orbit, shift their orbital plane slightly, and drop to a lower altitude. The revolutionary orbital maneuvering technology paved the way for rendezvous missions later in the Gemini Program and proved it was possible for a lunar module to lift off the moon and dock with the lunar orbiting command module for the trip home to Earth. It also meant spacecraft could be launched to rendezvous and dock with an orbiting space station.

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10 MILE • RELAY • 5K • 2 MILE
MARCH 14-15, 2020
Choose Your Challenge!

PERKS

- New Challenge Weekend
- Legendary Finisher Medals
- Age Group & Overall Awards
- Post Race Feast

PERKS

- Camelot Costume Contest
- Pace Teams
- Free Ale (21+)
- Race Shirts

Location:
Viera, FL

Saturday, March 14 5K – 5:00 pm	Sunday, March 15 10 Mile/Relay – 7:30 am 2 Mile – 10:30 am
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ExcaliburRun.com

@excalibur10miler





Red Carpet Run Half
5K • 10K
OCTOBER 4, 2020

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

LOCATION:
Cocoa Village, FL

START TIMES:
All Events – 6:30 am Start

RedCarpetRunHalf.com



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Restrictions apply. See pharmacy for details.



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



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