

*Celebrating
45 Years!*



Marathon & Half-Marathon

PRESENTED BY **Publix**®

The Only Space Themed Marathon & Half Marathon on the Planet

3|2|1 BLASTOFF! PARTICIPANT GUIDE

11|27|16 • COCOA VILLAGE, FLORIDA
SPLIT START TIMES: 6:00AM HALF MARATHON
& 6:30AM FULL MARATHON

Year 4 of
"THE BIG BANG SERIES"
— A 5 YEAR MISSION —

SCHEDULE OF EVENTS

PRE-RACE

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PHOTO: NASA

Easy Organic

Explore a variety of organic frozen produce right at your neighborhood Publix. Stock your freezer with recipe-ready Publix GreenWise frozen fruit and veggies.

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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 wellbeing while enjoying the natural beauty of Florida's waterways.



2 Titusville High School NJROTC 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

6 | 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 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.

15 The Central Florida Rowing Team was founded in 1972 as the first sports club at the University of Central Florida. The student-run, self-funded team allows students the opportunity to explore the beautiful sport of rowing and compete against other schools from all around the country. The team is highly regarded across the state of Florida and respected throughout the southeastern region due to over forty years of hard work and dedication from our student-athletes.

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 www.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 5 Year Challenge!

Register for the Full Marathon while there is still "Space"!



ANNOUNCES

★ 2013-2017 ★

THE BIG BANG SERIES

Blasting Off November 27, 2016

PRESENTED BY





2013 COLUMBIA



2014 CHALLENGER



2015 DISCOVERY



2016 ENDEAVOUR



2017 ATLANTIS

Milky Way Challenge Finisher Medal
Complete 3 races in 5 years.

Intergalactic Challenge Finisher Medal
Complete 5 races in 5 years.



3-YEAR MILKY WAY FINISHER



5-YEAR INTERGALACTIC FINISHER

#spacecoastmara

Follow us:



The Only Space Themed Marathon & Half Marathon on the Planet

5 Years = 5 Space Shuttle Medals + 2 MEGA Milestone Medals!

Join the Ultimate Space Race!

SCHEDULE OF EVENTS: *Mission Control*

FRIDAY ACTIVITIES - NOVEMBER 25TH

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 26TH

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

5:30 pm Pre-Race Pasta Dinner opens at Host Hotel Radisson Resort at the Port in the Pavillion

6:30 pm Keynote Speaker Presentation by Robert D. Cabana

RACE DAY SCHEDULE - SUNDAY, NOVEMBER 27TH

4:15 am Bus pickup starts at host hotels (see detailed bus instructions on page 22)

4:30 am Race Site Opens & Bag Check Opens

6:00 am **HALF MARATHON RACE STARTS** on Brevard Avenue and
Full Marathon Race lines up in “Pre-Flight” Staging Area on Delannoy Avenue

6:30 am **FULL MARATHON RACE STARTS** on Brevard Avenue

8:00 am Shuttle buses to begin return to host hotels until 2:00 pm

9:30 am Half Marathon Awards Ceremony

11:30 am Full Marathon Awards Ceremony

RACE LOCATION

The 45th 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 21st - November 25th (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 26th from 9:00 am – 5:00 pm at the Radisson Resort at the Port.

****PHOTO ID REQUIRED**** Please note you will be required to bring your race confirmation (hard copy) 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 www.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 | 5. Official Technical Race Shirt |
| 2. Safety Pins | 6. Official Bib Number – Bibs will be customized with your first name on the front of your official race number. |
| 3. D-Tag (on back of Race #) | 7. You will be given the option to pick up a bag for bag check. This is a CLEAR drawstring bag for security. |
| 4. Participant Guide | |

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 the Monday of race week.



SATURDAY, NOVEMBER 26TH **2016 HEALTH & FITNESS EXPO**

PRESENTED BY
Publix.

Radisson
RADISSON RESORT
AT THE PORT

The 2016 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 note you will be required to bring your race confirmation (hard copy) 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: Saturday, November 26th from 9:00 am to 5:00 pm.

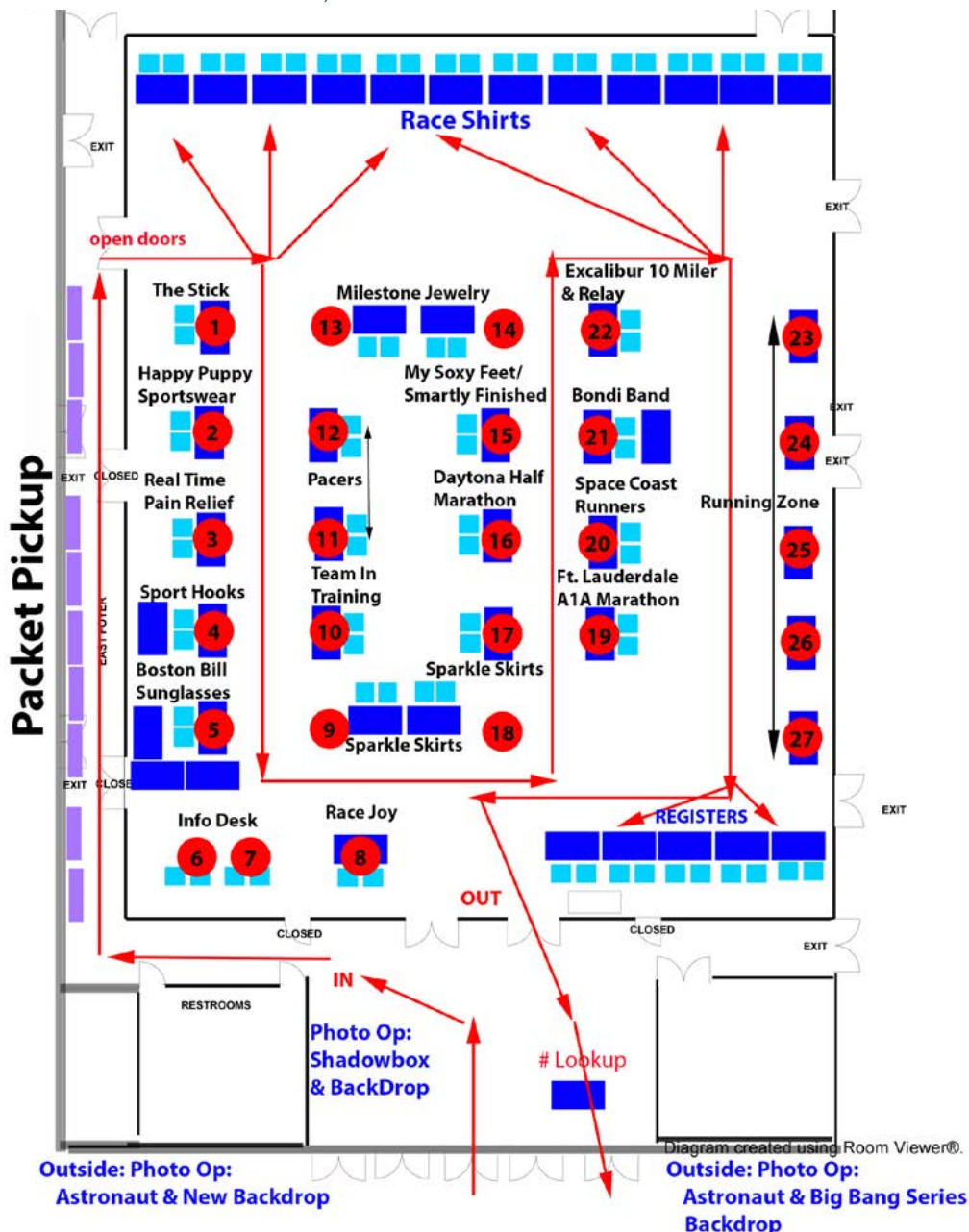
PRE-RACE: T-Minus-1 Day to Launch

“OUT-OF-THIS-WORLD” DINING EXPERIENCE: Fuel Up

If you purchased a ticket to the pre-race pasta dinner on Saturday evening, here are some specifics. The host hotel is the Radisson Resort at the Port in the Pavilion and the dinner starts at 5:30 pm. We hope you can join us for our full pasta buffet dinner that will include a variety of pastas, your choice of marinara, bolognese or pesto sauces,

**THE 2016 HEALTH & FITNESS EXPO EXHIBITORS,
RADISSON RESORT AT THE PORT CONFERENCE CENTER**

SATURDAY, NOVEMBER 26TH – 9:00 AM TO 5:00 PM



mixed green salad with assorted dressings, garlic bread, and chocolate cake for dessert. Iced tea and water are provided, cash bar is available. Our keynote speaker, Robert D. Cabana will also be speaking at the dinner!

The Radisson Resort at the Port is a contemporary resort hotel located near World Famous Cocoa Beach, Port Canaveral & Kennedy Space Center.

KEYNOTE SPEAKER: ROBERT D. CABANA

We are very excited to announce that Robert D. Cabana, will be the guest speaker at this year's Space Coast Marathon & Half Marathon Pre-race pasta dinner. Mr. Cabana will also be part of the Sunday morning activities including the awards presentation.

A veteran of four spaceflights, serving as pilot and mission commander

Robert D. Cabana is a former NASA astronaut, currently serving as director of NASA's John F. Kennedy Space Center in Florida. In his current role, Mr. Cabana manages all NASA facilities and activities at the spaceport, including the team of civil service and contractor employees who operate and support numerous space programs and projects.



Robert D. Cabana

Born in Minneapolis, Minnesota, Mr. Cabana graduated from the U. S. Naval Academy in 1971 with a bachelor's degree in mathematics. He was commissioned a second lieutenant in the U.S. Marine Corps and completed Naval Flight Officer training in Pensacola in 1972. Mr. Cabana then served as an A-6 bombardier/navigator with Marine Air Wings in Cherry Point, North Carolina, and Iwakuni, Japan.

Mr. Cabana was selected as an astronaut candidate in June 1985 and completed his initial astronaut training in July 1986. He was assigned to the Lyndon B. Johnson Space Center Astronaut Office, serving in a number of leadership positions, including lead astronaut in the Shuttle Avionics Integration Laboratory; Mission Control Spacecraft Communicator, famously known as CAPCOM; and chief of NASA's Astronaut Office.

A veteran of four spaceflights, Mr. Cabana has logged 38 days in space, serving as the pilot on STS-41 and STS-53 and mission commander on STS-65 and STS-88. His fourth flight was the first assembly mission of the International Space Station in December of 1998 on the Endeavour. Following his retirement as a colonel from the Marine Corps in September 2000, Mr. Cabana was appointed a member of the Federal Senior Executive Service. He served in numerous, challenging senior management positions at Johnson Space Center in Houston, ultimately becoming deputy director.

In October 2007, Mr. Cabana was appointed director of NASA's John C. Stennis Space Center in Mississippi. A year later he was reassigned as the tenth director of the John F. Kennedy Space Center.

CHRONOTRACK D-TAG TIMING TECHNOLOGY



Chronotrack D-tag timing (disposable D-tag) will be used for scoring. Both the official time and "net" time will be calculated. Please attach your D-TAG to your shoe and wear your bib # on the front of your shirt. The D-tag is on the back of your race number. Both the marathon and half marathon 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 and Pre-race Dinner)



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.

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. Half Marathoners, please line up according to your expected race pace per mile at the start area on Brevard Ave. before 5:45 am. (See map on page 14)

PRE-FLIGHT STAGING AREA FOR MARATHONERS

Please line up according to your pace in the pre-flight staging area on Delannoy Avenue starting at 6:00 am. After the half marathon starts at 6:00 am, the marathoners will walk to the start corrals on Brevard Avenue.

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 15.)

Bag Check will close at 6:00 am for both races. Please note all participants should be in place by 6:00 am. The Half Marathoners should be in the start corrals on Brevard Avenue and the Full Marathoners should be at the 'Pre-Flight' station on Delannoy Avenue.



Corral Area Layout

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 15.)

PACE 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 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 half marathon. Look at the times and the lineup Pace Teams available.

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.

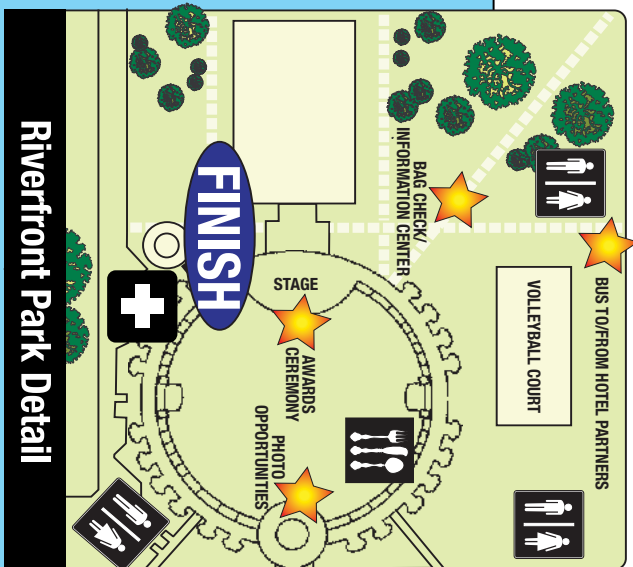
How will the Pacers be running the race? Every pace leader will be holding a steady pace throughout the marathon/half marathon. These "even splits" are the best way to achieve your peak performance in the race.

14 | RACE CENTRAL MAP - COCOA VILLAGE

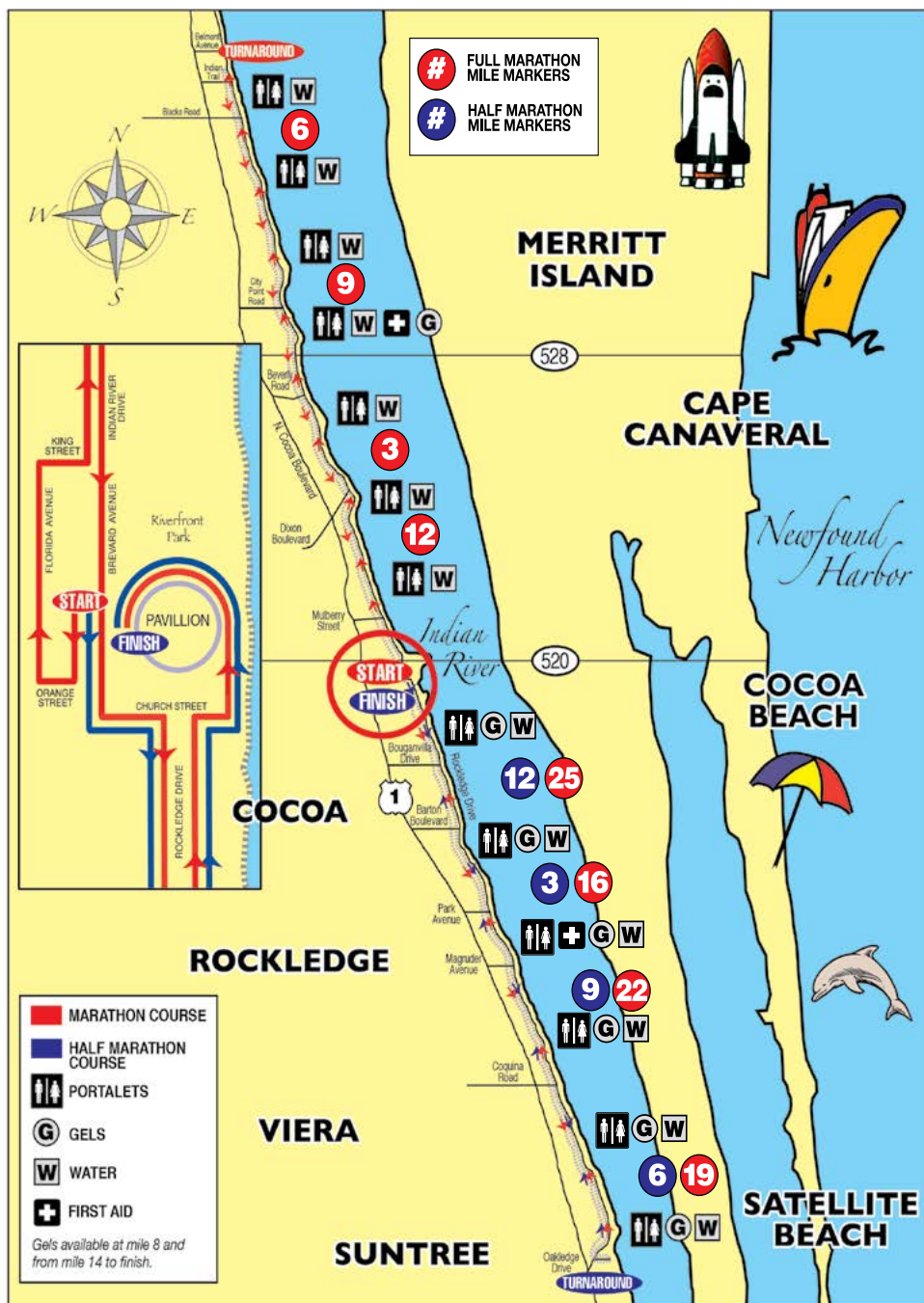


Space Coast Marathon & Half Marathon Race Central - Cocoa Village

6:00 am Half Marathon Start / 6:30 am Full Marathon Start



AREA COURSE MAP



Where will my Pace Leader be on race morning? About 30 minutes before the start, we'll be assembling in the starting area for the half marathon. We will be assembling for the full in the pre-flight staging 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.

Pacers:

| MARATHON GOAL | |
|---------------|-------------|
| Hours: Min | Pace / Mile |
| 3:15 | 7:27 |
| 3:25 | 7:49 |
| 3:30 | 8:01 |
| 3:35 | 8:12 |
| 3:40 | 8:24 |
| 3:45 | 8:35 |
| 3:55 | 8:58 |
| 4:00 | 9:10 |
| 4:10 | 9:33 |
| 4:20 | 9:55 |
| 4:30 | 10:18 |
| 4:40 | 10:41 |
| 5:00 | 11:27 |

| HALF MARATHON GOAL | |
|--------------------|-------------|
| Hours: Min | Pace / Mile |
| 1:35 | 7:15 |
| 1:40 | 7:38 |
| 1:45 | 8:01 |
| 1:50 | 8:24 |
| 1:55 | 8:47 |
| 2:00 | 9:09 |
| 2:05 | 9:33 |
| 2:10 | 9:55 |
| 2:15 | 10:18 |
| 2:20 | 10:42 |
| 2:30 | 11:27 |

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.

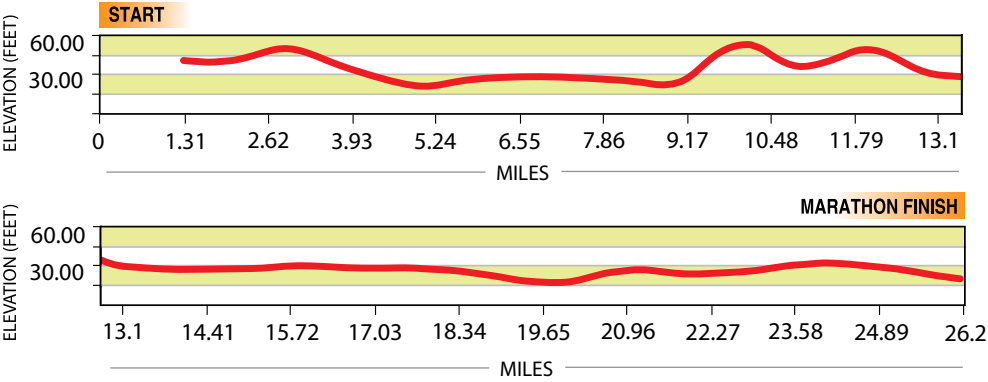
How do you join a pace group? Sign up at the Pace Team booth inside the Publix Health & Fitness Expo. Then look for our Galloway Pacers before the race, stick with them

Galloway Run-Walk-Run® Method Pace Groups:

| MARATHON GOAL | | |
|---------------|-------------|-------------------------|
| Hours: Min | Pace / Mile | Ratio |
| 4:00 | 9:10 | 4 min run/1 min walk |
| 4:15 | 9:44 | 3 min run/1 min walk |
| 4:30 | 10:18 | 3 min run/1 min walk |
| 4:45 | 10:52 | 2:30 min run/1 min walk |
| 5:00 | 11:27 | 2 min run/1 min walk |
| 5:15 | 12:00 | 2 min run/1 min walk |
| 5:30 | 12:35 | 1 min run/1 min walk |
| 5:45 | 13:09 | 1 min run/1 min walk |
| 6:00 | 13:43 | 1 min run/1 min walk |
| 6:15 | 14:18 | 30 sec run/45 sec walk |
| 6:30 | 14:52 | 30 sec run/45 sec walk |
| 7:00 | 16:01 | 20 sec run/40 sec walk |

| HALF MARATHON GOAL | | |
|--------------------|-------|------------------------|
| Hours: Min | Pace | Ratio |
| 2:15 | 10:17 | 3 min run/1 min walk |
| 2:30 | 11:27 | 2 min run/1 min walk |
| 2:45 | 12:35 | 1 min run/1 min walk |
| 3:00 | 13:43 | 30 sec run/30 sec walk |
| 3:15 | 14:52 | 30 sec run/45 sec walk |
| 3:30 | 16:01 | 20 sec run/40 sec walk |
| 4:00 | 18:18 | 20 sec run/40 sec walk |

ELEVATION PROFILE - SPACE COAST MARATHON



ELEVATION PROFILE - SPACE COAST HALF MARATHON

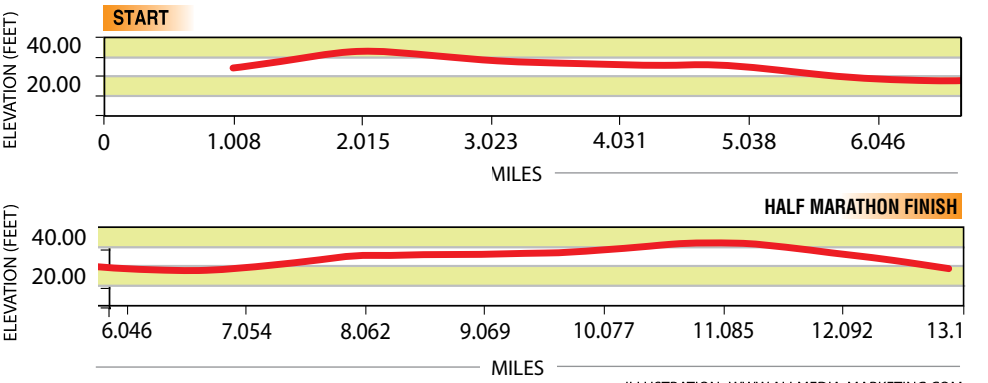
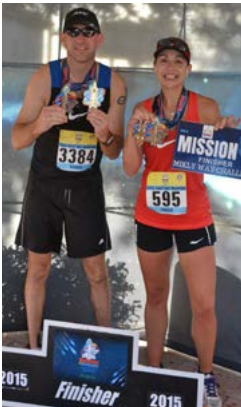


ILLUSTRATION: WWW.ALLMEDIA-MARKETING.COM



throughout the run, and remember to move to the right of the road during walk breaks. All pacers will be easily identifiable before and during the race (brightly colored shirts) and will be using Jeff Galloway's Run-Walk-Run® Method for the entire 26.2 or 13.1 miles.

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 (Gatorade Endurance) 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 1:30 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 30 minute per mile pace must be maintained for all athletes in the half marathon.

Marathoners unable to maintain this pace will not be able to proceed to the south portion of the race course. Once passing the half marathon split point, the participant

20 | COURSE TIME LIMITS – SPECTATOR AREAS

will be directed to the race finish area. (the half marathon split point is approximately ¼ mile from the finish line area)

Any marathoners that pass the half marathon split point but fall behind and are not at the 20 Mile Split Point at 6 hours from the start (18 minute per mile pace) will be picked up at any point along the course and transported to the finish line area.

A training pace of 16-minute per mile pace is recommended to allow for photo and restroom breaks.

Walkers: Walkers are encouraged to participate in The “Space Coast Marathon and 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 and other unauthorized vehicles and unofficial space cadets are not permitted on the course.

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

Half Marathon splits will be at 5K, 10K, 15K and the finish. Marathon splits will be at 10K, ½ marathon, 20 mile and finish. Clocks will be displayed at each timing split site. Each mile will be marked along the course. Half Marathon Mile Markers are WHITE and Marathon Mile Markers are RED.

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 only: If you are between miles 1 and 13 at 9:00 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 half marathoners and the 2nd half for the full marathoners, at 10:30 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 by THALES, our Official RaceJoy Partner.

- 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!



THALES

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 Health First Medical Group.



Medical Group



Dr. Bryan Parry

A NOTE FROM OUR MEDICAL DIRECTOR

Dr. Bryan Parry is a board certified orthopedic surgeon practicing in Viera. He has served as medical director for the Space Coast Marathon for the past 4 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. He practices with Health First Medical Group.

share his same passion for competition, health and wellness. He practices with Health First Medical Group.

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

22 | MEDICAL SERVICES & SUPPORT – RACE DAY TRANSPORTATION

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*

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 4:15 AM AND THE SECOND WHEN THE BUS MAKES IT BACK TO THE HOTEL, TENTATIVELY, 5:00 AM. IF YOU DON'T WANT TO BE RUSHED, BE ON THE 4:15 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 15 FOR THE BUS DROP-OFF AND PICK-UP AREA ON HARRISON STREET.

SUNDAY, NOVEMBER 27TH: 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
- Country Inn & Suites, 9009 Astronaut Blvd., Cape Canaveral, FL 32920

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, 1550 N. Atlantic Ave., Cocoa Beach, FL 32931
- Double Tree Hilton Cocoa Beach, 2080 N. Atlantic Ave., Cocoa Beach, FL 32931
- International Palms Resort, 1300 N. Atlantic Ave., Cocoa Beach, FL 32931
- Comfort 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 Viera, 8298 N. Wickham Rd., Melbourne, FL 32940
-

- Holiday Inn Express & Suites Cocoa, 301 Tucker Ln., Cocoa, FL 32926

ZONE D:

- Crowne Plaza Oceanfront, 2605 N. A1A, Melbourne, FL 32903

**** THERE WILL ONLY BE ONE BUS TRIP FROM CROWNE PLAZA HOTEL AT 4:45 AM BECAUSE OF PROXIMITY TO START**

ZONE E: (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, E)

RETURN TRIPS: 8:00 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 4:15 am until 5:30 am and then from 8:00 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
- Bank of America parking lot area between Delannoy Ave., Church St. & Brevard Ave., 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

SHOWER AFTER YOUR “JOURNEY INTO SPACE”

Participants who would like to freshen up after the race can shower after your “Journey Into Space” at any of the YMCA facilities listed below. The showers and locker rooms are available after the race. Thank you to our local YMCA for their support!



■ Cocoa YMCA

(10:00 am - 12:00 pm)
1519 Clearlake Rd., Bldg. 18
Cocoa, FL 32922
321.433.7770

■ Suntree YMCA

(10:00 am - 2:00 pm)
6300 N. Wickham Rd., Ste. 114
Melbourne, FL 32940
321.259.2929

■ Titusville YMCA

(11:30 am - 2:00 pm)
2400 Harrison St.
Titusville, FL 32780
321.267.8924



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.

MILKY WAY CHALLENGE FINISHERS

If you qualify this year for the 3 Year Milky Way Challenge, your race number will indicate "Milky Way Finisher" on it. Please be sure to wear your race number on the front of your shirt or shorts so we can identify you as a Milky Way Challenge Finisher. Your Milky Way Challenge Medal will be handed out in the finish corral. (just past the current year's medal area) Congratulations on your 3 year journey!

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!) Chocolate milk provided by Florida Dairy Farmers to refuel after the race. You must show your race number as proof of participation. Extra breakfast tickets are available for \$5.00 for family & friends on site (cash only).

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 www.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 www.SpaceCoastMarathon.com.



The Marathon and Half Marathon are both designated RRCA State Championship events for 2016! 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 Half Marathon Awards Ceremony will start at 9:30 am and the Marathon Awards Ceremony will start at 11:30 am at Riverfront Park Pavilion. Mike McCulley, astronaut and former President and CEO of United Space Alliance and Mr. Robert D. Cabana, director of NASA's John F. Kennedy Space Center, former NASA astronaut and our keynote speaker, will be part of the Sunday morning ceremonies.

- Mr. McCulley flew on STS-34 in 1989 and has logged a total of 119 hours and 41 minute in space.
- Mr. Cabana was selected as an astronaut candidate in June 1985 and completed his initial astronaut training in July 1986. He served as mission commander on STS-88 Endeavour which was the first International Space Station assembly mission in 1998. In 2007, Mr. Cabana was appointed director of NASA's John C. Stennis Space Center in Mississippi and later became the tenth director of the John F. Kennedy Space Center.

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 www.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 www.kennedyspacecenter.com. All participants are eligible for this grand prize drawing. *No trip to the Space Coast is complete without visiting Kennedy Space Center!*



SPACE SHUTTLE ENDEAVOUR

Authorization to construct the fifth Space Shuttle orbiter as a replacement for Challenger was granted by Congress on August 1, 1987. Endeavour (OV-105) first arrived at KSC's Shuttle Landing Facility May 7, 1991, atop NASA's new Shuttle Carrier Aircraft (NASA 911). The space agency's newest orbiter began flight operations in 1992 on mission STS-49, the Intelsat VI repair mission.

Endeavour is named after the first ship commanded by 18th century British explorer James Cook. On its maiden voyage in 1768, Cook sailed into the South Pacific and around Tahiti to observe the passage of Venus between



Space Shuttle Endeavour roars toward orbit on the STS-118 mission.

PHOTO: NASA

the Earth and the Sun. During another leg of the journey, Cook discovered New Zealand, surveyed Australia and navigated the Great Barrier Reef.

Our 5-year shuttle medal series was created to honor the Space Shuttle Program and the incredible people who made tremendous strides in America's space exploration through their hard work, dedication and sacrifice. The 2016 medal represents Space Shuttle Endeavour and the 45th anniversary of the Space Coast Marathon & Half Marathon.

As runners and walkers head out in 2016 to face the mission of a marathon or a half marathon, we focus on what you can discover about yourself, nature, and a community on a run and the amazing discoveries made by a shuttle that flew and created history: Endeavour.

BY THE NUMBERS:

- 25 flights completed
- 4,671 Earth orbits
- 122,883,151 miles!
- 299 days in space!
- 154 crew members

— WWW.NASA.GOV

PHOTOS: NASA



Three crewmembers of mission STS-49 hold onto the 4.5 ton International Telecommunications Organization Satellite (INTELSAT) VI after a six-handed "capture" was made minutes earlier during the mission's third extravehicular activity (EVA).



The space shuttle Endeavour, atop the Shuttle Carrier Aircraft, or SCA, lands at Los Angeles International Airport on Tuesday, Sept. 21, 2012 to be placed on public display at the California Science Center.



STS-88 Mission Commander Robert D. Cabana (left) and Pilot Frederick W. "Rick" Sturckow (right) take their seats in the flight deck inside orbiter Endeavour during Terminal Countdown Demonstration Activities (TCDT). The TCDT includes mission familiarization activities, emergency egress training, and the simulated main engine cut-off exercise.

A SPECIAL THANK YOU TO:





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SERIES

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Dragon Slayer 2 Miler • 7:45 am Start

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2017: Sapphire



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



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