



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

The Only Space Themed Marathon & Half Marathon on the Planet

# 3|2|1 BLASTOFF!

## PARTICIPANT GUIDE

**11|30|14 • COCOA VILLAGE, FLORIDA**  
**SPLIT START TIMES: 6:00AM HALF MARATHON**  
**& 6:30AM FULL MARATHON**

*Year 2 of the*  
**"THE BIG BANG SERIES"**  
- A 5 YEAR MISSION -

PRESENTED BY  
**Publix**

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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.*

■ **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. Find out more at our website [www.spacecoastcrew.org](http://www.spacecoastcrew.org)



■ **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. Find out more at our website <https://www.facebook.com/TitusvilleHighSchoolNJROTCBoosterClub>

■ **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. Find out



more at our website [www.teamintraining.org/ncfl](http://www.teamintraining.org/ncfl)

■ **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. Find out more at our website [www.coastalboxers.org](http://www.coastalboxers.org)



■ **The Cocoa Future Educators Association** is a University of Central Florida student organization dedicated to supporting people interested in education-related careers. They partner with the local high school and middle school FEA clubs throughout Brevard Public Schools in order to promote teaching as a profession and UCF as the best place to receive their training. Each year, the club sponsors a leadership seminar for high school FEA officers, and members attend local, state, and national conferences where they compete in academic competitions related to the teaching profession. Find out more at our website [http://recruitment.brevard.k12.fl.us/FFEA\\_astronaut/](http://recruitment.brevard.k12.fl.us/FFEA_astronaut/)



■ **Brevard Virtual School** is a free, K-12 public school serving Brevard's diverse student population. Their local and certified instructors teach



## 6 | BENEFICIARIES: WATER STATION HOST ORGANIZATIONS

challenging online courses. Students access curriculum and receive personalized instruction and feedback using technology with opportunities for live sessions. Find out more at our website

<http://virtualinstruction.brevard.k12.fl.us/>

■ **Melbourne High School Boys and Girls Cross Country Teams** are honored to take part in this event. We appreciate all the support we have received from the Running Zone over the years. Events like this not only help us with our fundraising needs, they also give our athletes the opportunity to get involved with and support others who love the sport. We are VERY excited about this collaboration, and look forward to seeing you on the road. Get in those miles! Find out more at our website <http://www.melhighsports.com/>

■ **Rockledge Presbyterian Church** which is over a 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. Find out more at our website [www.rockledgepres.org](http://www.rockledgepres.org)



■ **The M.O.R.G.A.N. Project's Quality of Life** support programs for children with disabilities have been designed around one very simple value: to make the parents' job of caring for their own special-needs child in the family home just a little bit easier. In addition to providing guidance, resources and gently used disability equipment free of charge to these families, the organization has recently created a new therapeutic/recreational option for families in Brevard 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. Find out more at our website [www.themorganproject.org](http://www.themorganproject.org)

■ **The Scott Center for Autism Treatment** is a one of a kind facility on the campus of Florida Tech in Melbourne. 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.) Find out more at our website [www.thescottcenter.org](http://www.thescottcenter.org)



■ **Holy Trinity Track and Cross Country** is in its 15th season! In the past 14 seasons we have won 14 cross country state championships (7 boys, 7 girls) and 6 Track State Championships (4 girls, 2 boys). Each season they travel around Florida, Georgia, and N. Carolina in an attempt to run against the best competition to make the athletes better and more visible for college coaches. There are currently 20 Holy Trinity Track alumni competing at the collegiate level. Holy Trinity is a school with 550 students and an average graduating class of about 95. [www.htcademy.org/athletics/cross-country](http://www.htcademy.org/athletics/cross-country)



■ **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. Find out more at our website <http://bsatroop338.org/>

■ **Space Coast Parrot Heads, SCPHC**, is a tax exempt organization dedicated to preserving and improving the environ-

ment 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! Find out more at our website <http://spacecoastparrotheads.webs.com/>



**Earn Mega Medals with the Big Bang Series 3 & 5 Year Challenges!**

Registration for 2015 opens February 15, 2015 at 9:00 am EST.



**ANNOUNCES**

★ 2013-2017 ★

# THE BIG BANG SERIES

**Blasting Off November 30, 2014**

Featuring astronomical finisher medals:

PRESENTED BY



Join the Ultimate Space Race!



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

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

Follow us:




In cooperation with Brevard County Tourist Development Council.

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

### SCHEDULE OF EVENTS: *Mission Control*

#### FRIDAY ACTIVITIES - NOVEMBER 28TH

**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 29TH

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

**2:00 pm** 2:00 – 4:00 pm: Meet & Greet with Bart Yasso at the Running Zone booth at the Health & Fitness Expo at 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 Bart Yasso.

#### RACE DAY SCHEDULE - SUNDAY, NOVEMBER 30TH

**4:15 am** Bus pickup starts at host hotels (4:15 am and 5:00 am)

**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 1:30 pm

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

**11:30 am** Full Marathon Awards Ceremony

### RACE LOCATION

The 43rd 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 on pages 14 and 15.

### PARTICIPANT PACKET PICK-UP PROCEDURES

Packet pick-up is available at Race Headquarters Monday, November 24 - Friday, November 28 (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 29 from 9:00 am – 5:00 pm at the Radisson Resort at the Port.

Please bring a photo ID to pick up your packet. Please note that if you pick up someone else’s packet, you must have consent and their photo ID or a copy of their photo ID. Please be sure to swipe your race number at the verification station





to check your timing tag is working properly and the information presented is your accurate information.

Running Zone is 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](http://www.runningzone.com). You can also contact Running Zone by phone at (321) 751-8890 or online at [info@spacecoastmarathon.com](mailto:info@spacecoastmarathon.com). Packets will only be available on Saturday at the Publix Health & Fitness Expo. **REGISTRATION IS CLOSED.**

## **PARTICIPANT PACKET CONTENT**

During Packet Pickup, you will receive the following items:

- |   |   |
|---|---|
| 1. Bag Check Label Sticker<br>with your Race number on it | 5. Official Technical Race Shirt  |
| 2. Safety Pins  | 6. Official Bib Number – Bibs will be customized with your<br>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<br>check. This is a CLEAR drawstring bag for security.     |
| 4. Participant Guide                                      |   |

## **RUNNERS GOODY BAG**

Don't forget to claim offers in the Virtual Race Bags sent through the email provided on your race registration.



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

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**SATURDAY, NOVEMBER 29TH**  
**2014 HEALTH & FITNESS EXPO**

PRESENTED BY  
**Publix.**   
RADISSON RESORT  
AT THE PORT

The 2014 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.

Please bring a photo ID to pick up your packet. Please note that if you pick up someone else's packet, you must have consent and their photo ID or a copy of their photo ID. Please be sure to swipe your race number at the verification station to check your timing tag is working properly and the information presented is your accurate information.

**Location & Hours:** Saturday, November 29th from 9:00 am to 5:00 pm

## **“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

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## 10 | KEYNOTE SPEAKER – MAPPING DIRECTIONS

that will include a variety of pastas, your choice of Marinara, Bolognese or Pesto sauces, 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, Bart Yasso 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.

The dinner is filled to capacity. Please check out our other partner restaurants' special offers in the Virtual Race Bag.

### KEYNOTE SPEAKER: BART YASSO

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



#### *“Orbiting Around the World: Bart’s Life on the Run”*

We are very excited to announce that Bart Yasso will be our keynote speaker this year at the pre-race dinner at the Radisson Resort at the Port on Saturday night and helping with the awards ceremony on Sunday morning! Bart Yasso joined *Runner’s World* in 1987 to develop the groundbreaking Runner’s World Race Sponsorship Program, creating a vehicle for *Runner’s World* to work with over 7,000 races representing 4 million runners per year.

Bart has been inducted into the Running USA Hall of Champions. Yasso also invented the Yasso 800s, a marathon-training schedule used by thousands around the world. He is one of the few people to have completed races on all seven continents from the Antarctica marathon to the Mt. Kilimanjaro marathon. In 1987, Yasso won the U.S. National Biathlon Long Course Championship and won the Smoky Mountain Marathon in 1998. He has also completed the Ironman five times and the Badwater 146 through Death Valley. He has also cycled, unsupported and by himself, across the country twice. Bart will be at a Meet and Greet on Saturday from 2:00 – 4:00 pm at the Running Zone booth at the Health & Fitness Expo at Radisson Resort at the Port. He will also be signing and selling copies of his book and memoir, *My Life on the Run* and *The Big Book of Marathons*. For more information about Bart visit [www.bartyasso.com](http://www.bartyasso.com)

### 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 Avenue, 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 Area Map in the Participant Guide for numerous parking lots within 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 Area Map in the Participant Guide for numerous parking lots within 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 Area Map in the Participant Guide for numerous parking lots within 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 1:30 pm leaving from the race site.

*If your race is planned to finish after late 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.



Corral Area Layout

### 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

## 12 | INFORMATION SERVICES – PACE TEAMS

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.

### 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 Riverfont 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 the 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.

#### Pacers:

MARATHON GOAL	
Hours: Min	Pace / Mile
3:15	7:27
3:25	7:49
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
1:40	7:38
1:45	8:01
1:50	8:24
1:55	8:47
2:00	9:09
2:10	9:55
2:20	10:42
2:30	11:27

**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 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 neon orange shirts.



**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 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 (neon green shirts) and will be using Jeff Galloway’s Run-Walk-Run® Method for the entire 26.2 or 13.1 miles.

**Galloway Run-Walk-Run® Method Pace Groups:**

MARATHON GOAL		
Hours: Min	Pace / Mile	Ratio
4:00	9:09	4 min run/1 min walk
4:15	9:44	3 min run/1 min walk
4:30	10:17	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
2:00	9:09	4 min run/1 min walk
2:15	10:17	3 min run/1 min walk
2:30	11:26	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

**RACE SITE:**  
430 DELANNOY AVENUE  
COCOA, FL 32922

**Half Marathon**  
**Start 6:00 am**  
**Marathon**  
**Start 6:30 am**

	<b>PORTALETS</b>
	<b>MEDICAL/ AMBULANCE</b>
	<b>FOOD</b>
	<b>PARKING</b>
	<b>MARATHON COURSE</b>
	<b>HALF MARATHON COURSE</b>

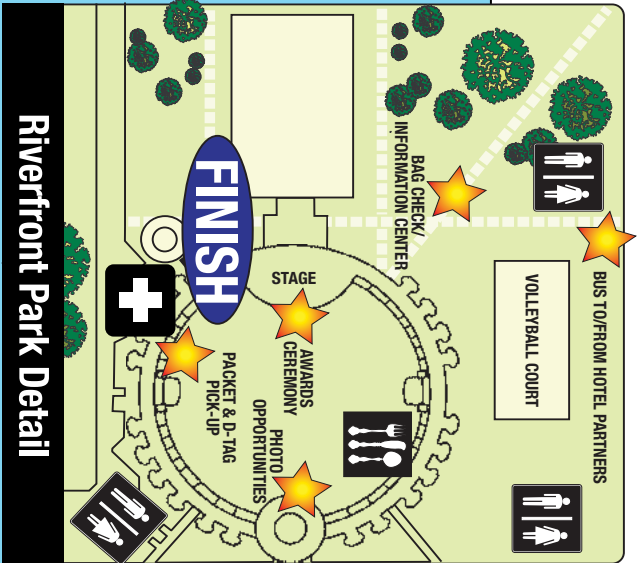
ILLUSTRATION: ALL MEDIA GRAPHICS



See pages 16 and 17 for more Space Coast Marathon & Half Marathon course details

**Space Coast Marathon & Half Marathon  
Race Central - Cocoa Village**

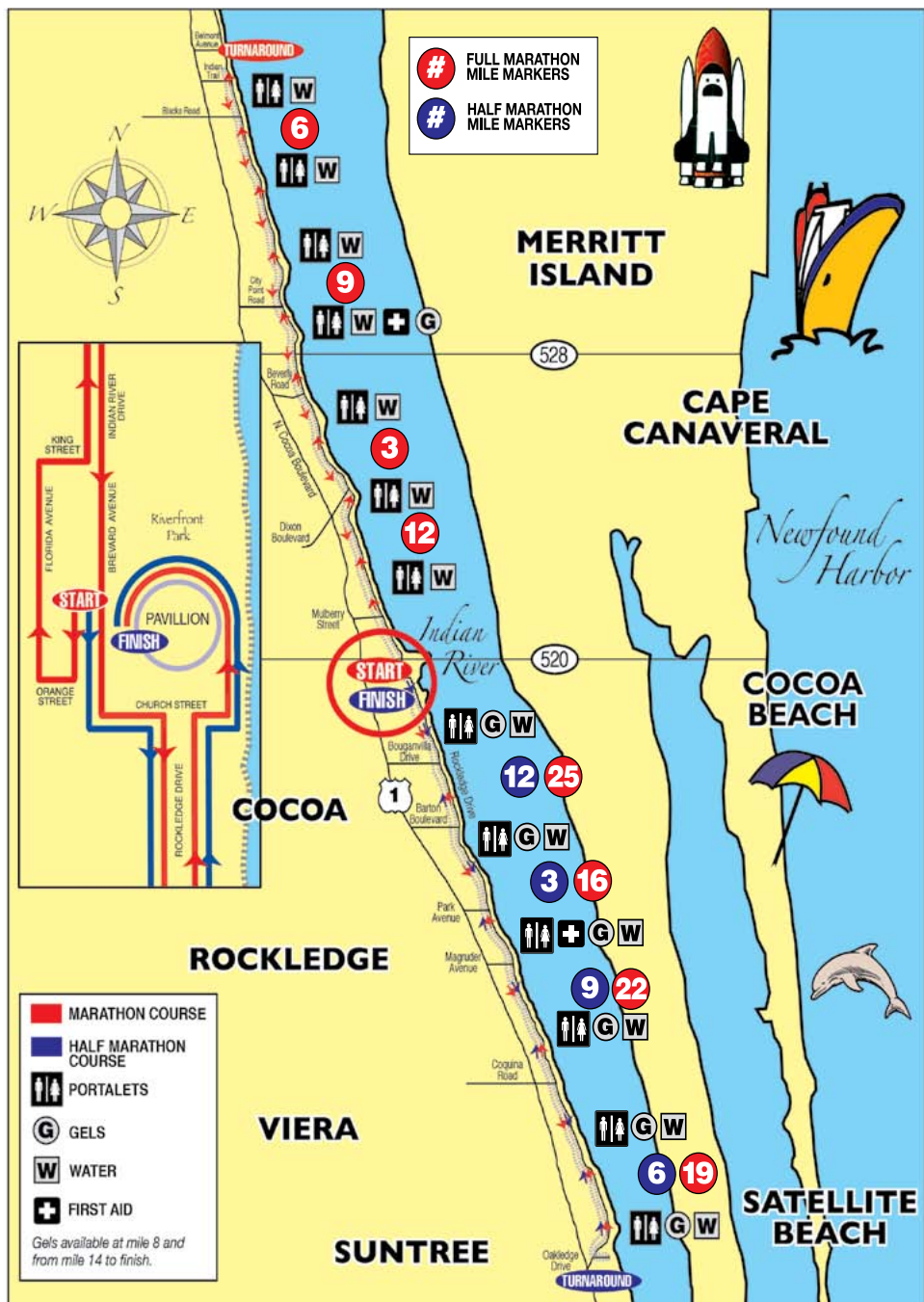
**6:00 am Half Marathon Start / 6:30 am Full Marathon Start**



**MARATHON STAGING AREA "PRE-FLIGHT"**

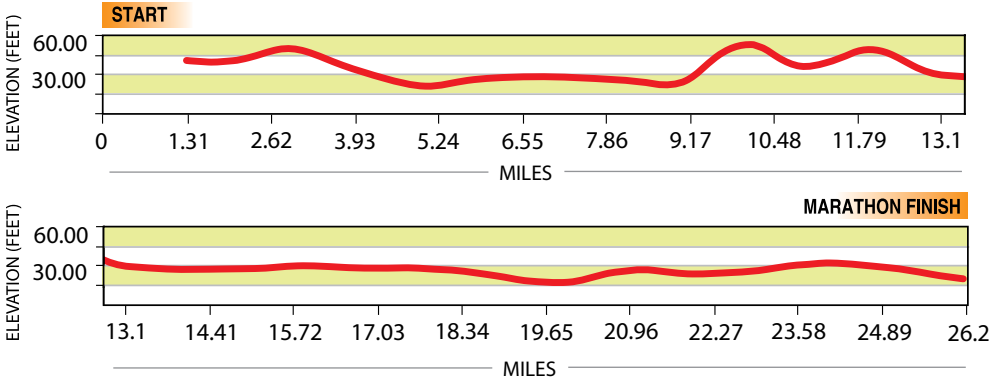
**BUS TO/FROM HOTEL PARTNERS**

## AREA COURSE MAP

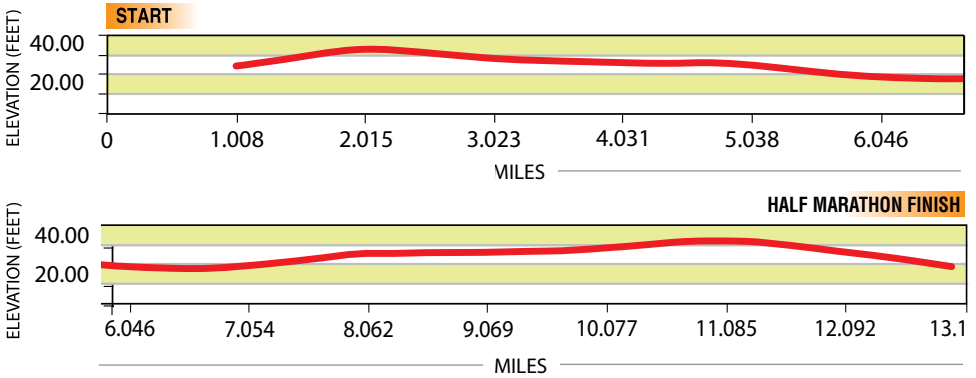




## ELEVATION PROFILE - SPACE COAST MARATHON



## ELEVATION PROFILE - SPACE COAST HALF MARATHON



ILLUSTRATIONS BY ALL MEDIA GRAPHICS, LLC



## 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
- Expect delays for checking of coolers, back packs and large bags
- 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)

**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.

## 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:

Get instant results, progress alerts, live tracking and much more when you download RaceJoy free on your mobile app. Then search for Space Coast Marathon & Half Marathon in RaceJoy.

With the mobile Space Coast, you get:

- Immediate results
- Progress updates to friends and family
- Automatic Facebook postings
- Key race information
- Social media sharing
- Live tracking, send a cheer and “phone fun” features (upgrade features)



## 20 | MEDICAL SERVICES & SUPPORT – TRANSPORTATION

Share RaceJoy with your friends and family and ask them to sign in as a spectator! If you carry your phone, they can track you live from home or at the event.

Note: You do not need to carry your phone to get official timing system results.

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### MEDICAL INFORMATION

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#### 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 Viera Sports Medicine. Coastal Health Systems ambulances will be on site during the event at the finish line, as well as City of Cocoa EMT's.



#### A NOTE FROM OUR MEDICAL DIRECTOR

*Viera Sports Medicine introduces our Medical Director, Dr. Bryan Parry. Dr. Parry is a Board Certified Orthopaedic Surgeon and is a fellow of American Academy of Orthopaedic Surgeons. He practices at Viera Sports Medicine*



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.

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### RACE DAY: *Launch*

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#### 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!

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**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, NOV. 30TH:** 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 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 Express, Cocoa, 301 Tucker Lane, Cocoa, FL 32926
- Holiday Inn Viera, 8298 N. Wickham Rd., Melbourne, FL 32940

**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: 8:00 AM UNTIL 1:30 PM (last time bus leaves race site)**

**PARKING (NEW THIS YEAR - MERRITT SQUARE MALL)**

**PARKING!** This year we have added additional off-site parking at Merritt Square Mall. Rt. 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 1:30 pm.

## 22 | SHOWER AFTER YOUR “JOURNEY INTO SPACE” – RACE RESULTS

Address: Merritt Square Mall, 777 East Merritt Island Causeway, Merritt Island, FL 32952  
Also, please visit the Race Central Map on page 14 for additional parking areas in and around Cocoa Village.

### 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 between 9:00 am until 2:00 pm. Thank you to our local YMCA for their support!



#### ■ Cocoa YMCA

1519 Clearlake Rd., Bldg. 18  
Cocoa, FL 32922  
321.433.7770  
Contact – Jeff Girten

#### ■ Suntree YMCA

6300 N. Wickham Rd., Ste. 114  
Melbourne, FL 32940  
321.259.2929  
Contact – Joe Rowlette

#### ■ Titusville YMCA

2400 Harrison St.  
Titusville, FL 32780  
321.267.8924  
Contact – Billy Specht

## 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 with orange juice from Publix and/or pizza and BEER (for enjoyment of those participants 21 years of age or older!) 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](http://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](http://www.SpaceCoastMarathon.com).



The full marathon is a designated RRCA State Championship Race for 2014. 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 Bart Yasso, our keynote speaker, will be part of the Sunday morning ceremonies. Mr. McCulley flew on Space Shuttle Mission STS-34 in 1989 and has logged a total of 119 hours and 41 minutes in space.

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 and partnering with Keep Brevard Beautiful. Please keep an eye out for all of the recycle boxes around the race site.



MARATHONFOTO – Official Race Photographer

The official photographer for the Space Coast Marathon & Half Marathon is Marathonfoto.com. Visit [www.Marathonfoto.com](http://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](http://www.kennedyspacecenter.com).

All participants are eligible for this grand prize drawing.



A SPECIAL THANK YOU TO:



## SPACE SHUTTLE CHALLENGER

Challenger, OV-099, was named after the British Naval research vessel HMS Challenger that sailed the Atlantic and Pacific oceans during the 1870s. Challenger was the second operational shuttle and made its first flight, STS-6, on April 4, 1983. Challenger hosted missions that saw astronauts take the first-ever spacewalks with jetpacks, including the first mission to pull a satellite out of orbit, fix it and return it to service. Challenger and its seven astronauts were lost Jan. 28, 1986, when a seal on one of its boosters failed and hot gas burned through the external tank, igniting the propellants and causing the shuttle to break up in the resulting explosion. That flight, STS-51L, was Challenger's 10th mission. For more information visit [http://www.nasa.gov/mission\\_pages/shuttle/flyout/index.html](http://www.nasa.gov/mission_pages/shuttle/flyout/index.html)



PHOTO CREDIT: NASA

*Challenger lifted off on her maiden voyage right on time on April 4, 1983.*

### CHALLENGER FACTS

- **FLIGHTS:** 10 Flights including STS-51L
- **EARTH ORBITS:** 995
- **MILES TRAVELED:** 23,661,290
- **TOTAL CREW:** 60
- **TIME IN SPACE:** 62 days 07:56:22
- The first spacewalk during STS-6 and the first untethered spacewalk on STS-41B.(featured on our medal)
- The first American woman in space, Sally Ride, on STS-7
- The first American woman to walk in space, Kathryn Sullivan, during STS-41G
- The first African-American in space, Guion Bluford, on STS-8
- The first landing at Kennedy on STS-41B
- The first night launch
- The first in-flight capture, repair and redeployment of an orbiting satellite during STS-41C

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 2014 medal has 7 stars representing the astronauts that were lost.

As runners and walkers head out in 2014 to face the challenge of a marathon or half marathon, we focus on the challenges overcome and the goals achieved with the shuttle that flew and created history: Challenger.

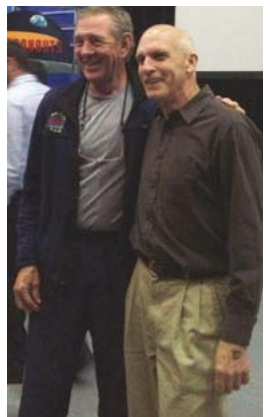


PHOTO CREDIT: NASA

*Astronaut Bruce McCandless II, mission specialist, participates in an extravehicular activity a few meters away from the cabin of the shuttle Challenger during the STS-41B mission. He is using a nitrogen-propelled hand-controlled Manned Maneuvering Unit.*



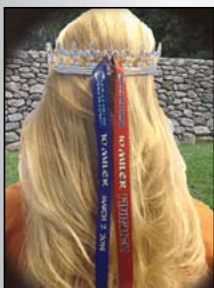
25 | 2013 COURSE & EVENT PHOTOS





*The Only Medieval Themed  
10 Miler in the Land*

**Sunday, March 1, 2015 • Viera, Florida  
7:00 am Start**



**Live Thy  
Legend!**

- Crowns for ALL FINISHERS!
- Post Race FEAST fit for Kings and Queens in the square!
- Tech shirts "official race armor" to robe brave participants!
- 5 Mile Relay Teams available!
- Age group winners to receive Excalibur swords!
- Run through the castle to finish!
- Best Camelot Costume Contest!
- Sword Fight by *Medieval Times*

DINNER & TOURNAMENT



**Find Thy  
Glory!**

Same organizers as  
**Space Coast  
Marathon  
& Half-Marathon**

**RUNNING  
ZONE**



**REGISTER NOW**



Follow us:  

**Visit us online at [www.ExcaliburRun.com](http://www.ExcaliburRun.com)**

★ UNIVERSE ★



★ GALAXY ★



★ MILKY WAY ★



★ SUN ★



★ MOON ★



★ SATELLITE ★



★★ A special Thank You to all of our Sponsors for making this event such a Blast!! ★★



PRESENTED BY:



HOSTED BY:

