

# Key West Southernmost Runners

[www.Southernmostrunners.com](http://www.Southernmostrunners.com)



KWSR Officers and Directors

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Mark Bell  
Donna Moody

RRCA South Florida State Rep.  
Editor  
Don Nelson  
305-304-0091  
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KWSR Workouts

Lower Keys Long Run, 3-10+ Miles  
Big Pine Key Sundays 7:30 AM  
Call: 305-304-0091  
don.n@juno.com

Key West Track Wed. 6:00 AM,  
5PM

Key West Group Runs Sundays:  
7:30 am / White Street Pier / 10+  
miles long slow distance run.  
If you have any questions about  
the group runs, please call Dedra  
at (708) 351-5701 or email at:  
dr.dedraling@gmail.com.  
The schedule is also always post-  
ed on the KWSR website as well.  
All runners are always welcome to  
join us any morning.

Upper Keys Runners Islamorada  
Mon & Thurs 6 Miler 6:30 AM  
Wed Form at the Track 6:00 AM  
Saturday Long run, 6:00 AM  
Call: Bill O'Brien 305-853-9353  
keysCapt@bellsouth.net



## From the Editor and President

Hello Fellow Runners and Walkers:

Hey it's June, time for our annual Board of Directors elections. We have more new members than ever, and from those that have been running so many of our races, I hope that some of you will consider helping out with the organization of the club and it's events.

June Membership Social will again be a fun run with food and meeting at McCoy Indigenes Park, on Wednesday June 6, at 6:30 PM

Remember to be ready to run as there will be a different aspect to this months fun run, come and see.

I continue Wed evening 6PM Track workouts and look forward to having more people join me. The exception to my weekly track workouts is the first Wednesday of the month KWSR fun run before our meeting.

Running,  
Don

**Remember Volunteers are needed for every race, KWSR needs the support of it members to make our races happen. Call Don: 305-304-0091**

## WHAT'S HAPPENING

### May 19-20, Keys 100 and 50 Mile Ultra Run and Team Relay.

This race has been run by the time you read this, look for stories and pictures next month.

### June 2, 7:30 PM Southernmost Seminoles 5K

3rd Year of this event and it will be better than ever, come join us at Higgs Beach for an evening run along the beaches of Key West.

### June 6, 6:30 PM Wednesday,

At McCoy Indigenous Park White and Atlantic, KWSR board meeting at 5:30, Members gather at 6:30, Fun Run 6:40 Food 7:15, Meeting with Board of Directors elections, 7:30

If you have an interest in the organization of our club and events please join us.



### June 23, 2012, 36<sup>th</sup> Annual Swim Around Key West

This is one of the oldest ongoing events in the Keys. Come join in the fun by joining up to support a Swimmer by kayak or boat. Why does a Runners Club do this event? This event has contributed thousands of \$ to the Key West High School Cross Country team, in the past few years.

Volunteer support is very necessary for this event. Kayakers are paid a stipend and are more needed this year than ever. The Solo Field is full, with 85 Swimmers many still needing Kayakers. We need your help on the water please Call Don at 305-304-0091 or Katie at 773-502-5087.

### July 4, Crime Stoppers 5K Run

Re organized with the Rotary Club and Crimestoppers of the Keys. Look for more info on our website under other Keys events.

See our website for information on all upcoming events.  
[www.southernmostrunners.com](http://www.southernmostrunners.com)

## WHAT HAPPENED

### April 14, 8:00 AM 16<sup>th</sup> Annual Earth Day 5K Run/Walk

This race highlighted Earth-Friendly Recyclable Awards and Proceeds went to, Friends And Volunteers Of Refuges (FAVOR). FAVOR volunteers have been directly responsible for mountains of trash being removed from our beaches and wildlands.

## Male Winner

1, 1, Douglas Weeks, Key West, 23, 16:50;

## Male Masters Winner

1, 2, Pat Merrigan, Kansas City MO, 51, 18:12;

## Female Winner

1, 1, Susan Reich, Ocean City NJ, 53, 19:17;

## Female Masters Winner

1, 4, Blake Rushin, Vienna VA, 50, 22:42;

## Male Overall Walker Winner

1, 1, Ken Watkins, Tavernier, 62, 35:19;

## Female Overall Walker Winner

1, 1, Elaine Spencer, Key West, 53, 42:59;

## April 28, 8:00 AM, 2nd Annual Mariners March 5k Run/Walk and Children's Fun Run.

What an event, Runners from all over showed up and ran great times as well as having a great time at this well planned event.

Over 400 runners participated running the streets of Downtown Key West.



## Male Winner

1, 1, Douglas Weeks, Key West FL, 23, 17:01;

## Male Masters Winner

1, 4, Matthew Novack, Delray Beach FL, 42, 18:48;

## Female Winner

1, 1, Nicole Matysik, Key West FL, 11, 22:31;

## Female Masters Winner

1, 2, Gwen Esbensen, Key West FL, 41, 22:43;

## Male Walker Winner

1, 1, Frank Kerwin, Key West FL, 66, 40:42;

## Overall Female Walker Winner

1, 1, Kelly Maatta, Key West FL, 28, 40:23;

## May 2, Wednesday 6:30 PM Run and Burgers at the Park.

Great turnout and great fun Run as well as the burgers and fixings prepared by Mark Bell, Back from the hinterlands of Central America.

