

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors

President
Don Nelson
305-304-0091
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Vice President
Donna Phillips
813-469-4112
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Treasurer
Gina Valest
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Recording Secretary
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305-393-4077
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Members at large:
Mark Bell
Demetrios Efstration
Susan Kochan
Megan Oropeza
Deirdre Robbins
Mike Russo

RRCA S Florida State Rep.
Editor
Don Nelson
305-304-0091
don.n@juno.com

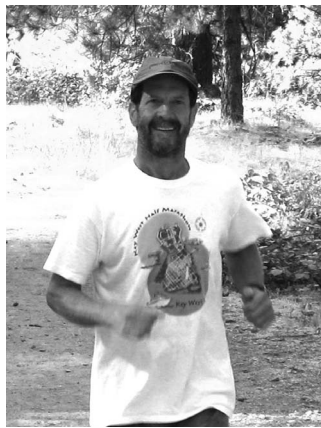
KWSR Workouts

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/PM
Call: 334-477-9024 jenamckay@aol.com

Key West Group Runs, 3-8 miles
All Week 5-7:00 AM
Different Locations
Contact: dr.dedraling@gmail.com

Upper Keys Runners Islamorada
Monday & Thursday 6 Miler
6:30 AM
Wednesday Form at the Track
6:00 AM
Saturday Long run, 6:00 AM
Call: bill O'Brien 305-853-9353
keysapt@bellsouth.net



KWSR-SFRF July, 2012

From the Editor and President

Hello Fellow Runners and Walkers:

Elections are done and a new board of directors is in place. If you have ideas or would like to help out with the organization of the KWSR we would like you to contact

any of the board and attend our board meetings. We need members to lead committees to carry out some of our regular club functions.

We welcome new board members, Donna Phillips, William Innes, and Demetrios Efstration, and appreciate all the members that continue to serve the club.

Unfortunately I had elective surgery on my foot to remove hardware installed 7 years ago for a broken heelbone, so I will not be running Wednesday 6PM Track workouts, but I will be there to coach you, call me if you are going to be attending. Fortunately the surgery went well and I should be on my way to running better than ever in a month.

Special thanks go to past President, Susan Kochan for the years of service leading our organization. Susan has stayed on as a member at large and will still be a great benefit to the club in all that we do.



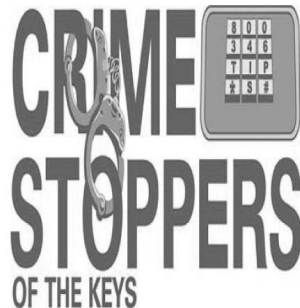
Running,
Don

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

WHAT'S HAPPENING

June 23, 2012, 36th Annual Swim Around Key West

The swim will be happening or over by the time you read this, if you can get to Smathers beach around 2PM on Saturday July 23, come see the teams and solo swimmers finish this classic event that supports our Key West High School Cross Country Team. Call Don at 305-304-0091 or Katie at 773-502-5087. if you would like to help.



July 4, 8:00 AM. Rotary of Key West/Crime Stoppers 5K Run

Re organized by the Rotary Club of Key West with Crimestoppers of the Keys. Look for more info on our website under other Keys events. Come start your day at White Street Pier, with a Key West tradition.

July 11, Wednesday, 6:30 PM, KWSR Scavenger Social at Smokin' Tuna,

Don't miss the first Social of the summer, at Smokin Tuna, 4 Charles St. next to Rick's complex in downtown Key West. Note the change from our usual first Wednesday of the month meeting due to the 4th of July on the first Wednesday. Please RSVP to Donna Phillips, email: donna.mustluvadogs.phillips0@gmail.com : phone: 813-469-4112
Our Board of directors meeting will be before the social at 5:30. If you have an interest in the organization of the club please join us for the board meeting.

See our website for information on all upcoming events.
www.southernmostrunners.com

WHAT HAPPENED

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

Thanks to all the volunteers that worked the finish area with me and help the teams on the road, the story below should tell you most of what happened. KWSR's had many teams that all did a great job running this ultra event.

June 2, 7:30 PM 3rd Annual Southernmost Seminoles 5K
The event brought in about 165 runners and walkers. All proceeds go towards a scholarship fund which goes to local high school students who will attend Florida State University. There was a great representation of Florida State Alumni.

Local Keys Residents from Tavernier to Key West, took home the overall winners awards

The overall female winner was Jessica Kaplan with a time of 21:15. The female master winner was Michelle Bailey with a time of 21:26. In the male category, Peter Frezza came in overall with a time of 16:22. The male masters winner was Francisco Lopez with a time of 19:48.

Walkers also competed with Female Walker Kelly Maatta, from Key West, leading the walkers with a time of 37:17. The Male Walkers were lead by Terry McGee, from Big Pine Key, in a time of 39:23;

After the race, Centennial Bank provided Hamburgers and Hotdogs for the hungry runners. A special thank you to all of our sponsors for their continued support of the Renegade Run.

June 6, KWSR Poker Run and Social.

First KWSR poker run, we had 4 winners, Overall, Masters, Male and Female, all taking home club gear. This was a sweaty one but thanks to Donna and Mark, for the food and refreshments, and the members that brought additional goodies, post run social and Board of Directors election was superb.

KWSR ON THE ROAD



KWSR and Race Director for Ultra Sports, KEYS100, Produced the biggest and best ever Ultra event in the Keys. Here are some of the stats and highlights.

2012 KEYS100, May 19-20, 2012 Mike Morton, Records Smashed, John Pyle & Lots More! By Bob Becker, RD

The 5th annual race-across-the-islands of the Florida Keys on May 19th could not have been more exciting. With a very fast field determined to break the existing record in the 100 mile individual race, we knew the event this year would be something special. But, beat the existing record by 2 hours and 49 minutes? No one quite anticipated that happening—except, perhaps, for the person who did it! Elite ultra-runner Mike Morton came to town and ran an astonishing 13:42:52, annihilating Brian Krogmann's old mark of 16:31:10 set in 2009. Mike was consistent, smooth and determined the entire way as he ran the beautiful course from Key Largo to Key West.

Not to be outdone, our race in the "Conch Republic" saw the old, women's mark completely destroyed, as well. In fact, the first two women broke Jen Vogel's old record (of 18:27:00) AND Brian K's old men's mark, for good measure! Alyson