

title and finished second overall in 16:07:06. Second female and 3rd overall was Tatyana Spencer of Tucker, GA, who finished in 16:12:57. (Tatyana also holds the current 50 mile female record for the KEYS100—7:41:40.)

Second male and 4th overall was 22-year old Neal Lucas of San Marcos, TX, who finished in 16:42:39. Third place male was Sung ho "Bruce" Choi of Jacksonville, FL, in 17:00:29. And, third female was Tammy Walther, of Little Rock, AR, who completed the course in 21:25:20, knocking nearly an hour off her 2011 time.

The KEYS100 is a deceptively difficult point-to-point road race. High Florida temps, humidity and intensity of the sun typically combine to force a finish rate that is around 50% or less. On May 19, 2012, Mother Nature displayed a bit of everything Florida: heavy rain squalls with a bit of thunder and lightning early, then in Marathon, on Seven Mile Bridge and in other locations around mid-day. Heavy rain and winds hit at night in Key West. There was oppressive heat and sun in late morning, early afternoon and on Sunday morning for later finishers. But, the rest of Saturday was primarily overcast, a very welcome digression from the norm and a helpful boost to everyone. 97 runners of the 133 who started the 100-miler finished--a huge 72.9%.

The 50 mile race, from Marathon to Key West, began at 10:00am. 96 of the 115 runners who started completed the race (85%). Jonathon Swanson of Miami won in a time of 7:29:39. Second overall, and first female, was Katalin Nagy of Sarasota, FL, who ran 7:44:29. It was Katalin's first 50 mile race! Second male was Lewis Price, 21, another Miami, FL resident, who finished in 8:08:49. 3rd place male finisher was Alan Beckford, in 8:39:40. (For each of the five years of the KEYS100, Alan and his wife, Angela, have flown from Jamaica for this event, alternating each year which of them races and which one actively supports the other as crew. Alan has run the 100 mile race twice and the 50-miler this year.) Meg Perez of Cincinnati, Ohio, owner of race sponsor, Chica Bands, finished second, in 8:56:36. Third place female, from Saint Augustine, FL, was Noelani Taylor, in 9:06:26.

The 100 mile six runner team relay race featured many fast teams, including three top-10 teams from the Keys. The winner, "Road Warriors", a team of mostly high school seniors from Palm Beach County, completed the course in 9:46:00, just 4 minutes and 10 seconds shy of the record set two years ago. Second place was team "Running Fast, from the Melbourne, FL, area, finishing in 10:17:14. The mostly high school-age home-town team, "Key West XC", ran a fast 10:39:02 to finish in 3rd place overall. 107 teams began and all completed the race.

Winner awards were once again hand-made in the Keys, featuring a presentation of queen conch and other native shells, and painted metal island salamanders—each as unique as the race, itself. In addition, each finisher received a unique KEYS100 finisher medal, and 100-mile individual finishers received a coveted KEYS100 belt buckle.

The KEYS100 Ultramarathon has had its share of runners over the years with amazing adventures to their credit. 2012 was no exception. Nearly two years ago, John Pyle of Sarasota, FL, began planning a run across the U.S. from San Francisco to Key West to promote the "Wounded Warriors Project". His plan turned into action, and on February 28, 2012, John crossed the Golden Gate Bridge and began his journey across the United States, reaching Key Largo on May 18. John was at the Mile Marker 100 starting line at 6:10am when the race began, and crossed under the finish arch on the sand at Higgs Beach in Key West in 27 hours, 5 minutes and 9 seconds. John Pyle had completed his second KEYS100--and his "Patriot Run Across America".

The official 2012 KEYS100 race charity is the "Cancer Foundation of the Florida Keys", based in Key West. The Foundation provides screenings for prostate, breast and other cancers, and important direct support for those with these and other cancers, and for their families, from Key Largo to Key West. Complete results and photos can be found at: <http://www.keys100.com/>

**Mark your calendar for the 6th annual KEYS100 on May 18, 2013.**

**KWSR's weekly group training run schedule is as follows:**

Mondays: 5 am / Green Parrot Bar / 3 miles easy pace (9:30-10:30/miles)  
 Tuesdays: 5 am / White Street Pier / 5 mile tempo run (mile slow, mile faster, mile slow, etc.)  
 Wednesdays: 5 am, 6 am, 6 pm / KW High School Track / Speed workout  
 Thursdays: 5 am / Albertson's Food Store parking lot / 5 mile run with bridge repeats over the Garrison Bight bridge  
 Fridays: 5 am / Waffle House parking lot / 3 miles easy pace (9:30-10:30/miles)  
 Saturdays: 7 am / White Street Pier / 4 mile social run up the beach and back / breakfast afterwards (non-race Saturdays)  
 Sundays: 7:30 am / White Street Pier / 10+ miles long slow distance run

If you have any questions about the group runs, please e-mail Dedra at: [dr.dedraling@gmail.com](mailto:dr.dedraling@gmail.com). The schedule is also always posted on the KWSR website as well. All runners are always welcome to join us any morning.

**Check out Pictures and applications online from the [www.southernmostrunners.com](http://www.southernmostrunners.com) web site, all applications are in Adobe Acrobat PDF format. Race results from all our events are posted promptly.**

**Remember all memberships are now good for 1 year from the date you joined, Check on the website to see when you last paid or call me at 305-745-3027 Run On, Don**

## ARE YOU RUNNING IN PAIN?

Our office provides comprehensive medical and surgical treatment relating to lower extremity disorders stemming from foot and ankle pathology. Complete biomechanical analysis and evaluation rendered by a board certified Podiatric physician. Our treatment is designed specifically for the athlete in motion.



### Dr. Michael M. Cohen

Diplomate, American Board Podiatric Surgery Diplomate, American Board Podiatric Orthopedics Fellow, American College Foot & Ankle Surgeons, American College of Sports Medicine, "A fellow Triathlete and Runner"

See: [www.DrMichaelCohen.com](http://www.DrMichaelCohen.com).

1725 University Drive, Suite 302, Coral Springs  
**954.345.5223**

Board Certified Foot & Ankle Surgery

Biomechanics Sportsmedicine

Endoscopic & Arthroscopic Surgery

Reconstructive Surgery of the Foot & Ankle

## Business Card Directory

### Jeffrey A. Lassel, C.P.A.

*Full Accounting & Tax Preparation Services  
 Financial, Tax & Estate Planning  
 Computer Consulting*

[www.jeffreyalasselcpa.com](http://www.jeffreyalasselcpa.com)  
 1033 S.W. 4th Terrace Phone/fax: (954) 786-1842  
 Pompano Beach, Florida 33060 [jlasselcpa@bellsouth.net](mailto:jlasselcpa@bellsouth.net)

**ELIOT M. BADER**  
 ATTORNEY AT LAW

**TOLL FREE  
 1-800-854-9311**

AUTO ACCIDENTS  
 BICYCLE ACCIDENTS  
 MEDICAL MALPRACTICE  
 MOTORCYCLE ACCIDENTS  
 PREMISES LIABILITY  
 WRONGFUL DEATH

**BADER,  
 STILLMAN,  
 ADLER, PL**

PERSONAL INJURY ATTORNEYS  
 6100 W. ATLANTIC BLVD.  
 MARGATE, FL 33063  
 FAX 954/979-3101

3352 WEST MALLORY BLVD.  
 JUPITER, FL 33458

AVAILABLE FOR CONSULTATION AT:  
 DELRAY BEACH JACKSONVILLE  
 FORT MYERS ORLANDO  
 FORT PIERCE TAMPA

### SOUTH FLORIDA RACEWALKERS

The Walking Club of South Florida

**Daniel Koch**  
 President - coach

3331 NW 22nd St.  
 Coconut Creek  
 Fl. 33066  
 954-970-9634

[racewalker@bellsouth.net](mailto:racewalker@bellsouth.net)

South Florida

## Running Forum

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

VISIT OUR ONLINE CALENDAR  
 FOR THE LATEST LISTINGS

<http://www.sfrunningforum.com/Calendar.php>