

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors

President
Don Nelson
305-304-0091
don.n@juno.com

Vice President
Donna Phillips
813-469-4112
donna.mustludogs.phillips0@gmail.com

Treasurer
Gina Valest
305-304-7984
ginavalest@yahoo.com

Recording Secretary
William Innes
305-735-4457
WilliamInnes@comcast.net

Corresponding Secretary
Eric Nelson
305-393-4077
enelley03@yahoo.com

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



From the Editor and President

Hello Fellow Runners and Walkers:

Back to running the Keys, after a wet June, July started with continual showers. I don't remember such a wet June and July. Crimestoppers 5K got off before the rains came. We had a nice morning for July with overcast skies and light breezes making for a sweaty race.

Our new board of directors is in place and had our first meeting July 11th; Discussions were about races, tee shirts, singlets and other KWSR's items. Our hard working race crew has a couple months off with no planned races in August or September. There should be The Conch Cross Country Carnival some time during this lull. It will be a member's only event with club members running against the Key West High School Cross Country Teams. Check the website or your e-mail to get the date. As of now the Cross Country team schedule has to be worked out first.

I am back to running and will be at the KWHS track Wednesdays at 6 PM, come join me for a workout.

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

Sept 5, Wednesday, 6:30 PM KWSR Sebago Sunset Cruise Social

The club covers member costs, guests will be welcome for a discounted fee. Please let Donna know you are coming. Please RSVP to Donna Phillips, email: donna.mustludogs.phillips0@gmail.com : phone: 813-469-4112

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

WHAT HAPPENED

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

It was a rough one this year with 15 to 20 MPH winds at the start. Things calmed down in the Harbor but there were a few dropouts in the first 2 miles, and the Kayakers' had a hard time of it.

Canadian Swimmer Aurelie Cote was the overall winner with a time of, 4:24:41. and finishing right behind her was Todd Pletcher from Wilmington NC, in a time of 4:27:09. Todd was in the lead till the last mile when Aurelie's distance swimming experience gave her the edge passing and finishing just minutes ahead of Todd.

Swimmers and volunteers all look forward to better weather next year. The 36th Annual Swim Around Key West supports the Key West High School Cross Country Team, who all were volunteers for the race.

July 4, Rotary of Key West/Crime Stoppers 5K Run

The Rotary Club of Key West CrimeStoppers 5K Run/Walk, was as usual a warm run but done earlier, 7 AM this year and with overcast skies the race kept up it usual fast pace. With a new course and new sponsor runners were able to come out for this Annual Key West tradition again this year.

Winners this year were, Overall Male Winner, Douglas Weeks, 17:40, Male Masters Winner, Andy Kimball, 19:26, Overall Female Debra Bertolini, 22:32, Female Masters Winner, Sandy Rodriguez, 24:35, Overall Female Walker Winner, Kelly Maatta, 34:37, Overall Male Walker Winner, Brad Makimaa, 34:35.

Ron Cooke was on the course and took these photos of the winners. Other pictures can be seen at, Southernmost Runners.com



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

New vice president Donna Phillips did a wonderful job of putting together the July Scavenger Social. Smokin' Tuna provided the place, some prizes and a great spread of food while Donna put together a local Scavenger hunt that stretched our minds as well as our legs. The teams were required to run from one end of town to the other while gathering local trivia and assorted things from notable Key West establishments.

The winning team was the Hoe Down team designated by their straw hats while Team Lea came in second.



KWSR ON THE ROAD

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 / New Publix 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. 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 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